

Nutrients, Phytochemicals, and Food Color: Role in Mental and Physical Health

A 8-Hour Home Study Program for Health Professionals

Stress and adrenal hormones, inflammation, appetite, metabolism, circulation, detoxification, and brain health are fundamentally affected by nutrients, phytochemicals and food color.

Participants completing this evidence-based 8-hour home-study program should be able to:

1. Define and provide examples of macronutrients, micronutrients and their role in conscientious eating.
2. Describe how foods classified as “red” can contribute to stress-related adrenal hormones and immune health.
3. Describe how foods classified as “orange” can help prevent oxidative stress and improve reproductive health.
4. Discuss how foods classified as “yellow” contribute to digestive and GI health.
5. Explain how foods classified as “green” contribute to cardiovascular health.
6. Indicate how foods classified as “aquamarine” affect thyroid and metabolism.
7. Discuss how foods classified as “blue-purple” contribute to brain health.
8. Describe how foods classified as “white” contribute to detoxification including the nervous system and liver.



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 8 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 8 CE credit.

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 **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. IBP is approved as a provider of CE for Counselors and Social Workers by **Ohio CSWMFT Board**. 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. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 8 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program provides 8 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 8 contact hours (0.8 CEUs). UANs: 0492-0000-19-026-H04-P and 0492-0000-19-026-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 8 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 12/01/18 – 11/30/24. 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 8 hours of CE 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 8 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 8 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 8 CE hours.

Nutrients and Conscientious Eating

- Proteins: Essential and Non-Essential Amino Acids
- Fats: Unhealthy and Healthy
- Carbohydrates: Simple and Complex
- Micronutrients: Vitamins and Minerals

Red Foods

- Stress and Adrenal Hormones
- Immune System, Stress and Appetite
- Foods that Regulate Adrenal Hormones
- Bone and Joint Disorders and Inflammation

Orange Foods

- Inflammation and Oxidative Stress
- Estrogen Balance and Reproductive Health

Yellow Foods

- Digestive Health, Fiber, and Lutein-Rich Foods
- Energy-Depleting and Energy-Enhancing Foods
- Liver and Metabolism

Green Foods

- Cardiovascular Disorders and Dark Green Vegetables
- Circulation and Blood Lipids
- Appetite Regulation

Aquamarine Foods

- Thyroid Gland and Autoimmune Disorders
- Allergic Disorders

Blue-Purple Foods

- Anthrocyanidins and Neurotransmitter Synthesis
- Brain Health, Mood, Cognition, and Sleep

White Foods

- Alliums, e.g., Garlic and Onions
- Short- and Medium Chain Fats
- Oxidative Stress and the Kidney, and Brain
- Protecting the Aging Brain and Body

ABOUT THE AUTHOR



Deanna Minich, Ph.D., (Human Nutrition and Metabolism) is an internationally recognized expert, researcher, author, and speaker in the field of nutrition concerning phytonutrients, detoxification and women's health. She is the author of over twenty scientific publications and is the founder of integrated “full-spectrum” approach to nutrition. Dr. Minich has authored evidence-based texts including Whole Detox and The Rainbow Diet.

Dr. Minich has presented special courses of study for the last two decades for licensed health professionals. An inspiring and highly informative speaker, Dr. Minich presents practical and evidence-based advances in the study of nutritional science with clarity, wisdom and warmth.

How to Receive Home Study Credit

1. Course materials are delivered to you within 5-7 days from the date we receive your order.
2. For recorded programs, watch or listen to the lecture and review the course outline. For text-based programs, read the written materials.
3. Complete the multiple-choice questions or short-written essays based on the course objectives. A passing score is 70%. In the unlikely event that you need to retake the exam, you may do so without penalty or fee. You have at least one year to complete any of the programs.
4. Submit the completed evaluation and exam to IBP by email at ceu@4brain.org, fax at (209) 710-8306 or mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
5. Certificates of completion are provided upon receipt of the evaluation form and the post-test. Please let us know whether you wish to receive it by email, fax, or mail.

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If you are not completely satisfied, you may exchange the materials for a recorded or text-based program of equal value or receive a refund minus a \$15 processing fee by sending the materials in resalable condition to: IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

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