LIST OF INR HOMESTUDY COURSES (AEA Approved)	HOURS
ADHD IN ADULTS by N. Katz, MD	3
ALZHEIMER'S DISEASE	3
ANTI-ANXIETY DRUGS	3
ANTIOXIDANTS	3
ARTHRITIS & RHEUMATIC DISEASES	3
ARTHRITS DIET & EXERCISE	3
AUTISM	3
AUTOIMMUNE DISEASE & MULTIPLE SCLEROSIS	3
BRAIN FOOD: The Role of Nutrients in Memory & Cognitive Function	3
CANCER PREVENTION	3
CHRONIC PAIN DISORDERS & TREATMENTS	3
DIABETES: A COMPREHENSIVE OVERVIEW	3
EATING DISORDERS	3
EATING FOR PEAK PERFORMANCE	3
EATING RIGHT AT MIDLIFE & BEYOND	3
EMOTIONAL & SOCIAL INTELLIGENCE	3
EMOTIONS, MOODS & PAIN	3
FIBROMYALGIA	3
FOOD CRAVINGS	3
FOOD ADDICTION, OBESITY, & COGNITION - CD Recording of Seminar	6
FOOD, MOOD, & COGNITION - CD Recording of Seminar	6
GLOBESTY	5
GLUTEN & THE BRAIN	3
HAIR & NAILS	3
HEALING POWER OF SLEEP	5
HEART HEALTH	3
HUMOR AND HEALING	3
HYPERTENSION	3
INFLAMMATION	3
THE INSULIN CONNECTION	3
IRRITABLE BOWEL SYNDROME	3
KEEPING BALANCE AND PREVENTING FALLS	3
KNEE PAIN	3
LIVING TO BE 100	3
LOSS OF CONTROL	2
LOW BACK PAIN	3
MAJOR DEPRESSION & BIPOLAR DISORDERS	3

MEDITATION	3
MEDITERRANEAN DIET	3
MEMORY LOSS & FORGETFULNESS	3
MUSIC AND THE BRAIN	3
MYSTERIES OF COFFEE & TEA	3
NECK & SHOULDER PAIN	3
NON-TRADITIONAL APPROACHES: ANXIETY, INSOMNIA, & DEPRESSION	3
OMEGA- 3 FATTY ACIDS	3
ON LOSS & GRIEF	3
PARKINSON'S DISEASE & ALS	3
PET THERAPY	3
POLES APART: UNIPOLAR VS. BIPOLAR DEPRESSION	3
POSITIVE PSYCHOLOGY	3
POWER OF WALKING	3
PROBIOTICS	3
PSYCHOLOGY OF AGING	3
PSYCHOLOGY OF BULLYING	3
REDUCING STRESS	3
SKIN CARE, ALLERGIES, & WRINKLES	3
SOCIAL ANXIETY	3
SPIRITUALITY AND HEALING	3
STIMULANTS: CAFFEINE, AMPHETAMINES, ETC	3
STOP LOSING SLEEP	3
STRESS & DEPRESSION	3
STROKE	3
SUCCESSFUL AGING	3
SUGAR, SALT, & FAT	3
THE HUNGRY BRAIN	5
TYPES OF PAIN AND PAIN PATHWAYS	2
TYROID DISORDERS	3
UNDERSTANDING ANGER	3
UNDERSTANDING ANXIETY	3
UNDERSTANDING CHOLESTEROL	3
UNDERSTANDING CRAVINGS & EMOTIONS - DVD RECORDING OF SEMINAR	6
UNDERSTANDING DEMENTIA - DVD RECORDING OF SEMINAR	6
UNDERSTANDING EMOTIONS	3
VITAMIN D	3

WEIGHT PERFECT	6
WOMEN'S HEALTH & PHYSICAL FITNESS	3
WOMEN'S HEALTH: CHRONIC PAIN	3
WOMEN'S HEALTH: DEPRESSION	3
WOMEN'S HEALTH: INSOMNIA	3
WOMEN'S HEALTH: MENOPAUSE	3
WOMEN'S HEALTH: MIGRAINES & HEADACHES	3
YOUR MOUTH, YOUR HEALTH	4