

## Fall/Winter Package Offers

Pick an option below (1, 2, 3, 4, or 5) and then select your choice of courses

\_\_\_\_\_ #1 Take 3 courses from the list below for \$695 and save up to \$1290

\_\_\_\_\_ #2 Take 4 courses from the list below for \$895 and save up to \$1585

\_\_\_\_\_ #3 Annual Plan for \$995 and save up to \$3000

Concierge membership including health consulting with Dr. Pam  
Advanced Study-22 workshops/year on exciting books about health  
Monthly Ask Dr. Pam Sessions – 11 per year  
Things You Should Know Workshops – 11 per year  
InforMED Video Library  
Health Briefs Library (over 2500 articles)  
6 courses from list below

\_\_\_\_\_ #4 Take the Diet and Lifestyle Intervention Course through The Wellness Forum Institute (for \$720) and choose 3 of the list of courses below for an additional \$475

\_\_\_\_\_ #5 Take the Diet and Lifestyle Intervention Course (for \$720) and choose 5 from the list of courses below for an additional \$675

### Course Selection

Course descriptions for each course are on the following pages

_____ <i>New!</i> Sports Nutrition	\$495.00
_____ <i>New!</i> Dietary Supplements	\$395.00
_____ <i>New!</i> Research and Writing	\$795.00
_____ <i>New!</i> Autoimmune Disease	\$495.00
_____ <i>New!</i> Understanding Psychological Disorders	\$695.00
_____ Food Over Medicine Certification Course	\$199.00
_____ Women's Health Certification Course	\$249.00
_____ Weight Loss Certification Course	\$395.00
_____ Personal Chef Certification Course	\$495.00
_____ Business Training	\$199.00
_____ Children's Health	\$395.00
_____ Allergies/Asthma	\$199.00
_____ GI Disorders	\$395.00
_____ Men's Health	\$395.00
_____ InforMED Decision-Making	\$199.00
_____ Cancer 101	\$695.00
_____ Forming and Maintaining Optimal Habits	\$395.00

Name \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp date \_\_\_\_/\_\_\_\_ Code \_\_\_\_\_

Signature \_\_\_\_\_

**The Diet and Lifestyle Intervention Course Starts January 17, 2017**

### **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 diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions

**You do not have to be a practitioner to take this course; laypersons are welcome too!**

**Classes are offered via live and interactive conference calls. Tuition \$695 + \$50 reg fee**

#### **Sports Nutrition**

**\$495**

Topics include sports nutrition overview, exercise and metabolism, nutrient requirements for child and adults athletes, hydration, dispelling the protein myths, body composition and energy balance, dietary supplements for athletes, sports-specific nutrition, diet and the professional athlete. **Note: This course will be taught live winter semester through the Institute, after which it will be available for self-study on a video platform.**

#### **Dietary supplements**

**\$395**

Topics include history of vitamins and supplements, nutrients in food vs supplements, DRI and RDA, deficiency diseases, constructive use of supplements in the treatment of disease **Note: This course will be taught live winter semester through the Institute, after which it will be available for self-study on a video platform.**

#### **Igniting the Curiosity Gene: Research and Writing**

**\$795**

This course will start in February, last for several months, and will consist of classes followed by research/writing assignments. The objective is to teach students how to find information, assess accuracy, apply what is learned to both personal health and helping others, and to learn to create workshops and write articles based on sound scientific evidence.

#### **Autoimmune diseases**

**\$495**

Topics include overview of immune function; causes of AID including allergies, asthma, vaccinations, hormones, environment, genetics; traditional treatment of AID, diet and AID, diet and alternative therapies in the treatment of AID. **Note: This class will be taught live during summer or fall semester, after which it will be made available on a video platform.**

#### **Understanding Psychological Disorders**

**\$695**

Includes information about PTSD, Psychosis, Depression and Despair, Bipolar, Anxiety (includes OCD and panic disorder), ADHD and Behavior Disorders in children, Addiction.

#### **Cancer 101.**

**\$695**

Defining cancer (how it develops, characteristics of various types of cancer), diet and lifestyle causes of cancer, how to evaluate and choose cancer treatments, surviving a cancer diagnosis, diet and cancer treatment.

**Forming and Maintaining Optimal Habits. \$395**

The psychology of change, why change is so difficult, how to develop a plan for changing your thinking, your habits and your life.

**Children's Health. \$395**

Topics include benefits of breast feeding, how eating habits and tastes are formed, how to change eating habits and tastes, how to introduce solid food in to infants, social and other situations involving children for ages toddler through young adult, common childhood illnesses and diet and natural therapies.

