

**NASHVILLE, TN**  
MILLENNIUM MAXWELL HOUSE NASHVILLE  
2025 Rosa L Parks Blvd, 37228. (615) 259-4343

Monday, September 11

**HUNTSVILLE, AL**  
WESTIN HUNTSVILLE  
6800 Governors West Rd NW, 35806. (256) 428-2000

Tuesday, September 12

**CHATTANOOGA, TN**  
ALHAMBRA SHRINERS AUDITORIUM  
1000 Alhambra Dr, 37421. (423) 892-0223

Wednesday, September 13

**KNOXVILLE, TN**  
KNOXVILLE MARRIOTT  
501 E Hill Ave, 37915. (865) 637-1234

Thursday, September 14

**KINGSPORT, TN**  
MEADOWVIEW MARRIOTT CONFERENCE RESORT & CONVENTION CENTER  
1901 Meadowview Pkwy, 37660. (423) 578-6600

Friday, September 15

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

## THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

✓ one:

- Nashville, Sep 11     Huntsville, Sep 12     Chattanooga, Sep 13  
 Knoxville, Sep 14     Kingsport, Sep 15

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](http://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

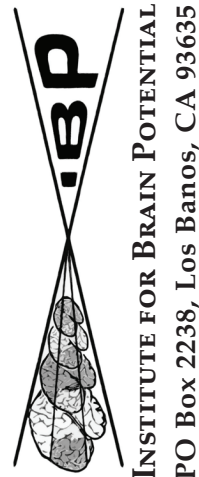
All major credit cards accepted: \_\_\_\_\_ Type of card \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



PLEASE POST



## THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

NASHVILLE, TN: Monday, September 11

HUNTSVILLE, AL: Tuesday, September 12

CHATTANOOGA, TN: Wednesday, September 13

KNOXVILLE, TN: Thursday, September 14

KINGSPORT, TN: Friday, September 15

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

# THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

## A 6-Hour Seminar for Health Professionals

*Medical foods are FDA-monitored foods specially formulated to meet the nutritional requirements of specific diseases. Medicinal foods include a variety of nutrients that are available without prescription.*

*In this new 6-hour program, learn the composition of medical foods, medicinal foods, and the validity of claims made about their uses for treating disorders of attention and cognition, mood, pain, inflammation, metabolism, and sleep.*

*Participants completing this program should be able to identify the effectiveness of selected medical foods and medicinal foods for treating chronic or recurrent disorders of:*

1. Attention and cognition,
2. Major depressive disorder and dys-thymic disorder,
3. Osteoarthritis, backache, headache or neuropathic pain,
4. Low grade, chronic inflammation,
5. Cardio-metabolic factors underlying type 2 diabetes, coronary artery disease and stroke,
6. Initiating or maintaining sleep.



**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.

# THE PHARMACY IN YOUR KITCHEN: AN OVERVIEW OF MEDICAL AND MEDICINAL FOODS

**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, COUNSELORS, SOCIAL WORKERS, AND 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.

**APPROVED PROVIDER:** 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. 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.

**SUBSTANCE ABUSE PROFESSIONALS:** IBP is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).

**ACPE 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: 0492-0000-17-028-L04-P and 0492-0000-17-028-L04-T

**ADENTAL 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:** 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: Occupational Therapy Process (Outcomes).

**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:** Institute for Brain Potential is approved as a provider of physical therapy continuing education by **Physical Therapy Board of California** and **Illinois Department of Professional Regulation**, Sponsor #216.000210. The **TN Board of Physical Therapy** accepts courses approved by the physical therapy licensing boards of other states. This program provides 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** This program is pending approval by **AL Board of Examiners for Speech-Language Pathology and Audiology** for 6 hours of continuing education credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential 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: II. Suggested Learning Codes: 2070, 2100, 3079, and 3100.

**EDUCATORS:** This program provides 7.5 CEUs of professional development in AL and 7.5 Renewal Points of professional development in TN 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.

## Attention and Cognition

- **Attention:** how effective is caffeine for ADHD alone, or in combination with psychostimulants?
- **Improving Focus:** effectiveness of caffeine and other ingredients in coffee beans: how the release of dopamine and norepinephrine enhances focus, e.g., coconut oil; "smart coffee."
- **Treating Cognitive Decline:** the composition and effectiveness of medical foods designed to improve memory and cognition including Axona® and Cerefolin NAC®.
- **Enhancing Cognition:** selected amino acids, berries, cocoa, curcumin, and omega-3 acids; "smart shakes."

