

PLEASANTON, CA **Wednesday, May 17**
FOUR POINTS BY SHERATON PLEASANTON
5121 Hopyard Rd, 94588
(925) 460-0444

SACRAMENTO, CA **Thursday, May 18**
CROWNE PLAZA SACRAMENTO NORTHEAST
5321 Date Ave, 95841
(916) 338-5800

RENO, NV **Friday, May 19**
GRAND SIERRA RESORT AND CASINO
2500 East 2nd St, 89595
(775) 789-2000

Please do not contact venues except for driving instructions.
Complimentary parking is available at all sites.

CARDIOVASCULAR HEALTH, INFLAMMATION AND NUTRITION

✓one:

Pleasanton, May 17 Sacramento, May 18 Reno, May 19

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, _____ Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
 \$74 Group Rate (3 or More Persons Registering Together)
\$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

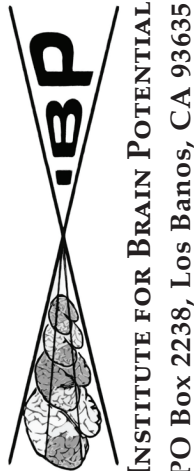
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____



CARDIOVASCULAR HEALTH, INFLAMMATION AND NUTRITION

PLEASANTON, CA: Wednesday, May 17

SACRAMENTO, CA: Thursday, May 18

RENO, NV: Friday, May 19

A New 6-Hour Seminar for Health Professionals, Spring, 2017 \$79

PLEASE POST



CARDIOVASCULAR HEALTH, INFLAMMATION AND NUTRITION

A 6-Hour Seminar for Health Professionals

Schedule: Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

Group Registrations: Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

Transfers and Cancellations: Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

CARDIOVASCULAR HEALTH, INFLAMMATION AND NUTRITION

NURSES: Institute for Brain Potential (IBP) is approved by the **CA Board of Registered Nursing**, Provider #CEP13896. This program is offered for 6 contact hours.

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 awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, AND MFTs: IBP is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP, 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. IBP solely is responsible for all aspects of the program. This program is 6 CE hours. Approval is pending by **NV Board of Examiners for MFTs** and by **NV Board of Examiners for Social Workers** for 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: IBP is approved as a provider by **CCAPP-EI**, Provider Number 45-09-128-1217, and by the **NAADAC Approved Education Provider Program**, Provider #102949. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (6 CEUs). UANs: 0492-0000-17-004-L04-P and 0492-0000-17-004-L04-T



DENTAL PROFESSIONALS: IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of CA**. IBP 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. This program is 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP 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 Level: Intermediate. Content Focus: Domain of OT (Areas of Occupation).

NURSING HOME ADMINISTRATORS: This program is pending approval by the California Nursing Home Administrator Program (NHAP) for 6 CE hours. The offering in Reno, NV has reviewed by the NCERS of the NAB and approved for 6.00 clock hours and 6.00 participant hours.

PHYSICAL THERAPISTS: IBP is approved as a provider of physical therapy continuing education by the **Physical Therapy Board of California**. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is approved as a provider of CE by CA Speech-Language Pathology & Audiology Board (SLPAB), #PDP247. This program provides 6 contact hours.

MASSAGE THERAPISTS: IBP is approved by NCBTMB as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

ACUPUNCTURISTS: Approval is pending by **CA Acupuncture Board** for 6 CE hours of Category I credit.

DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 continuing professional education units (CPEUs) for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 5160, 2090, 3060, and 3070.

EDUCATORS: This program provides 7.5 PGs of professional development in CA and .5 CEU of professional development in NV toward license renewal through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the *Accrediting Commission for Senior Colleges and Universities*. Contact your school district if you need prior approval.

Learn how inflammation fuels the development and progression of cardiovascular disease and evidence-based strategies to prevent and manage these conditions through nutritional interventions.

Participants completing this program should be able to:

- 1. Identify the role of cortisol, estrogen and thyroid hormones in the development of coronary artery disease.*
- 2. Describe the role of inflammation, lipids including fish oil, and cholesterol.*
- 3. List several beneficial nutrients for the heart including vitamins, minerals, antioxidants and alcohol.*
- 4. Discuss beneficial and harmful effects of different carbohydrates and the adverse effects of sucrose and high fructose corn syrup.*
- 5. Identify spices that can protect the heart and treat conditions associated with cardiovascular disease.*
- 6. Describe features of diets that are identified with a reduced risk of cardiovascular disease.*

Key Symptoms Hormones

- **Chest Discomfort:** how cardiac symptoms differ in men and women; why women are more frequently misdiagnosed, less aggressively treated, and more likely to die of cardiovascular disease.
- **Cortisol:** inflammation and stress-related cardiac and non-ischemic symptoms; foods that affect cortisol, e.g., curcumin and quercetin.
- **Estrogen:** postmenopausal ERT, weight gain, heart disease and stroke; soy-based isoflavones (genistein) and coronary artery health.
- **Thyroid:** hypo- and hyperthyroidism—how each affects the heart; foods that modify thyroid activity.

