

HICKORY, NC
HICKORY METRO CONVENTION CENTER
1960 13th Avenue Drive SE, 28602
(828) 322-1335

Tuesday, May 5

GREENSBORO, NC
GREENSBORO MARRIOTT DOWNTOWN
304 N Greene Street, 27401
(336) 379-8000
Please obtain a parking voucher from IBP Registration Desk.

Wednesday, May 6

RALEIGH, NC
DOULETREE RALEIGH BROWNSTONE
1707 Hillsborough Street, 27605
(919) 828-0811

Thursday, May 7

DURHAM, NC
HILTON DURHAM NEAR DUKE UNIVERSITY
3800 Hillsborough Road, 27705
(919) 383-8033

Friday, May 8

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

WHAT IS IN OUR FOOD

✓ one:

- Hickory, May 5
- Greensboro, May 6
- Raleigh, May 7
- Durham, May 8

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

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

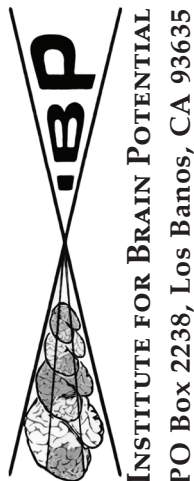
All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____



PLEASE POST



WHAT IS IN OUR FOOD A SEMINAR FOR HEALTH PROFESSIONALS

HICKORY: Tuesday, May 5

GREENSBORO: Wednesday, May 6

RALEIGH: Thursday, May 7

DURHAM: Friday, May 8

A New 6-Hour Seminar for Health Professionals, Spring, 2015 \$79



WHAT IS IN OUR FOOD

A NEW 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.

WHAT IS IN OUR FOOD

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

COUNSELORS AND MARRIAGE & FAMILY THERAPISTS: IBP, provider #6342, is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. IBP solely is responsible for all aspects of the program. This program is 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.

ADDICTION PROFESSIONALS: IBP is approved by the NAADAC Approved Education Provider Program, Provider #751. This course is 6 CE Hours.



PHARMACISTS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This application-based activity is designated for 6 hours (6 CEU). UAN: 0492-0000-14-044-L04-P



DENTAL PROFESSIONALS: 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. This program is 6 hours of credit. Subject Code: 557.

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) 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 PT and PTA continuing education by the **Physical Therapy Board of California** and by **IL Dept. of Professional Regulation**, #216.000210. Programs offered by CE providers approved by the physical therapy organizations of other states are acceptable to **North Carolina Board of Physical Therapy Examiners**. This program is offered for 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of sleep-language pathologists. Participants will receive a certificate of completion for 6 hours.

MASSAGE THERAPISTS: IBP is approved by the NCBTMB as a CE Approved Provider, #450939-09. This program is offered for 6 CE hours.

CASE MANAGERS: This program has been pre-approved by the **Commission for Case Manager Certification** to provide 6 hours of continuing education credit to Certified Case Managers (CCMs).

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.

EDUCATORS: This program provides .75 CEUs of professional development in NC towards license renewal through a cosponsorship agreement between IBP and Alliant International University, a *regionally accredited institution by the Accrediting Commission of Senior Colleges and Universities*. Contact your school district if you need prior approval for this program.

In this new six-hour seminar, identify the health risks of contaminants in water, milk, grains, meat and fish, fats and sweeteners, food storage, and in the home and workplace. Acquire effective risk reduction strategies.

Participants completing this program should be able to name several ways to improve the quality of their: 1. Water, 2. Milk and milk substitutes, 3. Foods beneficial for the GI tract, 4. Meat, poultry and fish, 5. Fats, sweeteners and seasonings, 6. Food additives and preservatives, 7. Food storage, and 8. Home and medical, dental or behavioral health environments.

Water

- **Fluoride:** effects on bone density and osteoporosis, thyroid function; risks to children under two.
- **Chlorine:** harm when drinking or bathing versus ozone.
- **Toxins:** PCBs, pesticides, mold/fungus, volatile organic compounds, dioxin, asbestos, heavy metals, and estrogen-modifying substances.
- **Commercialized Waters:** health claims and constituents of water for vitamins, electrolytes, sleep, weight loss, energy, and stress reduction.
- **Rating Water Safety:** drinking, cooking and bathing.

