

Free Resources

Free Newsletter: Sent via email every Monday and features articles about diet, health and medicine; an "Ask Dr. Pam" section; announcements of upcoming events and learning opportunities.

Video Clips: These "news programs" are emailed to subscribers on Tuesdays and Thursdays each week. During these short videos Dr. Pam reviews published research, distilling important points from articles into easy-to-understand information for viewers. This is an easy and entertaining way to stay up-to-date on relevant scientific developments.

Gift Certificates for Every Occasion

Wellness Forum Health

Wellness Forum Foods

Wellness Forum Hot Yoga

Wellness Forum Fitness

Visit us online at

www.wellnessforumhealth.com

To Order call: (614)841-7700 or toll free 800-761-8210



Wellness Forum Health Catalog

**Programs, products and services
to promote healthier living!**

To order call: 614-841-7700

Toll Free: 800-761-8210

Membership

Membership is the best way to start learning from Wellness Forum Health. As a member, you will have access to a vast collection of educational programs and tools that will help you to:

- regain and/or maintain optimal health
- help you to adopt optimal diet and lifestyle habits
- evaluate information about vaccines, tests, drugs, supplements, and treatment
- participate in more constructive conversations with doctors and other healthcare providers about health-related matters
- become a fully informed consumer, which leads to better health outcomes.

Basic membership benefits:

InforMED Health 101—includes a textbook, online videos, and regularly scheduled instructional sessions offered live and online. Curricula includes a review of the science of diet and health, and the skills needed to adopt a program of dietary excellence™ and optimal habits; basics of InforMED healthcare decision making, including how to have constructive conversations with your doctor about tests, drugs, procedures and medication reduction or withdrawal

Members-Only Website - recipes and other helpful information, and a library of over 140 workshops on a variety of topics, ranging from food preparation to cancer treatment.

Preferred Pricing on select educational programs and national conferences

Free shipping on orders over \$250 (continental US only)

Several membership options are available; full catalog of programs and services available on request.

To Order call: (614)841-7700 or toll free 800-761-8210

Can't decide which products to buy? Try our samplers!

Three great options:

Food Sampler

Contains each of our fabulous food products:
meat substitutes, smoothie ingredients, bread mixes,
desserts, main dishes, side dishes, soups,
cereals and bars

Only \$180.16 (plus freight)

Gluten-Free Sampler

Contains each of our
fabulous gluten-free food products:
meat substitutes, smoothie ingredients, bread mixes,
desserts, main dishes, side dishes, and soups

Only \$136.22 (plus freight)

Personal Care Sampler

Contains one each of our
amazing personal care products:
bath gel and soap, shampoo and conditioner,
complete skin care package, and lip balm

Only \$112.69 (plus freight)

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NEW!! Young Barley Grass Juice Powder

Barley grass is the leaf of the barley plant, not the grain. As such it is gluten-free. This barley grass is harvested early, which means the nutritional content is higher than when harvested later. The powder is made through a multistep process that involves juicing the young grass, removing the cellulose so that pure juice concentrate remains, and dehydrating it at low temperatures into a powder.

Wellness Forum Health's product is different than barley grass powder (the product is not as concentrated as ours), and also from other barley grass juice powders because high-temperature drying is not used, therefore preserving the nutrient content.

Packaged in individual sealed tubes; just mix one package with 8 ounces of water. **Package includes 28 tubes \$49.95**

Wellness Forum Personal Care Products

Shampoo

(basil/lime or rosemary/mint) 8 oz \$ 8.99 16oz \$15.99

Conditioner

(basil/lime or rosemary/mint) 8 oz \$ 8.99 16oz \$15.99

Bath Gel

(lavender, lemongrass, unscented) 8 oz \$ 9.99 16 oz \$15.00

Lotion

(lavender, lemongrass, unscented) 8 oz \$11.99 16 oz \$19.99

Deep Moisturizing Lotion

(unscented, sandalwood) 8 oz \$ 9.99

Bar Soap (unscented)

\$ 4.95

Face Food Oily Skin 2 ounces

\$ 9.99

Face Food Dry Skin 2 ounces

\$ 9.99

Lip Balm

\$ 5.95

Toner 4 ounces

\$ 8.99

Exfoliating Scrub

\$ 16.95

French Clay Mask

\$ 11.95

Certification Courses

Interested in helping others with their health? Our online certification courses will help you to do just that! The courses are offered online, so you can start any time and learn at your own pace. Selections include:

Personal Chef Certification Course \$495

Taught by Celebrity Chef and *New York Times* best selling author Del Sroufe, this course is for people who want to be personal chefs or chefs who want more skills for using a plant-based approach to cooking

Weight Loss Certification Course \$395

The failure rate for weight loss programs is over 95%, so it is definitely time for new ideas. This course teaches new and better strategies for helping others to lose weight based on the real reasons people overeat.

