

EAST PEORIA, IL **Monday, October 9**
 EMBASSY SUITES BY HILTON EAST PEORIA- RIVERFRONT
 HOTEL & CONFERENCE CENTER
 100 Conference Center Dr, 61611
 (309) 694-0200

SPRINGFIELD, IL **Wednesday, October 11**
 WYNDHAM SPRINGFIELD CITY CENTER
 700 E Adams St, 62701
 (217) 789-1530
 Parking: \$7 cash only

URBANA, IL **Friday, October 13**
 URBANA CIVIC CTR
 108 E Water St, 61801
 (217) 384-2375

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

MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

✓one:

East Peoria, Oct 9 Springfield, Oct 11 Urbana, Oct 13

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)

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MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

EAST PEORIA: Monday, October 9

SPRINGFIELD: Wednesday, October 11

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

MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

A 6-Hour Seminar for Health Professionals

It is remarkable how lifestyle plays an integral role in development and prevention of low-grade chronic inflammation. In this unique class, learn the role of stress, mood, sleep, nutrition, physical activity, and mind-body practices.

Participants completing this program should be able to identify lifestyle factors underlying:

1. *the link between chronic stress and inflammation,*
2. *cardiometabolic risk factors,*
3. *immune, autoimmune conditions, and sources of chronic inflammation in dental and medical disorders,*
4. *pro- and anti-inflammatory aspects of brain health and ways to protect the aging brain, and*
5. *anti-inflammatory lifestyle habits.*



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.

MIND-BODY INTERACTIONS AND THE STRESS-INFLAMMATION CONNECTION

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: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: IBP has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. IBP is an **IL Department of Professional Regulation** Approved CE Sponsor for marriage and family therapists, #168.000183. This program provides 6 clock hours.

SOCIAL WORKERS: 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.

SUBSTANCE ABUSE PROFESSIONALS: IBP 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: 0492-0000-17-029-L04-P and 0492-0000-17-029-L04-T

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.

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 (Client Factors) and 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: IBP is approved as a provider of physical therapy continuing education by the **IL Department of Professional Regulation**, Sponsor #216.000210. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is approved as a provider of CE by **California Speech-Language Pathology & Audiology Board (SLPAB)**, #PDP247, by **Florida Board of Speech-Language Pathology and Audiology**, and by **Kansas Department of Health and Environment**, Provider# LTS51271. This program is designed to meet the needs of speechlanguage pathologists. Participants will receive a certificate of completion.

MASSAGE THERAPISTS: Institute for Brain Potential is an **IL Department of Professional Regulation** Approved CE Sponsor for massage therapists, #245000045. The program provides 6 CE hours. 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.

DIETITIANS: IBP is an **IL Department of Professional Regulation** Approved CE Sponsor for LDNs, #199.000112. 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: 3005, 5160, 5190, and 5220.

EDUCATORS: This program provides 7.5 PDUs of professional development toward license renewal in NC 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.

Chronic Inflammation: The Mind-Body Connection

- **Understanding Chronic Inflammation:** acute inflammation is vital for healing injury and killing pathogens; why chronic inflammation can be a symptom or a cause of most chronic disorders.
- **Acute Stress:** how cortisol, a key adrenal hormone, is elevated in response to physical stressors or to psychological threat.
- **Chronic Stress:** how cortisol is suppressed and low grade chronic inflammation occurs in people with chronic pain, sleep disorders, mood disorders, PTSD, and in people who exercise too little or too much and who eat indiscriminately or diet excessively.
- **Corticosteroids:** how they suppress inflammation; indications and adverse effects of chronic use.
- **Anti-Stress Nutrients:** natural steroidal-like effects of vitamin E, quercetin, licorice and curcumin, fish oils and marine algae.
- **NSAIDs:** how COX-2 inhibitors reduce inflammation and pain; indications and adverse effects of aspirin, indomethacin, ibuprofen and other NSAIDs.
- **Anti-Inflammatory Nutrients:** natural NSAID-like effects of ginger, curcumin, cherries, black willow and wintergreen.
- **Nutrients That Regulate Inflammatory Messengers:** each disorder of chronic inflammation has distinct cytokines that occur in foods, e.g., cherries, garlic and ginger (IL-1), curcumin, resveratrol, Boswellia (IL-6), garlic (IL-8), fish oil, curcumin, resveratrol, garlic, and ginger (TNF- α).

