



NO TIME? STUDY AT HOME!

Course Format Options:

OPTION 1: Live Online Seminars

Convenient LIVE Credit Hours

- Taught in “real-time” with LIVE credit
- Live online seminars work on PC, MAC, and other handheld devices such as iPad or iPhone
- Interactive classrooms
- All you need is an internet connection, speakers or headset
- Automated testing and certificate generation

OPTION 2: On-Demand Seminars

- Pre-recorded seminars - home study credit
- Complete at your own pace
- Automated testing and certificate generation
- On-demand seminars work on PC, MAC, and other handheld devices such as iPad or iPhone
- All you need is an internet connection, speakers or headset

Unlimited CE 1-Year Membership

1 Price - Unlimited CE Credit - 1 Year

What comes with a membership:

- Free unlimited access to all online courses - live online seminars & on-demand seminars
- 250+ online courses per year at no additional charge
- CE credits are included with membership - NO additional fees
- Course lengths available: 1, 2, 3, and 6 hour formats - AM & PM classes
- Automated online testing and certificate

All courses can be purchased separately - a membership is not required

Registration cancellation requests are accepted up to seven days prior to the seminar date, and a \$20 nonrefundable cancellation fee will be charged per person. If a seminar cannot be held due to reasons beyond CE International's control (weather, etc.), refunds will not be granted; however, the seminar will be rescheduled. Parking is not included in registration fee.

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THE DIET REVOLUTION

6 Contact Hours — All Professionals

Workshops, Online Seminars & Home Study Courses

Register Online: ceinternational.com

Or call toll-free: 1-800-577-5703

WHO SHOULD ATTEND:

- Pharmacists
- Nursing Professionals
- Dietitians
- Physical Therapy Professionals
- Occupational Therapy Professionals
- Medical Professionals

The Diet Revolution

Neuroprotective & Disease-Modifying Effects

The Ketogenic Diet •
Fasting Protocols •
The Paleo Diet •
Autoimmune Diet
Protocol (AIP) •
Gluten-Free Diets •
Plant-Based Diets •
The Wahls Protocol
• Vegan Diets &
More

Course Objectives:

- Explore the role of diet in preventing and treating autoimmune disease (e.g. Autoimmune diet protocol, Paleo diet, the ketogenic diet, Intermittent fasting protocols).
- State the relationship between gluten and autoimmune disease (e.g. Hashimoto's thyroiditis, celiac disease, rheumatoid arthritis, etc.).
- Explore research supporting the role of diet in treating and preventing neurodegenerative disorders (e.g. Alzheimer's disease, Parkinson's Disease, Multiple Sclerosis).
- Identify nutrition strategies that could help normalize intestinal permeability (leaky gut) and reduce inflammation linked to metabolic disease and neurodegenerative disorders.
- State the role of the ketogenic diet in neuromuscular and neurodegenerative diseases, diabetes and heart disease.
- List the benefits of the Wahls protocol in treating Multiple Sclerosis and other autoimmune diseases.
- State the evidence for plant-based diets in treating obesity, diabetes and heart disease.

Register Online: ceinternational.com

Continuing Education Seminar Locations and Dates:

WILMINGTON, NC: Mon., June 3, 2019 • BW Plus Coastline • 503 Nutt St

FAYETTEVILLE, NC: Tue., June 4, 2019 • Holiday Inn • 1944 Cedar Creek Rd

GREENSBORO, NC: Wed., June 5, 2019 • DoubleTree Hotel • 3030 Gate City Blvd

SAN MARCOS, TX: Mon., June 17, 2019 • Embassy Suites • 1001 E McCarty Ln

COLLEGE STATION, TX: Tue., June 18, 2019 • Holiday Inn • 2500 Earl Rudder Fwy S

LIVE ONLINE: Fri., June 7, 2019 • The Internet

ON-DEMAND: Unable to attend? Take on-demand

Course Description

An increasing number of data demonstrate the utility of various diets in a variety of metabolic diseases and neurodegenerative disorders (NDD). Neurodegenerative diseases are illnesses that affect the brain, specifically neurons. The most common symptoms caused by these diseases include malfunctions in balance, respiration, movement, reflexes, motor skills, or even in heart beat activity. There are various risk factors that influence the incidence of NDD, these can be genetic, or non-genetic factors. Nutrition is the non-genetic factor that has shown the greatest influence on NDD incidence and development. The common factor in most NDD and metabolic diseases is a state of chronic inflammation, which is greatly influenced by nutrition. This course will explore the scientific data connecting diet and disease. Specific diets covered along with their scientific evidence included: the Ketogenic diet, fasting diet protocols, plant-based diets, the Paleo Diet, the Autoimmune Diet Protocol (AIP), the Wahls protocol, Gluten-free, casein-free diets, and the FODMAP diet. This course can be attended either live onsite, live online or on-demand.



Accreditations

Nurses (RN, LPN, NP, etc) - 6 Contact Hours

This course is sponsored by MED2000 who is an approved provider by the Alabama State Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Accreditation recognized in all states except California. This includes North Carolina, South Carolina, and Texas.

MED2000 who has been awarded Provider Status by the California Board of Nursing (CEP #11697).

Pharmacists - 6 Contact Hours

This course is sponsored by MED2000 who is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. ACPE UAN: 0826-9999-18-015-L01-P, IRD: 9-11-18. Knowledge based activity.

Occupational Therapy Professionals (OT, OTA) - 6 Contact Hours

This course is sponsored by MED2000 who is an approved provider by the American Occupational Therapy Association. Category 1. MED2000 is an approved provider by the FL Board of OT Practice (#133).