## Depression

- **Deplin®:** L-methylfolate, a medical food containing the active form of vitamin B9 (folate), purported to elevate serotonin, norepinephrine and dopamine.
- **Omega-3 Fats:** linolenic acid, in leafy green vegetables and flaxseed, is the parent molecule of the omega-3s; role of EPA and DHA; benefits of fish oil.
- **SAME (S-Adenosyl-L-methionine):** how effective as an anti-depressant?
- **Neurotransmitters:** foods that elevate dopamine, norepinephrine and serotonin.

## Pain

- **Theramine™ for Chronic Pain and Low Back Pain:** amino acid precursors of neurotransmitters and flavonoids in cocoa and cinnamon.
- **Limbrel and Osteoarthritis:** benefits and risks.
- **Metanx® for Diabetic Neuropathy:** folate, vitamins B6 and B12.
- **NSAID-Enhancing Foods:** caffeine, ginger, turmeric, black willow, wintergreen; the COX2 inhibitory effects of sweet Bing cherries.
- **Corticosteroid-Enhancing Foods:** curcumin, vitamin E, licorice, and quercetin.

## Immune System

- **Inflammation:** constituents of fish oil promote synthesis of anti-inflammatory messengers (e.g., cytokines) and reduce symptoms associated with chronic inflammation.
- **Periodontal Disease:** effectiveness of clove to reduce dentin hypersensitivity; mint and gingivitis; antiplaque efficacy of pomegranate and turmeric.
- **Foods to Eliminate or Reduce:** pro-inflammatory glutens, refined carbohydrates, high fructose corn syrup, most foods elevating omega-6 fatty acids.
- **Pulmona™:** a medical food for the management of lung disease.
- **Probiotics and the GI Tract:** how they compare with drugs to treat inflammatory and irritable bowel disorders.

## Cardio-Metabolic Disorders

- **Weight Control:** almonds, capsaicin, flaxseed, eggs, green coffee beans, green tea, apples and other pectin-containing foods.
- **App Trim®:** a medical food for the dietary management of metabolic syndrome.
- **Cholesterol:** almonds, chili, cocoa, garlic, ginger, and tomato.
- **Blood Glucose:** cinnamon, fenugreek seed, fish oil, garlic, and ginger.
- **Hypertension:** cocoa, fish oil, garlic, onion, sesame seed, and tomato.
- **Endothelial Function:** L-arginine supplementation.
- **Platelet Aggregation:** cayenne, curry, vitamin E, garlic, ginger, ginko, licorice, omega-3 fatty acids, selected fruits, and turmeric.
- **Coronary and Cerebral Arteries:** cocoa, curcumin, garlic and omega-3 fatty acids including fish oil.
- **Vascazen™:** a medical food consisting of a patented ratio of EPA to DHA, for the treatment of cardiovascular disease.

## Sleep

- **GABAdone™:** contains amino acids that elevate brain levels of serotonin and GABA, a neurotransmitter involved in sedative hypnotics.
- **Senra PM®:** amino acids and polyphenols for improving sleep and alleviating sleep-related disorders.
- **Tryptophan:** sleep-inducing effects of foods rich in tryptophan; how to combine tryptophan-rich foods.
- **Melatonin:** the dark and light side of circadian rhythms; exposure to sunlight and nutritional sources of melatonin; potential adverse effects of melatonin supplementation.

## ABOUT THE INSTRUCTOR

*Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT is a Board Certified Psychiatric Pharmacist and member of the College of Psychiatric and Neurologic Pharmacists.*

*This interdisciplinary background has prepared him to provide specialized information to health professionals concerning the role of medical foods that are available by prescription and medicinal foods that influence stress and wellness, attention, cognition, mood, pain, immune health, cardio-metabolic disorders, and sleep.*

*Dr. Pezzote is an outstanding speaker. He has appeared on CBS News, Montel, E!, BNN, on radio programs, online and in print. In addition, Dr. Pezzote has taught continuing education programs to thousands of health professionals. Participants attending his lectures highly recommend his practical and entertaining programs, unique approach, and his special ability to communicate with clarity and warmth.*