Inflammation, Lab Tests, Fats, Fish Oil and Cholesterol

- **Dietary Inflammation Index:** pro- and anti-inflammatory lipids, vitamins, minerals, polyphenols and spices.
- **Lab Tests:** HDL/total cholesterol, triglyceride/HDL ratio, fasting insulin, fasting glucose, iron, vitamin D, CRP and homocysteine.
- **Types of Fats:** monosaturated oils (e.g., canola, olive, peanut), polyunsaturated (e.g., nuts, seeds, leafy greens, fish); saturated (animal and plant-based oils), the omega family and trans-fats.
- **The Case Against Fish Oil Supplements:** no reduction in risk of MI, AF, or congestive heart failure; greater risk of hemorrhagic stroke; heart-healthy fish.
- **Why We Need Cholesterol:** key role for cell membranes, steroid hormones such as cortisol, vitamin D, progestins, estradiol and testosterone; myths about HDL and LDL.
- **Statin Controversies:** number of patients needed to prevent a first or second MI, or to produce muscle weakness, pain or rhabdomyolysis, type 2 diabetes, cataract, and cognitive impairment.

Vitamins, Minerals, Antioxidants, and Alcohol

- **Vitamins:** low levels of vitamin D3 are associated with greater risk of coronary artery disease; physicians taking a multivitamin supplement of beta carotene and vitamins E, C, folic acid and B vitamins did not have fewer cardiac events.
- **Minerals:** calcium supplementation and elevated coronary artery calcium; vitamin C supplementation and excess iron; anti-inflammatory effects of magnesium.
- **CoQ10 and Selenium:** does supplementation reduce the risk of an MI or congestive heart failure.
- **Alcohol:** risk of CAD is reduced by about 20% by moderate drinking in men and women; however, even modest drinking can elevate risk of breast cancer; resveratrol, red wine and the French paradox.
- **Drugs That Produce Nutrient Deficiencies:** vitamins, minerals and CoQ10 deficiencies associated with selected antihypertensives, statins, beta-blockers, and anti-diabetic drugs.

Cardioprotective Fiber and Cardiotoxic Sugars

- **Understanding Carbohydrates:** benefits of complex carbohydrates.
- **Protective Fibers:** insoluble cellulose, hemicellulose and lignin; protective vegetables, fruits, grains, soluble gums (e.g., oat bran), and pectin (e.g., apples).
- **Sucrose and High Fructose Corn Syrup:** high fructose corn syrup is rapidly metabolized into cardiotoxic triglycerides; role in type 2 diabetes, MI and Alzheimer's disease.

Spices

- **Hypertension:** benefits of Black Cumin, Blueberries, Cardamom, Cinnamon, Cocoa, Coconut, Curcumin, Fennel, Garlic, Juniper Berry, Onion, Oregano, Pomegranate, Saffron, Sesame and Tomato; adverse effects of Yohimbe, Asian Ginseng and Licorice.
- **Platelet Aggregation:** Cardamom, Chili, Garlic, Rosemary, Tomato, and Thyme.
- **Type 2 Diabetes:** Almond, Basil, Chili, Cinnamon, Cocoa, Coriander, Curcumin, Curry, Fenugreek Seed, Garlic, Green Tea, Onion, Pomegranate, Rosemary and Sage.
- **Coronary Artery Disease:** Almond, Cumin Seed, Cardamom, Chili, Cinnamon, Cocoa, Curcumin, Fennel Seed, Garlic, Marjoram, Onion, Oregano, Rosemary, Sage, Sesame Seed, and Tomato.

Dietary Considerations

- **Polyphenols:** pigment color and the heart, e.g., green tea, purple grapes, yellow apples, blue berries, and orange carrots.
- **Nuts and Seeds:** heart-healthy and unhealthy choices.
- **Mediterranean Diet:** 50% lower rate of MI in seniors; key cardioprotective elements (veggies, nuts, legumes, fish, olive oil, and wine).
- **Okinawan Diet:** exceptional longevity and cardioprotective elements of this low-calorie, antioxidant-rich, low glycemic diet.
- **Plant-Based Diets:** comparing CAD with the Ornish and the Eco-Atkins diets.
- **Moderately Overweight? You Might Live Longer:** lowest risk of MI occurs in people with a BMI of 26 – 27; cardioprotection is more reliant on fitness, stress resilience and diet.

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.