

## SIX-HOUR LIVE WEBINAR

Fri., July 1, 2022

(REGISTRATION FORM)

# IMMUNE BALANCE & THE BRAIN: AUTOIMMUNE, ALLERGIC, & INFLAMMATORY CONDITIONS

Please Check One Option Below:

**LIVE WEBINAR:** Fri., July 1, 2022, 8:30 AM – 3:40 PM, (Eastern Time)  
or 7:30 AM – 2:40 PM, (Central Time)  
or 5:30 AM – 12:40 PM, (Pacific Time)

\$83 – Pre-Registration Rate: Live Webinar with 6 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

\$83 – DVD or Streaming Video available for homestudy credit.

\$69 – DVD or Streaming Video only without homestudy test.

\*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at [info@biocorp.com](mailto:info@biocorp.com) for more information.

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Profession \_\_\_\_\_ License No. \_\_\_\_\_

Pharmacists only: NABP # \_\_\_\_\_ Date of Birth \_\_\_\_\_ mm / dd / yy

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There are **four** ways to register:

- 1) **Internet:** [www.INRseminars.com](http://www.INRseminars.com)
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757  
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

**Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820**

**Purchase orders are accepted. Tax Identification No. 94-2948967**

## ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

### NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses, including 6 Rx contact hours of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026) and the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 7.2 contact hours.

### DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits.

### PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-20-063-L04-P. This is a knowledge-based CPE activity.



### REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, 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 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 156099 and Performance Indicators: 2.2.1, 8.1.1, 8.1.3, and 8.1.4. CPE Level: II.



### PSYCHOLOGISTS, MENTAL HEALTH COUNSELORS, & ADDICTION COUNSELORS

The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042. This Program has been approved by the Minnesota Board of Psychology for 6 continuing education hours. Under Sponsor #00088989 and Approval #60007924337, CRCC has approved this course for six contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

### SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 6 continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. This course "Immune Balance & the Brain," Approval #200307-1440 provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/20 through 08/31/22. New Jersey social workers will receive six (6) general CE credits for participating in this course. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. The California Board of Behavioral Sciences will accept courses approved by ASWB. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

### OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 6 contact hours (Approval # CE 22-702763). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offer-

## ACCREDITATION (cont.'d)

ing continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 6 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

### CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

### NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 6 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

### MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider, Provider #299936-00, and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the State of New York for license renewal.



### OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

## (A 6-HOUR INTERACTIVE LIVE WEBINAR)

## SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

## SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: [info@inrseminars.com](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://www.INRseminars.com)

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Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to [info@inrseminars.com](mailto:info@inrseminars.com) or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

# IMMUNE BALANCE & THE BRAIN:

AUTOIMMUNE, ALLERGIC, & INFLAMMATORY CONDITIONS

## Frequently Asked Questions

### Q: What do I have to do to complete the live Webinar successfully?

To obtain the 6 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

### Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

### Q: What happens if I have technical difficulties watching or hearing a Webinar?

You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

### Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at [info@biocorp.com](mailto:info@biocorp.com). The customer-service office can tell you if INR has approval for your profession.

## COURSE SUMMARY

Is your immune system sluggish? Want to “boost” or “supercharge” your immune system? Is that a good idea?

There has been a significant increase in pseudoscience, misinformation and quackery surrounding immune-enhancing diets and supplements touted as a way to prevent or cure COVID-19 – a phenomenon that clearly reflects our level of fear and anxiety about this pandemic.

However, defending the body is really a delicate balancing act. While a decline in immune function can increase our risk of infections or cancer, on the other hand, an over exuberant immune response could lead to allergies, inflammatory and autoimmune diseases.

The focus of this course is to provide practical and sound interventions to ensure optimal and balanced immune function, as well as to describe factors that can favor immune dysregulation.

**Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.**

## PROGRAM/LECTURE

7:45 AM to 8:30 AM – Registration

8:30 AM to 10:00 AM – Morning Lecture

- **Elegant Defense:** Structure, Function and Regulation of the Immune System.
- **The Brain's Surveillance System:** The Immune System's role in Building and Maintaining a Better Brain.
- **The Gut Microbiome, Immunity, and Tolerance:** How Microbes Defend the Gastrointestinal (GI) Tract and Condition the Immune System.
- **What's Inflamm-Aging and Immunosenescence?** How Aging Affects Immune Function. Modern Lifestyle Contributors.
- **Cytokine Storm and Viral Pneumonia:** How Inflammation Can Trigger Serious Lung Disease in the Frail Elderly, i.e., COVID-19.

10:00 AM to 10:10 AM – Break

10:10 AM to 11:30 AM – Mid-Morning Session

- **Inflammation and the Cytokine Cascade:** The Role of Chronic Inflammation in Alzheimer's Disease, Heart Disease, Diabetes, and Cancer.
- **The Inflamed Mind:** Viewing Depression and Other Psychiatric Disorders through an Immunologic Lens. The Emerging Field of Immuno-Psychiatry.
- **The Stress-Immune Connection:** The Role of Early Life Stress and Childhood Adversity. Mind-Body Medicine. Building a Resilient Immune System.

11:30 AM to 12:20 PM – Lunch

12:20 PM to 2:00 PM – Afternoon Session

- **Autoimmunity-Casualties of Friendly Fire:** Celiac Disease, Type 1 Diabetes, Multiple Sclerosis, Autoimmune Thyroid Disease, Rheumatoid and Psoriatic Arthritis.
- **Allergic Disorders: What Scientists are Itching to Know.** Why Are Allergies Increasing in Children and Adults? Food Allergy vs. Intolerance vs. Sensitivity. When is Testing Appropriate?
- **Periodontal Disease and Chronic Immune Activation (the Oral-Systemic Connection):** Optimizing Oral Health to Protect the Immune System.

2:00 PM to 2:10 PM – Break

2:10 PM to 3:40 PM – Mid-Afternoon Session

- **Attempts to Tame a Rogue Immune System:** Monoclonal Antibodies, TNF Alpha Antagonists (Etanercept, Infliximab, Adalimumab, Certolizumab, Golimumab), IL-17 Antagonists (Secukinumab), Phosphodiesterase -4 Inhibitors (Apremilast).

## PROGRAM (cont.)

- **Non-Drug Measures:** The Anti-Inflammatory Diet. The Role of Vitamins, Minerals, and Dietary Supplements. Intermittent Fasting. Microbial Modulation to Heal the Gut (Probiotics and Prebiotics). The Anti-Inflammatory Effect of Movement and Exercise.
- **Sleep As Medicine:** The Circadian-Immune Connection. The Physiologic Effects of Sleep Deprivation.
- **Beyond Healthy Lifestyles:** Protecting Vulnerable Patients before Disaster Strikes. Quarantine and Isolation. Avoiding Crowded, Congested, and Confined Spaces.

Evaluation, Questions, and Answers

## LEARNING OBJECTIVES

Participants completing this program will be able to:

- 1) describe components of the immune system and principles of normal immune function.
- 2) review the clinical features of common autoimmune diseases, allergic, and inflammatory conditions.
- 3) explain potential immune factors that may contribute to depression and other psychiatric disorders.
- 4) describe the link between poor oral health and immune dysfunction.
- 5) list the dietary, pharmacologic, and lifestyle changes that may help balance immune function.
- 6) describe how the information in this course can be utilized across the disciplines to improve patient care and patient outcomes.
- 7) describe, for this course, the implications for dentistry, mental health, nursing, occupational and physical therapy treatment goals, and other healthcare professions.

## INSTRUCTOR

**Dr. Gina Willett (Ph.D., R.D.)** Dr. Willett is a nationally known speaker in the areas of health and wellness. Dr. Willett has a doctoral degree in nutritional science and a master's degree in epidemiology and preventive medicine from the University of Wisconsin, Madison. She also has a master's degree in health education from the University of Oklahoma, Oklahoma City. Dr. Willett is a registered dietitian who has worked as both a clinical dietitian and as a health promotion coordinator. She served her country as an officer in the United States Air Force. In addition, Dr Willett has served as an assistant professor at the University of Richmond in Virginia. For the past twenty years, she has developed and presented continuing education programs to over 100,000 healthcare providers across the country.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.