Women's Health Certification Course \$249

Covers common issues such as diet and hormones, PMS, breast health, menopause, breast health and bone health.

Food Over Medicine Certification Course \$199

Based on Dr. Pam Popper's book, this course covers information about diet and health, and also issues concerning our current healthcare system, which results in over-diagnosis and over-treatment.

Business Training For Health Professionals \$149

For people who are ready to start or expand a business promoting diet and lifestyle as primary intervention tools.

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Vaccines: What Consumers and Health Practitioners Should Know

A comprehensive, evidence-based course designed to facilitate informed decision-making about this very important topic. No hype, just the facts with supporting documentation from medical journals, government websites, and other reliable sources. Developed by Dr. Kathy Waller, former immunology professor at The Ohio State University, this course covers ALL of the most important topics related to this issue. Tuition: \$395

The Health Briefs Online Library

A collection of over 4000 pages of scientifically referenced research articles about topics ranging from diet to cancer prevention and treatment. The articles are designed to provide both health care practitioners and consumers with current, objective and unbiased information about drug treatments, procedures, nutrition, public health policy, school nutrition, and disease prevention and reversal. The information is drawn from medical journals, books, lectures, Continuing Medical Education Programs and other materials, and can save subscribers an enormous amount of time conducting research.

Health Briefs Online is available for only \$29.95 per year. Upon payment of your subscription fee, you will be issued a pass code to gain entry to the site, where you'll be able to take advantage of these features:

- ◆ Use the search engine to locate articles on topics of interest
- ◆ Print articles for personal use or to give to clients or patients
- ◆ Email articles to others
- ◆ Access to new articles posted weekly

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Main Dishes and Accompaniments

Curried Lentils and Rice (GF) \$4.25

A great side dish, or add tofu or fresh vegetables for a main dish. Simply add water! An all natural meal ready in 45 minutes. 4 servings

Delightfully NOT Cheese Sauce (GF) \$4.75

Tastes, looks, feels like cheese! Use in any recipe that calls for cheese sauce, especially your favorite "Mac and cheese!" 5 servings.

Biryani (New) (GF) \$5.10

Biryani is a traditional rice dish from India and The Middle East. It is fragrant with spice like cardamom, cinnamon, and ginger, and studded with golden raisins and sliced almonds

Meat Substitutes

Millet "Meatloaf" (GF) \$5.99

This mix tastes just like meatloaf and is a make-at-home version of one of Del's favorite dishes! Makes one loaf. 6-8 servings.

Taco! Taco! (GF) \$6.25

Use for tacos, Sloppy Joes and Mexican Casseroles! Add water and tomato puree and cook 15 minutes. Makes about 4 1/2 C; serves 10-12

Sweet Mixes

Break for Cocoa (GF) \$4.75

Don't give up the pleasure of hot cocoa—try this tasty version of a classic treat! 4 servings.

Lean and Healthy Oatmeal Bars \$6.50

Makes 18 bars for \$.36 each—a nutritious high fiber snack, dessert, or meal replacement. They'll keep for a week, or freeze for later use.

Chocolate Decadence Bars \$6.50

Our popular nutritious, high fiber snack in everybody's favorite flavor! Makes 18 bars for \$.36 each. They'll keep for a week, or freeze for later use.

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Wellness Forum Delicious Soups

**Single Serving sizes of
"What-a-Tomato!" Soup (GF) and Potato Soup (GF)
\$1.49 each –or 10 for \$1.40 each!**

Soup for the Family! \$5.49

4-serving size of What-a-Tomato Soup and Potato Soup

Certainly NOT Chicken Broth (GF) 3 quarts \$4.75

Just like grandma's – but it's vegan! Use in soups, casseroles or as good old comfort food.

Brown Rice Vegetable Soup (GF) 8 servings \$5.75

One of the most versatile soups we make, Our brown Rice vegetable Soup is made with long grain brown rice, basil, thyme, and garlic and vegetables

Ginger Ramen Noodles (GF) 1 serving \$2.00

Ramen noodles, healthy-style!

