

PROBIOTICS, THE IMMUNE SYSTEM, & MENTAL HEALTH

A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Instructor: Laura Pawlak, Ph.D., M.S., R.D. (emerita)

Seminar registration is from 7:45 AM to 8:30 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 3:40 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

7:45 AM to 8:30 AM – Registration

8:30 AM to 10:00 AM – Morning Session

- **The Western Lifestyle:** Toxic Environments and Immune Dysfunctions.
- **Beneficial, Benign, or Pathogenic?** Types of Microbes Found in Our Body.
- **Anatomy and Biology of Human Microbiota:** Are We Just 10% Human?
- **Diagnosis of Diseases and Syndromes Caused by Bacterial Imbalance.**
- **Clinically Proven Probiotic Treatments:** Obesity, Diabetes, Depression, Bipolar Disorder, Periodontal Disease, Inflammatory Bowel Disease, Colitis, and Vaginosis.
- **Pathological Appetite, Binge Eating, Sugar Metabolism, and Gut Microbes.**
- **The 2017 Breast-Feeding Guidelines:** The Role of Probiotics. Innate Immunity.

10:00 AM to 10:10 AM – Break

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

- **What Are Prebiotics and How Important Are They?** Common and Exotic Sources of Prebiotics.
- **Regulation of the Inflammatory Cascade.** Deadly Antibiotic Resistance.
- **“Leaky Gut”:** A New-Age Invention or a Serious Condition?
- **Immune Processes in the Uterus.** Microbiome and Infertility: Is There Hope?
- **Lantibiotics and Hidden Food Additives.**
- **Serotonin, Fluoxetine (Prozac®), Levodopa (Sinemet®) and Gut Probiotics:** Depression, the Vagus Nerve, and Parkinson’s Disease.
- **Gluten and the Body:** Separating Fact from Fiction. Mental Health Manifestations of Non-Celiac Gluten Sensitivity.

11:30 AM to 12:20 PM – Lunch

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

- **Pro-Inflammatory and Anti-Inflammatory Foods:** Medical Indications, Efficacy, and Availability.
- **Omega-3, Omega-6, Omega-9, and Now Omega-7 Fatty Acids.**
- **Toxicity of Excessive Omega-6:** Are GMO Corn and GMO Soybeans Dangerous?
- **Is Butter Back?** Surprising Findings from Clinical Studies.
- **Does Fish Oil Cause Reproductive Cancers?** The Mercury Connection.
- **Choosing a Safe Supplement:** Interactions of Herbal Remedies with Prescription and Over-the-Counter Medications.
- **Sugar Substitutes and Amino Acids:** Weight Loss, Depression, ADHD, Diabetes, Bipolar Disorder, and Autoimmunity.

2:00 PM to 2:10 PM – Break

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

- **Endocrine Disrupters in Food, Water, and Furniture:** Medication Interactions.
- **Oral Health and Vaccination Against Caries.** Periodontal Disease.
- **Can an Immune Modulator Medication Help Re-Grow Lost Teeth?** A Breakthrough.
- **Mediterranean, MIND, Neanderthal, or Low Glycemic:** Popular Diet Plans.
- **Autistic Microbes?** Developmental and Mental Health Consequences of Dysbiosis.
- **Dietary Detoxification:** Can Detox Prevent Cancer and Dementia?
- **Secrets of People Who Live to Be 100:** Exercise, Sleep, Diet, Supplements, and Toxin Eradication.

Evaluation, Questions, and Answers

6 CONTACT HOURS / www.biomedglobal.com

MEETING TIMES & LOCATIONS

CALGARY, AB

Thu., April 23, 2020
8:30 AM to 3:40 PM
Royal Hotel Trademark
2828 23rd Street NE
Calgary, AB T2E 8T4

EDMONTON, AB

Fri., April 24, 2020
8:30 AM to 3:40 PM
Radisson & Convention Center
4520 76th Avenue NW
Edmonton, AB T6B 0A5

EDMONTON, AB

Wed., May 6, 2020
8:30 AM to 3:40 PM
Edmonton Inn
11834 Kingsway Avenue
Edmonton, AB T5G 0X5

CALGARY, AB

Thu., May 7, 2020
8:30 AM to 3:40 PM
Royal Hotel Trademark
2828 23rd Street NE
Calgary, AB T2E 8T4

CALGARY, AB

Fri., May 8, 2020
8:30 AM to 3:40 PM
Royal Hotel Trademark
2828 23rd Street NE
Calgary, AB T2E 8T4

INSTRUCTOR

Dr. Laura Pawlak (Ph.D., M.S., R.D. (emerita)) is a full-time biochemist-lecturer for INR. Dr. Pawlak undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

On such subjects as brain biochemistry, geriatric care, pharmacology, women’s health issues, and nutrition, Dr. Pawlak frequently speaks to audiences of health professionals.

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

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed these courses. This activity is co-provided with INR.

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

**For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140**

Please check course date:

- ____ Thu., April 23, 2020 (Calgary, AB)
- ____ Fri., April 24, 2020 (Edmonton, AB)
- ____ Wed., May 6, 2020 (Edmonton, AB)
- ____ Thu., May 7, 2020 (Calgary, AB)
- ____ Fri., May 8, 2020 (Calgary, AB)

**PLEASE RETURN FORM TO
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Please enclose full payment with registration form. Check method of payment.
____ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)
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(enter all raised numbers) (card security code)
Signature: _____

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TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS: Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus and a receipt for tuition payment.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860. Or register online at: www.biomedglobal.com.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), Biomed would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost 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 \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. 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 \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

REGISTRATION FORM

(This registration form may be copied.)