Milk and Milk Substitutes

- **Pasteurized Cow Milk:** pituitary, steroid, thyroid and growth hormones and antibiotics; allergies, osteoporosis, diabetes, and breast cancer.
- **Non-Dairy Substitutes:** soymilk and GMOs; rice, almond, and hemp milk; adverse effects of additives and pesticides.
- **Probiotics and GI Health:** detailed recommendations.

Foods and the GI Tract

- **Celiac Disease and Gluten Intolerance:** gliadin, the most abundant protein in wheat; exorphins that act as opiate receptors.
- **Grain Brain:** diets high in carbohydrates and protein glycation, a process that increases inflammation via free radicals and oxidative stress; how chronic GI inflammation induces brain inflammation.
- **Genetically Modified Organisms:** animals fed with GMOs in corn and soy and birth defects, sterility and tumors; assessing the human risk.
- **U.S. Foods that are Banned Elsewhere:** synthetic brominated vegetable oil, olestra, preservatives with BHA and BHT.
- **Fermented Foods:** how they detoxify and remove a wide range of toxins and heavy metals from the GI tract; a guide to GI-healthy foods.

Meat, Poultry and Fish

- **Poultry and Eggs:** antibiotics, synthetic hormones; benefits of free range.
- **Beef:** grass- or grain-fed; antibiotics and human resistance.
- **Fish:** wild versus farmed; nutrient value and health; mercury contamination and its enduring aftermath.

Fats, Sweeteners and Seasonings

- **Addictive Foods:** dopamine and reward expectancy; craving and fats, sugars, and salts—junk food and real science.
- **Trans Fats:** unsaturated fats used to increase shelf life used in deep frying; role in coronary artery disease and Type 2 diabetes.
- **Interesterified Fats:** semi-soft fat from hydrogenated and non-hydrogenated oils and adverse cardiometabolic effects.
- **High Fructose Corn Syrup:** metabolized by liver and stored as fat.
- **Sugar Substitutes:** risks of Aspartame, Saccharin, Stevia, Sucralose versus organic cane sugar, raw honey, and maple syrup.
- **MSG:** role in glutamate transmission in the brain, risk of transplacental toxic effects in pregnant women, and endocrine abnormalities.

Food Additives and Preservatives

- **Food Dye No. 2 and 4:** dye in foods, eye shadow and lipstick, aluminum and severe allergies.
- **Formaldehyde:** a disinfectant and additive to extend shelf life.
- **Glyphosphate:** a pesticide, found in corn and soy; packaged foods elevate risk of obesity.
- **Titanium Dioxide:** in processed salad dressings and coffee creamers; contamination with toxic lead and arsenic in rice and cereals.
- **Coal Tar Dyes:** food coloring, macaroni cheese products and cancer.
- **Harmful Preservatives:** BHA, BHT, TBHQ, Propyl Gallate, Sodium Nitrite, and Parabens.
- **Healthful Preservatives:** antioxidants in natural foods and vitamins.

Food Storage

- **Bisphenol A (BPA):** found in polycarbonate water bottles and beverage cans, releases zenoestrogens when heated; risk to babies and children.
- **Styrofoam:** heating releases the carcinogen, styrene.
- **Polyethylene:** a polymer in plastic bags and containers; effects of skin absorption; safe food storage practices.

Home and Health Environments

- **Cosmetics:** tretinoin, used to treat acne and age-related wrinkles; birth defects and risk of leukemia.
- **Cell Phones:** electromagnetic radiation and risk of brain tumors.
- **Antimicrobial Soap:** triclosan, skin absorption and antibiotic resistance.
- **Bedding:** formaldehyde in permanent pressed sheets, triclosan in antibacterial bedding, flame retardants in mattresses, pesticides in cotton sheets/sleepwear; benefits of an organic mattress.
- **Polyvinyl Plastic:** IV tubes, bags, catheters; heart and endocrine disorders.
- **Dental:** fluoride xylitol, toothpastes and mouthwash; beneficial probiotics.
- **Detailed Risk Reduction Guidelines:** protective phytochemicals, spices and herbs; best practices for safe water, milk, foods, food storage, additives, healthy homes and work environments.

ABOUT THE INSTRUCTOR

Dr. Merrily Kuhn received a doctorate 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.

In addition to Q & A sessions in class, Dr. Kuhn will answer your questions during the second half of the lunch break and by email after the program concludes.