Dressings & Sauces Designed by Chef Del Sroufe

Coming soon!

Del's fabulous sauces are now available in jars to be shipped to you for use in making your meals more interesting and flavorful. Great for dips; marinades; wraps, stir-fry dishes, pastas, casseroles and almost any other application you can imagine!

Barbeque Sauce	\$6.45
Stir Fry Sauce	\$6.45
Sweet and Spicy Mustard	\$6.45
Orange Vinaigrette	\$6.95

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Permanent Weight Loss!

Not a 21-day plan, but a plan for the rest of your life!

Been overweight for a long time? Lost weight, gained it back again and feel like you're getting nowhere? Do you know what you are supposed to do but can't seem to make yourself do it?

You're not alone!

Most people are just like you. We can all get psyched up to do something for a short period of time—the problem is what to do for the rest of our lives!

Right now, you don't need another nutrition class, another program, or another temporary diet plan. You need a completely different approach to this issue.

This course includes 4 workbooks, 5 instructional CD's, and two 2-hour conference call discussion groups per month for one year.

Members \$297, non members \$396
or two programs for \$395 (members), non members \$593
(it's great to do this with a friend!)

For more information and to watch a video about this, visit
www.drpampopper.com; or you can call the office.

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The Wellness Forum Institute for Health Studies



The Wellness Forum Institute for Health Studies is the first school in the U.S. to offer certificates and diplomas based on the philosophy of evidence-based healthcare using diet and lifestyle as primary intervention tools. The Institute is grounded in the use of only the most rigorous and independent scientific standards for evaluating nutrition and health information.

The Diet and Lifestyle Intervention Course: 39 CME's for physicians; 39 contact hours for nurses; 39 level 3 CPEs for dietitians

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include the science of plant-based diets, diet and disease, diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions.

The Nutrition Educator Diploma Program is for individuals seeking a career in a nutrition-related field and looking for an alternative to traditional dietetics. This program requires that students complete basic science courses that are more rigorous than those required for many undergraduate nutrition degrees; includes courses that combine nutritional science with strategies for assisting clients in achieving and maintaining optimal health and effective approaches for common degenerative conditions; includes many classes designed to teach practical skills needed for gainful employment; and concludes with 200 hours of practical experience during which a candidate must demonstrate his/her ability to work effectively in the nutrition education field.

The Wellness Forum Institute for Health Studies, Inc., is registered with the Ohio State Board of Career Colleges and Schools Reg # 09-09-1908T

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It's In The Bag!

Call us or visit the Columbus Center Store to stock up on our delicious, healthy, time-saving mixes. Recipes are posted online at www.wellnessforum.com. (GF= Gluten Free)

Breads

Corn Bread \$3.49

Make bread or muffins in 15-20 minutes with this whole grain mix. Add soy milk and applesauce for healthy old fashioned corn bread.

Millet Polenta Bread Mix \$3.75

A multi-grain, high fiber bread to add variety to your diet. Makes a 1 1/2 lb., 15 serving loaf.

Quick Mix 4 cups \$5.95

Try this great mix as a base for muffins, scones, pancakes, waffles, cookies and more! Instructions and recipes included.

Gluten-free Quick Mix (GF) 4 cups \$5.95

Bake goodies without gluten!

Cereals

Date and Almond Granola Cereal 16 oz \$4.95

Tastes great right out of the bag or topped with soy, almond, or rice milk!

Multi Grain Cereal 16 oz \$4.95

Enjoy a delicious variety of organic grains in one great cereal!

Desserts

Applesauce Cake \$4.50

A delicious organic dessert the whole family will love! Easy to make: just add organic applesauce to the mix, stir and bake! Serves nine.

Mmmmm Chocolate Cake \$5.50

This is the chocolate version of our popular applesauce cake, except it is WHEAT-FREE.

Chocolate Cream Pudding (GF) \$4.00

For the most serious chocoholic! Enjoy as pudding or use as a "frosting" for our Mmmmm Chocolate Cake! 4 servings.

To Order call: (614)841-7700 or toll free 800-761-8210

Stuff for your Smoothie (GF)

Wellness Forum Super Foods Smoothie Mix \$25/15 servings

This health-promoting product contains spirulina, beet, spinach, wheatgrass, tomato and carrot powders; stevia. This is a great base for a smoothie any time of day!

