

SAN ANTONIO, TX **Wednesday, October 18**
DOUBLETREE BY HILTON HOTEL SAN ANTONIO AIRPORT
37 NE Loop 410, 78216
(210) 366-2424

AUSTIN, TX **Thursday, October 19**
PALMER EVENTS CENTER
900 Barton Springs Rd, 78704
(512) 404-4500
Parking: \$8

ROUND ROCK, TX **Wednesday, October 25**
WINGATE BY WYNDHAM ROUND ROCK HOTEL & CONFERENCE CENTER
1209 N Interstate 35 Frontage Rd, 78664
(512) 341-7000

SAN ANTONIO, TX **Thursday, October 26**
GRAND HYATT SAN ANTONIO
600 E Market St, 78205
(210) 224-1234
Parking: \$10

Please do not contact the venues except for driving instructions.
Complimentary parking is available unless otherwise noted.

**CARDIOVASCULAR HEALTH,
INFLAMMATION AND NUTRITION**

✓ one:

San Antonio, Oct 18 Austin, Oct 19
 Round Rock, Oct 25 San Antonio, Oct 26

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

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

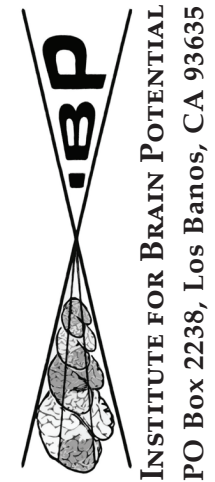
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



**CARDIOVASCULAR HEALTH,
INFLAMMATION AND NUTRITION**

SAN ANTONIO: Wednesday, October 18

AUSTIN: Thursday, October 19

ROUND ROCK: Wednesday, October 25

SAN ANTONIO: Thursday, October 26

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

**CARDIOVASCULAR HEALTH,
INFLAMMATION AND NUTRITION**
A 6-Hour Seminar for Health Professionals

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.*



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 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.

This program provides 6 contact hours for nurses.



PSYCHOLOGISTS, SOCIAL WORKERS, COUNSELORS & 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 credits.



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. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.

Institute for Brain Potential is approved as a CE Sponsor by the **TX State Board of Examiners of Marriage & Family Therapists**, Provider #830. This program is 6 clock hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved as a provider of continuing education by **TCBAP Standards Committee**, Provider No. 1816-09. Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program provides 6 continuing education hours (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 provides 6 contact hours (6 CEUs). UANs: 0492-0000-17-004-L04-P and 0492-0000-17-004-L04-T



Academy of General Dentistry
PACE
Program Approval for Continuing Education

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. This program is 6 CE hours.



APPROVED PROVIDER OF CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

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: IBP is a *Certified Sponsor* of professional continuing education with the NAB and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: This program has been approved by the Texas Physical Therapy Association (TPTA) for 6 continuing competence units (CCUs).

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

MASSAGE THERAPISTS: Institute for Brain Potential is a **TX Department of State Health Services** approved provider of CE for massage therapists, #CE1762. This course provides 6 CE hours. IBP is approved by NCBTMB as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours of Advanced Science credit. Visit <http://goo.gl/85iSwY> to learn about Advanced Science credit.

CASE MANAGERS: This program has been pre-approved by the **Commission for Case Manager Certification** to provide 6 CE contact hours to CCM® board certified case managers.

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 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: IBP is approved as a provider of continuing education by the **TX Education Agency**, CPE#501659. This program provides 7.5 CPEs of professional development in TX.

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 treat 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 and soluble gums (e.g., oat bran) and pectin (e.g., apples); how they suppress appetite.
- **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 and Pomegranate.
- **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.