

# What Is In Our Food

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

*In this practical program, learn the health risks associated with contaminants in the water, milk, grains, meat and fish, fats and sweeteners, and food storage in the home and hospital and ways to reduce risks.*

*Participants completing this program should be able to name several ways to improve the quality of their:*

1. Water,
2. Milk and milk substitutes,
3. Foods beneficial for the GI tract,
4. Meat, poultry and fish,
5. Fats, sweeteners and seasonings,
6. Food additives and preservatives,
7. Food storage, and
8. Home and medical, dental or behavioral health practice.



**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.

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. 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: 0492-0000-17-042-H04-P and 0492-0000-17-042-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 (Areas of Occupation) 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.

### Water

- Fluoride • Chlorine • Related Toxins
- Commercialized Waters • Rating Water Safety

### Milk and Milk Substitutes

- Pasteurized Cow Milk • Non-Dairy Substitutes • Probiotics

### Foods and the GI Tract

- Celiac Disease and Gluten Intolerance
- Grain Brain • Genetically Modified Organisms
- U.S. Foods that are Banned Elsewhere • Fermented Foods

### Meat, Poultry and Fish

- Poultry and Eggs • Beef • Fish

### Fats, Sweeteners and Seasonings

- Addictive Foods • Trans Fats • Interesterified Fats
- High Fructose Corn Syrup • Sugar Substitutes • Salt • MSG

### Food Additives and Preservatives

- Formaldehyde • Food Dye No. 2 and 4 • Glyphosphate
- Titanium Dioxide • Coal Tar Dyes • Propylene Glycol
- Ethylene • Harmful Preservatives • Healthful Preservatives

### Food Storage

- Styrene • Bisphenol A (BPA) • Polyethylene

### Home and Health Environment

- Antimicrobial Soap • Bedding • Dental • Cosmetics
- Cell Phones • Hospital Equipment

### Guidelines for Risk Reduction and Health Promotion

- Helpful Phytochemicals • Protective Spices and Herbs
- Risk Reduction Strategies

### ABOUT THE INSTRUCTOR



*Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including *Pharmacotherapeutics: A Nursing Process Approach*, *Manual of Intravenous Medications*, and *Manual of Critical Care*. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.*

*Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer's guide to quality control.*