New! Available without stevia upon request!

Golden Flax

\$3.75/lb

The finest food grade organic, non-GMO flax seeds you can buy! Larger, flatter, softer and tastier than other flax seeds. Add one tablespoon of ground flax seed to your daily breakfast smoothie.

Brewer's Yeast

\$5.00/lb

Another healthy addition for your breakfast drink! Just one tablespoon a day provides a great source of B-vitamins and trace minerals.

New Spring Green Tea

\$33.00 / 90g

It's different from other teas! This food-grade tea is grown in a remote area of China. Each leaf is hand-picked and packaged to preserve nutrient density. Add 1/8 cup raw tea leaves to your daily smoothie.

Snack Bars

Healthy, convenient, inexpensive and filling bars that taste great!

Chocolate Crunch Bar \$1.85

Chocolate Peanut Crunch Bar \$1.95

Complete Nutrition Bars 2 flavors—Cranberry and Apple

One bar \$ 2.50

Box of 15 bars \$35.00

To Order call: (614)841-7700 or toll free 800-761-8210

Opportunities for Health Professionals

For medical doctors, physician assistants, nurses, nurse practitioners, dietitians, nutritionists, personal trainers, health coaches, physical therapist, mental health professionals and all others.

Let us show you how to develop a profitable practice using our proven programs. We will help you to:

- Develop a new practice or repurpose a practice that focuses on diet and lifestyle intervention
- Ensure that your practice will be profitable
- Attract patients who are interested in taking control of their health
- Learn specific protocols that address the whole person, and that have been shown to result in better outcomes for most common conditions
- Adopt proven methods of motivating and sustaining diet and lifestyle change
- Develop and deliver effective educational curricula that lead to improved health

Our programs are different! They feature live instruction, information about how to treat the whole person, a broad spectrum of issues are covered, including psychological issues, choices about cancer treatment, musculoskeletal conditions, diagnostic testing, and evaluation of treatment protocols, and...**practical application – not just information, but what to do with the information and how to build a practice using it.**

Two options: build a practice on your own or join our network

For more information email pampopper@msn.com

To Order call: (614)841-7700 or toll free 800-761-8210

Books, CDs, Videos and Reference Materials

Food Over Medicine: The Conversation That Could Save Your Life now in Paperback \$ 14.95

Dr. Pam and co-author Glen Merzer invite you into a conversation about the dire state of health in America and they share the key to getting and staying healthy for life!

Big and Healthy Cookbook \$27.95

Coming soon, our revised edition!

Packaged in a handy binder for easy storage, this cookbook includes basic beginner's recipes to elegant holiday entertaining, and space to add more recipes as they are developed by the staff and clients of The Wellness Forum.

Solving America's Healthcare Crisis \$19.95

Dr. Pam Popper's newest book covers myths about protein, supplementation, the role of genes and how diet affects many different conditions – includes inspiring stories about people who have regained their health with plant-based nutrition.

The China Study Quick & Easy Cookbook \$19.95

Cook once, eat all week with whole food, plant-based recipes.

Better Than Vegan \$19.95

The newest collection of fabulous recipes from celebrity chef Del Sroufe.



Operation Healthy Girlfriend (OHG)

OHG was started by Dr. Lana Kontos, who gathered a group of women together in Northeastern Ohio to share their lives and their health improvement journey together. The women shared their challenges and successes concerning careers, families, and health, and became fast and inseparable friends. Dr. Kontos started another group, and another, and realized the potential for these groups to help women all over the U.S., and eventually all over the world.

Partnering with Dr. Pam Popper and Wellness Forum Health, OHG now has the opportunity to combine its social support format with access to all of the incredible health information and resources developed during the company's 20 years in business.

OHG's mission: Operation Healthy Girlfriend empowers women to build strong connections with other women in order to support their journeys through life and toward better health.

Why join? Because life is about human connections, and they are increasingly more difficult to make in today's busy world. When women join OHG, they'll spend time regularly with a group of trusted women (all sign confidentiality agreements) who share with one another their aspirations, disappointments, victories, and other aspects of life in order to help one another to enjoy better, healthier lives. If you are interested in making new friends and changing your life and your health in meaningful ways, join our trusted community and let us help you!

Change your health, change your life, help us change the world!

www.OperationHealthyGirlfriend.com

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