**Men's Health. \$395**

Topics include prostate health, benign prostate hyperplasia, PSA testing, prostate cancer, erectile dysfunction, Low T, vasectomy.

**Allergies/Asthma. \$195**

Topics include the relationship between factors like genetics, diet, hydration, vaccines, weight status, and hormones on development of allergies and asthma; diet and natural treatments for resolving both.

**GI Disorders. \$395**

Topics include overview of the gut microbiome, and common conditions including reflux, diarrhea, constipation, nausea, ulcers, colon cancer, colonoscopy and other diagnostic tests, gas and bloating, leaky gut and celiac disease.

**InforMED Consumer Series. \$195**

Includes how to read and interpret information about health (practical experience looking at and evaluating journal articles), how to conduct your own research, how to read your blood test results (what DO those number mean?), evaluating risk factors, how to choose doctors and other providers.

**Become a Food Over Medicine Certified Instructor \$199**

This is your opportunity to begin or enhance your career in the nutrition and/or health fields. The curriculum for the course is based on Dr. Pam's book and will provide you with the knowledge you need in order to help others. Completing it will also increase your credibility, which will help you to reach more people.

The course is offered through five 2-hour video lectures deliver by Dr. Pam Popper, during which you will learn: the optimal diet for humans and the science to support it; the relationship between diet and disease and how diet can be used as an intervention tool; how to instruct patients/clients in managing their healthcare – includes tips on how to interview and interact with/manage doctors; how to assess healthcare options; and how to coach people through making these decisions; how to read, understand, and interpret research studies so that you can continue to learn on your own.

Upon completion you will receive a certificate, you will be listed as an instructor on Dr. Pam's website, and you will be authorized to teach the Food Over Medicine Course to consumers (and charge for the program!). Slides for community presentations and course materials are provided.

### **Women's Health Certification Course**

**\$249**

Includes information about hormones, PMS, breast health, menopause, weight gain, bone health, and other specific health issues concerning women. The course includes four video lectures delivered by Dr. Pam Popper, and detailed slides for each lecture. Upon completion you will receive a certificate, you will be listed on Dr. Pam's website as an instructor, and you will be authorized to teach a women's health course to consumers. Graduates will be given slide sets for teaching the course.

### **Weight Loss Certification Course**

**\$395**

Over half of the people living in Westernized countries are overweight, and an increasing percentage of those people are obese. The failure rate for weight loss programs is over 99%, which means that it's time for a new approach for helping people to lose weight. In this course, you will learn about the influences that contribute to weight gain, which include historical eating patterns, packaging and advertising for food, emotional eating, and social pressures. You will also learn new and effective strategies for weight loss based on the *real reasons* people overeat. We promise you will learn new things; this is not another series on eating less and exercising more! The course includes 4 video lectures and detailed slides.

### **Wellness Forum Health Personal Chef Certification**

**\$495**

**Offered by Chef Del Sroufe**, *New York Times* best-selling author, internationally known celebrity chef, with over 25 years of experience in developing recipes, preparing food, overseeing food service operations, and working with individuals who have special dietary needs. This program is designed to train people who want to be personal chefs or personal chefs wanting to develop additional skills, including the basics of the business using a plant centered approach to cooking. Students will learn general meal planning and meal planning for special dietary needs (gluten free, IBD, allergies, heart disease, cancer, etc.); sanitation basics; how to price and market your services; licensing and insurance needs; how to prepare meals in clients' homes.

At the end of this course, you will be certified as a Wellness Forum Health Personal Chef, and you will be able to show that you are qualified to offer personal chef services; effectively work with clients from initial contact through menu planning and food preparation; market yourself as a personal chef trained by an internationally recognized expert

This course is conducted via video lectures with notes and slides provided by Chef Del. Students will be given homework assignments that will prepare them to be gainfully employed in this field. All assignments must be completed according to Chef Del's specifications in order to be awarded the designation at the end of the series.

### **Business Training For Health Professionals**

**\$149**

This course is for people who want to start a business offering diet and lifestyle-related services or who want to expand an existing business *without investing a lot of money*. This course will show you how.

After identifying your goals, you will develop a business plan, a directory of services and pricing. You'll also learn low-cost marketing strategies that work, how to develop workshops that turn prospects into clients, effective speaking, teaching and coaching skills, and long-term strategies for growth and success. Classes are taught via five video lectures. A workbook is provided to facilitate development of a business plan based on the material covered in the lectures.