



**November 2, 2009**

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## **NTCB Notes**

### **Re-Certification Procedures:**

All members will receive an email regarding their pending certification expiration and one past due notice. If the email address is not current or on file, one invoice/letter will be mailed. Please check your certificate for verification as to when your certification expires.

Certification fees are \$65 for each designation - \$25.00 for additional certification within the same modality. The maximum number of CEUs you will be required for recertification is 20 CEU regardless of the number of certifications you have with NTCB. A \$25.00 late fee will be assessed to all past due certifications. If your certification is past due, please enclose the additional fee. Those with certification dates more than 6 months past due are asked to contact the NTCB for reinstatement.

NOTE: You cannot apply for Supervisor, Diplomate, or Instructor unless you have previously held that designation.

To renew your certification, please complete following steps:

- Please fill out the correct application (<http://ntcb.org/apply.html>) and fax or mail into the NTCB at the number and address indicated on the recertification form.
- If you are mailing in your form, please enclose a US Check or Bank Money order for the certification you are renewing.
- If you wish to pay by credit card, please go to <http://ntcb.org/apply.html> and pay by IPX Gateway Services or Credit Card.
- Once we receive payment and your recertification form, your new certificate will be mailed out. Please allow 4-6 weeks if you pay by check, 3 weeks if you pay by credit card.

**INSURANCE:** As certified professional, you have the option to join the Biofeedback Association of North America (BANA) or the Natural Therapies Association of North America (NTANA) and pay reduced rates for your membership and benefits. Visit <http://biofeedbackassociation.com> or <http://ntana.com> for details, or call Executive Director Diane James directly at 800-710-1539, Ext. 2.

### **Biofeedback On-Line Test Procedures:**

- Members completing Intermediate & Advanced studies are eligible to take the NTCB Specialist Exam (\$200, if currently certified, \$265 if not certified previously).
- First, the school or instructor notifies the NTCB that you completed I & training.
- The NTCB will contact you by email inviting you to take the exam on-line.
- The member pays the correct exam fee and fills out a Specialist application.

- The applicant is sent a unique logon ID, URL, and password.
- The exam must be taken in one sitting - no logon/logoffs permitted.
- After taking the test you will receive an immediate score (70% is passing)
- The NTCB will also be notified of your score.
- If all of your requirements have been completed (A& P, Coaching Course, 500 hour internship), you will be upgraded to Specialist and receive a new certificate if your dues are current.
- Once we receive the application - your new certificate will be mailed. Please allow 3 weeks.

If you have completed I & A training, but have not taken your Biofeedback Specialist Exam, please notify the NTCB.

## In The News

**Health Alert** - NC State Employees received a letter in the mail recently informing them of the penalties for being overweight that will begin in July 2010. Employees are expected to be under a BMI of 40 by July 2010 and under a BMI of 35 by July 2011. If you look at weight statistics, a BMI of 35 may still be considered overweight or obese for some body types.

**CODEX Update From NTANA (<http://ntana.com>)** : On October 1, the European Food Safety Authority (EFSA, Europe's Codex-empowered FDA equivalent) handed down decisions about permissible health claims for more than 500 nutrients. Close to 2/3 of the claims were rejected on the grounds of inadequate evidence or lack of good science in the studies cited. All probiotics, most herbs, omega-3s, and taurine were deemed to have failed EFSA's standards of proof. Of the nutrients whose claims were accepted, most were "letter nutrients" (vitamins) whose benefits were established years ago. Scientists and the food industry alike are protesting many of EFSA's decisions, pointing in some cases to more than 150 studies which back the rejected claims, and members of the public are gearing up to join them.

Meanwhile in Codex Land, EFSA issued herbal product safety guidelines which it claims are "lenient" when it comes to non-clinical evidence and historical uses in the herb's country of origin. The jury is still out on how lenient the guidelines really are. EFSA is also weighing safety guidelines for so-called "novel foods", meaning foods and food ingredients which have no track record for safe use in Europe prior to May 1997. No word yet on whether these guidelines will also include "leniency" with regard to non-clinical evidence and traditional uses.

**Have you moved lately?** *Let us know how we can find you by sending us your new contact information - [ntcb.info@gmail.com](mailto:ntcb.info@gmail.com). Thank you.*

**Jackie Olsen, Executive Director** — <http://ntcb.org>

*The views expressed in this newsletter are my personal opinions and are not to be attributed to the Natural Therapies Certification Board. Upon receipt of information that proves that my expressed views are false or incorrect I will issue the appropriate retractions and apologies.*