

# Spices As Natural Medicines

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

*In the last decade, major medical centers have identified how selected spices can complement the prevention and management of chronic disorders.*

*Based on human clinical trials published in the last decade, this unique 6-hour program separates popular claims from scientifically validated discoveries for the use of spices as natural medicines.*

*Participants completing this program should be able to identify selected spices indicated for preventing or treating:*

1. Disorders of the GI tract,
2. Pain and inflammation,
3. Respiratory disorders,
4. Cardiometabolic disorders, and
5. Disorders affecting the brain and behavior.



**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: 0492-0000-18-016-H04-P and 0492-0000-18-016-H04-P. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.



Academy  
of General Dentistry



**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.

Initial Release Date: 01/31/2018 Expiration Date: 01/31/2021 Content Level: Intermediate

## Understanding Spices

- Medicinal Spices
- Key Properties
- Spices with Medical Characteristics

## GI Tract

- Bioavailability
- Stress and Digestive Disorders
- Gut-Brain Connection
- Celiac Disease
- Irritable Bowel Syndrome

## Pain and Inflammation

- NSAID Effects
- Steroid Effects
- Steroid-Related Osteoporosis
- Dental Disorders
- Rheumatoid Arthritis
- Osteoarthritis

## Respiratory Disorders

- Allergies
- Rhinitis and Sinusitis
- Influenza
- Asthma
- Chronic Inflammatory Lung Disorders

## Cardiometabolic Disorders

- Hypertension
- Platelet Aggregation
- Triglycerides
- Insulin Resistance
- Type 2 Diabetes
- Diabetic Neuropathy
- Coronary Artery Disease

## Brain and Behavior

- Chronic Stress
- Appetite Control
- Anxiety and Insomnia
- Depression
- Age-Related Cognitive Decline
- Stroke
- Vascular (Multi-Infarct) Dementia
- Alzheimer's Disease

## Preparing Spices to Optimize Their Benefits

- Sources
- Storage
- Preparation
- Combining Spices

## ABOUT THE INSTRUCTOR



*Dr. Merrily Kuhn received a doctoral degree in Physiology followed by doctorates in Naturopathic Medicine and Holistic Medicine. She has taught graduate programs in pharmacology and complementary medicine and has been affiliated with SUNY at Buffalo. As a practicing Naturopathic Physician, Dr. Kuhn treats a wide range of disorders presented in this program.*

*Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation's most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.*