

# Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions

## A 6-Hour Home Study Program for Health Professionals

*This program focuses on mind-body connections that affect inflammation including stress, sleep, physical activity and mood.*

*Emphasis is placed on nutrients that regulate inflammation related to cardiometabolic disorders, allergies, asthma, autoimmune disorders, brain-related disorders, and on lifestyle prescriptions.*

*Participants completing this program should be able to identify nutrients that affect:*

- 1. chronic stress, steroids and NSAIDs,*
- 2. weight gain, hypertension, and diabetes,*
- 3. allergies, asthma, periodontitis, and autoimmune disorders,*
- 4. sleep, mood, cerebrovascular disease and Alzheimer's disease, and*
- 5. habits designed to protect the aging body and brain.*



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.



**ACE** Institute for Brain Potential, provider 1160, is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Florida Board of Psychology**, by **Ohio CSWMFT Board**, Provider #RCST030801, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #0341. This program provides 6 contact hours.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the **NAADAC** Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by **CCAPP-EI**, Provider Number 45-09-128-1217. This program provides 6 CEHs



**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-053-H04-P and 0492-0000-16-053-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.



**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 - 11/30/18. Provider ID# 312413. Subject Code: 557. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**. This program provides 6 hours of CE credit.



**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes). This course is approved by the **Florida Board of Occupational Therapy** for 6 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program provides 6 contact hours of CE credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247. This program provides 6 CE hours

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by the **Respiratory Care Board of CA**. This program provides 6 CE hours.



**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

## Chronic Inflammation: The Mind-Body Connection

- Understanding Chronic Inflammation
- Acute Stress
- Chronic Stress
- Corticosteroids
- Anti-Stress Nutrients
- NSAIDs
- Anti-Inflammatory Nutrients
- Nutrients that Regulate Inflammatory Messengers

## Cardiometabolic Inflammation

- The Stress Connection
- Metabolic Syndrome
- Prediabetes and Diabetes
- Managing Hypertension
- Beneficial Dietary Fats

## Allergies, Asthma, Autoimmune Conditions

- Allergies
- Food Allergies
- Asthma
- Periodontal Disease
- Common Autoimmune Disorders
- Thyroid Disorders
- GI Tract
- Rheumatoid Arthritis

## Brain

- Sleep
- Mood
- Stroke
- Alzheimer's Prevention
- Brain-Protective Fats

## Anti-Inflammatory Lifestyle Habits

- Neuroprotective Mindset
- Physical Activity
- Sleep
- Avoiding Inflammatory Foods
- Nutritional Strategies for the Aging Brain
- Anti-Inflammatory Recipes
- Life-Extending Nutrients

## ABOUT THE INSTRUCTOR



*Nick R.S. Hall, Ph.D. (University of South Florida), a neurobiologist, is internationally recognized for his pioneering contributions to the study of stress, emotions, and the immune system. He is the author of numerous scientific publications and texts concerning mind-body interactions and disease. Dr. Hall hosts a national conference in the fall with the University of South Florida on Psychoimmunology, in which leading researchers present how emotions, stress, fatigue, and depression influence who gets sick and who stays well. Dr. Hall's research has been featured on 60 Minutes, the BBC Nova series, and the PBS series, Healing and the Mind.*

*A remarkable speaker, health professionals highly recommend his seminars for his special ability to present practical discoveries with clarity, warmth and humor.*