

Evidence-Based Nutritional Strategies for the Aging Brain

A 6-Hour Home Study Program for Health Professionals

Advances in the neurobehavioral sciences have produced a new understanding of how long-term nutritional strategies can protect and enhance brain health.

In this unique program based on current research discoveries, medical, dental and behavioral health professionals will learn how nutrients can reduce stress, elevate mood, enhance cognition, and promote sound sleep.

Participants completing this program should be able to describe how nutrients:

1. Affect neurotransmitters that help regulate stress, appetite, mood, cognition and sleep,
2. Protect against psychological, metabolic, oxidative and inflammatory stress,
3. Elevate mood and protect the brain from cortisol-related impairment,
4. Preserve and enhance cognition,
5. Improve duration and depth of sleep, and
6. Promote long-term neuro-protective strategies for the 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 has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



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: 0492-0000-16-050-H04-P and 0492-0000-16-050-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: 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.

Neurotransmitters and Nutrients

- Serotonin
- Dopamine
- Norepinephrine
- Acetylcholine
- GABA
- Glutamate
- Endogenous Opioids

Stress and Protective Nutrients

- Psychological Stress and Cortisol
- Metabolic Stress and Insulin
- Immune System Stress and Inflammation
- Oxidative Stress and Antioxidants

Mood Disorders and Brain Health

- Altered Brain/Altered Mood
- Inflamed Gut/Inflamed Brain
- Neuroprotective
- Medical Foods

Nutritional Strategies for Preventing Cognitive Decline

- Diagnosis
- Short-Term Memory
- Brain Energy Metabolism
- Glycemic Control
- Reducing Hypertension
- Enhancing Acetylcholine
- Preventing Cortical Atrophy
- Curcumin
- Resveratrol

Improving Sleep

- Insomnia
- Low Glycemic Foods
- Complementary/Alternative Medicines
- Medical Foods

Nutritional Strategies for Brain Health

- Strategies for Enhancing Cognitive Function
- Strategies for Preventing Alzheimer's Disease
- Long-Term Nutritional Strategies

ABOUT THE INSTRUCTOR



Michael E. Lara, M.D., a Psychiatrist, completed his residency at Stanford University and is Board Certified in Neurology and Psychiatry. Dr. Lara is recognized for his use of evidence-based approaches to treat the whole person through lifestyle prescriptions including physical activity and nutrition to reduce anxiety, elevate mood, improve memory and enhance wellbeing.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.