Cardio-Metabolic Inflammation

- **The Stress Connection:** increased appetite for calorie-dense foods, and development of abdominal obesity and stress-related fat.
- **Cardiometabolic Syndrome:** cortisol- and insulin resistance, appetite and inflammation; microbial imbalance and oral bacteria in atherosclerotic plaque.
- **Prediabetes and Diabetes:** how diet influences GI microbes that drive inflammation in diabetes; frequent, small low-glycemic meals and snacks to help relaxation and maintain low blood glucose during sleep; benefits of cinnamon, curcumin, resveratrol and green tea.
- **Managing Hypertension:** benefits of garlic, CoQ10, magnesium, dark chocolate when combined with antihypertensives.
- **Beneficial Dietary Fats:** a healthy ratio of omega-3s and its precursors (flax, hemp), omega-9s (olive oil, avocado, nuts) versus omega-6s and saturated fats (e.g. dairy).

Allergies, Asthma, Autoimmune Conditions

- **Allergies:** how nutrients inhibit the pro-inflammatory cytokines released by mast cells (e.g., IL-1, IL-6 and TNF- α) and allergy-reducing nutrients: curcumin, green tea, flax and fish oil.
- **Food Allergies:** histamine and allergic reactions to proteins in eggs, milk, peanut, tree nuts, shellfish and wheat; celiac disease, inflammatory bowel disorders (e.g., Crohn's disease), and gluten sensitivity; how to use an elimination diet.
- **Asthma:** identifying environmental triggers, foods, and drugs; value of carotene, vitamins C, D, lycopene, caffeine, fish oil.
- **Periodontal Disease:** a key source of chronic inflammation; bacterial strains linked to heart attack and stroke; protective probiotics.
- **Common Autoimmune Disorders:** role of nutrients:
 - Thyroid disorders: thyroid-stimulating or inhibiting foods.
 - GI Tract: celiac disease, gluten sensitivity, IBS and probiotics.
 - Rheumatoid Arthritis: disease modifying drugs and foods.

Brain

- **Sleep:** insomnia produces neuro-inflammation and impairs clearance of amyloid; the use and misuse of melatonin, magnesium, kava and valerian; low glycemic, tryptophan snacks that help relax.
- **Mood:** depression, hostility and anger are identified with inflammatory cytokines; how inflammation in the brain or body impairs mood regulation; anti-inflammatory effects of antidepressants and fish oil.
- **Stroke:** risks of atrial fibrillation, and ischemic and hemorrhagic strokes: aspirin, COX-2 inhibitors, fish oils, omega 6s and 9s.
- **Alzheimer's Prevention:** the inflammatory nature of amyloid plaque and neurofibrillary tangles; connection with type 2 diabetes; effects of NSAIDs, vitamin E, and curcumin.
- **Brain-Protective Fats:** omega-3s: EPA, DHA and ALA that protect against loss of short-term memory in the vulnerable hippocampus; neurotoxic effects of arachidonic acid and omega-6s.

Anti-Inflammatory Lifestyle Habits

- **Neuroprotective Mindset:** stress-resilient habits that protect the hippocampus against neurotoxic effect of cortisol and loss of short-term memory; the anti-inflammatory benefits of mindfulness.
- **Mind-Body Practices:** yoga, meditation and regular physical activity stimulate anti-inflammatory cytokines and normalize cortisol.
- **Sleep:** key sleep-enhancing habits involve regular exposure to light, meal times, pre-sleep rituals and time in bed.
- **Avoiding Inflammatory Foods:** simple sugars, white flour, white potatoes, rice and processed foods to prevent inflammatory advanced glycation end products.
- **Nutritional Strategies for the Aging Brain:** natural sources of trace elements, avoidance of toxic metals; vitamin B complex, C, D, E, CoQ10, lipoic acid; cognitive-protecting nutrients including green tea; indications of alcohol for brain and heart health.
- **Anti-Inflammatory Recipes:** selection of spices, polyphenols and other foods that can inhibit the inflammatory cytokines specific to key disorders presented in class.
- **Life-Extending Nutrients:** key neuroprotective and longevity-enhancing elements in the Mediterranean and Okinawan diets.

ABOUT THE INSTRUCTOR

Lisa E. Goehler, Ph.D., is Lecturer in Nursing, Neuroimmunology and Behavior at the Center for the Study of Complementary Therapies at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions as they affect the response to psychological stress, the immune system, and the development of an anti-inflammatory lifestyle.

Dr. Goehler has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders can result from GI inflammation. Her research also describes nutritional pathways to reducing the risks of chronic low-grade inflammation.

An outstanding speaker, Dr. Goehler presents practical discoveries to her students and health professionals with enthusiasm, clarity and warmth. In addition to Q & A sessions in class, Dr. Goehler will answer your questions during the second half of the lunch break and by email after the program concludes.