

FOOD, MOOD, & COGNITION

Instructor: Gina Willett, Ph.D., R.D.

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Brain Food.** How Food and Nutrients Affect Brain Cells.
- **Dietary Supplements and Cognition** (Omega 3, Gingko, Coconut oil, etc.): What Really Works?
- **Shaping a Better Brain.** Food for Thought. Feeding the Brain to Optimize Academic Success.
- **Western Diet and Cognitive Impairment** – Causing Hippocampal Dysfunction. The Insidious Effect of Saturated Fats. Does Sugar Make Us Dumb?
- **The Hungry Brain. Overeating and Brain Deterioration.** Energy Balance, Brain Health and Cognition.
- **Obesity and Poor Mental Health. Is it What We Eat, or What's Eating Us?** Interactions Between Stress, Sadness and Food Intake. Obesity-Associated Brain Inflammation – Promoting Addictive Behaviors?

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Food and Mood. The Link Between Junk Food and Depression/Anxiety.** The Rise of Mental Health Disorders in Our Youth. Inflammation as the Common Denominator?
- **The Gut as Our 2nd Brain:** Your Gut Has a Mind of its Own. Could the Gut be the Center of Many of Our Physical and Psychiatric Ailments? Gut Signals That Impact Overeating, Mood and Cognition. Gut Dysfunction, Inflammation and Brain Health.
- **Our Inner Ecosystem.** How Gut Bacteria Shape Our Minds and Bodies. To What Extent Can We Blame Our "Bugs" for Obesity and Depression?
- **The Gastrointestinal (GI) Barrier:** Our Defense Against the External Environment. Leaky Gut Syndrome.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **Chronic Stress:** How it Impairs Our Intestinal Barrier and Alters Gut Bacteria. Evidence That Gut Bacteria Actually Influence How Well We Respond to Stress.
- **Do All Diseases Begin in the Gut?** The Link Between Altered GI Function and Allergy, Inflammatory Diseases, Autoimmune Diseases, Diabetes, Arthritis, Autism, ADD/ADHD, Obesity, Eating Disorders, Depression, and Other Chronic Disease States.
- **The Curse of the Inflammatory Western Diet:** Promoting Gut Dysfunction and Toxic Intestinal Bacteria That's Taking a Toll on Our Health.
- **America's Chemical Cuisine:** Food Additives, Preservatives, Pesticides, Genetically Modified Foods. What Impact is it Having Our Gut and Brain Health? Dangerous Grains: Who Could Benefit From a Gluten Free Diet?
- **Medications** That Cause Digestive Problems (eg., Antibiotics, NSAIDs, etc.).

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Dental Health Implications.** Impact of Diet, Obesity and Depression on Oral Health.
- **The WAY to Eat** to Improve Gut health, Brain Health, Appetite and Weight Control, Dental Health, Energy, Mood and Cognition. What's the Secret?
- **Can We Eat our Way to Happiness?** Diet as a Depression Cure. Nutrition for Addiction Recovery.
- **Food Allergies:** How Common Are They Really?
- **New-Fangled Fibers:** Will the Real Fiber Please Stand Up?
- **Prebiotics and Probiotics:** Superfoods or Super Swindle? Probiotics to Treat Depression? The GAPS (Gut and Psychology Syndrome) Diet. What to Recommend to Our Patients?

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

6 CONTACT HOURS / www.INRseminars.com

MEETING TIMES & LOCATIONS

UNIONDALE, NY

Thu., Oct. 17, 2013
8:30 AM to 3:30 PM
Long Island Marriott
101 James Doolittle Blvd.
Uniondale, NY

SMITHTOWN, NY

Fri., Oct. 18, 2013
8:30 AM to 3:30 PM
Sheraton Long Island
110 Vanderbilt Motor Pkwy.
Smithtown, NY

FISHKILL, NY

Thu., Nov. 7, 2013
8:30 AM to 3:30 PM
Ramada Conf. Ctr.
542 Route 9
Fishkill, NY

WHITE PLAINS, NY

Fri., Nov. 8, 2013
8:30 AM to 3:30 PM
Crowne Plaza Hotel
66 Hale Ave.
White Plains, NY

TUITION:

\$84.00 per person with pre-registration (\$99.00 at the door if space remains). Tuition includes a syllabus. (Group pre-registration rate: \$79.00 per person. To qualify, 3 or more registrations must be submitted together. Please list names of all registrants.)

TO REGISTER:

There are **four** ways to register:

- 1) **Online:** www.INRseminars.com
- 2) **By mail:** Complete and return the Registration Form below.
- 3) **By phone:** Register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-800-937-6878**. (This number is for registrations only.)
- 4) **By fax:** Fax the completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860.

For all inquiries, please contact **customer service** at **1-877-246-6336** or **(925) 609-2820**.

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise INR in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar 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 seminar. Cancellation or voucher requests must be made in writing. If a seminar 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 seminar or a full-value voucher, good for one year, for a future seminar. 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.

Please check course date:

REGISTRATION FORM

(This registration form may be copied.)

Please return form to:
INR
P.O. Box 5757
Concord, CA 94524-0757
TOLL-FREE: 1-877-246-6336
TEL: (925) 609-2820
FAX: (925) 687-0860

Please print:

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