Physical Therapy Professionals - (PT/PTA) - (6 Contact Hours)

North Carolina/South Carolina: This course is accepted for approval for it is approved by other physical therapy state Boards/Associations.

Texas: This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider 2202050TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas.

Registered Dietitians, DTRs & Nutritionists - 6 CPEs (6 Contact Hours)

This course is sponsored by MED2000 who is a Continuing Professional Education (CPE) Accredited Provider (ME001) with the Commission on Dietetic Registration (CDR). (CPE level I and II).

Faculty

Ginger Schirmer, PhD, RD obtained her doctoral degree from Auburn University with a specialty in biochemistry and a Master of Science in Exercise Science. Dr. Schirmer is a nationally recognized speaker and lectures extensively to medical professionals and has authored several educational books. Dr. Schirmer has written over 200 educational courses for medical professionals including this course. She has been an invited nutrition expert for TV and radio news shows nationally. Dr. Schirmer has over 30 years experience in working with patients in private practice and educating medical professionals and has a special research interest in autoimmune diseases, neurodegenerative and metabolic diseases.

Heather Brady, Ph.D. RD, LD is a nutritionist and a faculty member at the University of Colorado. Her Master's Degree is in exercise physiology and Doctorate degree in Preventive Medicine. Dr. Brady has authored several publications and has lectured both nationally and internationally. She has received several grant and fellowship awards aimed at her research initiative to better understand the relationship between dietary intake and the prevention of chronic disease. Dr. Brady has been an invited speaker at numerous health conferences, community outreach events, and to appear on television as a panelist and interviewee. In addition to her academic career, she is also nutrition consultant specializing in clinical nutrition and corporate wellness.

The Diet Revolution Course Agenda

8:00 A.M.—8:25 A.M. Registration
8:30 A.M.—3:30 P.M. **Workshop.** Lunch 12-12:50 PM (on own). Certificates distributed upon course completion (full attendance and completion of course evaluation required).

The Diet Revolution: Neuroprotective & Disease-Modifying Effects of Diet

- Carbohydrates, fat and protein: What are the health benefits of each?
 - Understanding metabolism. How does the body use carbohydrate, protein and fat?
- Carbohydrates in the treatment/prevention of heart disease and type 2 diabetes.
 - Good vs bad carbohydrates: What is the difference? Plant-based diet or ketogenic diet?
 - Are ketogenic diets the “cure” for type 2 diabetes? Intermittent fasting protocols.
- Dietary Fats and your health. Neuroprotective benefits of a ketogenic diet.
 - Saturated fat vs monounsaturated fat. Medium-chain fatty acids - coconut oil benefits.
- How does the body use dietary protein and what is the optimal amount of protein a day?
 - Animal vs vegetable protein: Plant-based diets and vegan diets for metabolic diseases.

The Gut-Brain Axis: Diet & Brain Health

Alzheimer’s Disease & Diet: What the Research Shows

- The Ketogenic diet, the MIND diet, plant-based diet and fasting protocols - what works?
- Nutritional supplements to reduce inflammatory cytokines and beta-amyloid production.
- The ketogenic diet: ALS, Alzheimer, Parkinson's disease, and some mitochondriopathies.
- Fasting diet protocols and calorie-restrictive diets: Are they neuroprotective?

Nutritional Psychiatry: Your Brain on Food

- Diet therapy for treating depression and anxiety.
- Leaky gut. Diet therapy to heal the gut and improve symptomology.

Multiple Sclerosis (MS)

- The Wahls Protocol. Treating and reversing MS symptoms.
- The Ketogenic diet and the Mediterranean diet - a look at the research.

Diet Protocols In The Treatment Of Autoimmune Disease

Gluten-Free Diets & Autoimmune Disease

- Gluten’s role in molecular mimicry - a possible mechanism of autoimmune disease.
- Defining how gluten triggers a leaky gut promoting autoimmune disease development.
- Benefits: Celiac disease, thyroiditis, RA, MS, inflammatory bowel disease IBD), and more.

The Autoimmune Diet Protocol (AIP)

- The AIP addresses inflammation in the gut that causes autoimmune disease.
- Evidence supporting AIP and Paleo in treating leaky gut and select autoimmune diseases.

Fasting Diet Protocols & The Ketogenic Diet

- Fasting diet protocols for reducing and treating rheumatoid arthritis.
- Reducing the inflammatory response with fasting & fasting. A look at the research.
- The Ketogenic diet and inflammatory bowel disease.

Nutritional Supplements & Diet

- Dietary supplements necessary for those on ketogenic diets and fasting protocols.
- Foods that reduce inflammation, heal a leaky gut and reduce disease.
- Vitamin D, inflammation and the immune system.

Registration Form

- Register Online: **ceinternational.com**
- Phone: 800-577-5703
- Fax form or PO to: 214-666-3937
- Mail form with payment to:
CE International, PO Box 600173, Dallas, TX 75360

Contact Us

Text: 214-624-9870 or email: info@ceinternational.com

Select Seminar Date:

- ☐ Wilmington, NC, Mon., June 3, 2019
- ☐ Fayetteville, NC, Tue., June 4, 2019
- ☐ Greensboro, NC, Wed., June 5, 2019
- ☐ San Marcos, TX, Mon., June 17, 2019
- ☐ College Station, TX, Tue., June 18, 2019
- Live Online: ☐ Fri., June 7, 2019

- ☐ Not able to attend? Take as on-demand home study
- ☐ Other online courses & CE Memberships - view website

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Pricing Information Seminar		
	Early*	Regular
Single Registration	\$84	\$94
3 or more (must register together)	\$79 ea	\$89 ea
* Registrations received 10 days prior to seminar date.		
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