



## Wellness Forum Health

### July/August Specials 2018

#### **Option #1: Diet and Lifestyle Intervention Course + Food Over Medicine Coaching Course**

Tuition for both \$2243

Enroll in both by August 15: \$1495 (save \$748)

#### **Option #2: Diet and Lifestyle Intervention Course + 3 additional courses**

Tuition ranges from \$1834 to \$2930 (depends on course selections)

Enroll by August 15: \$1495 (save up to \$1435)

#### **Option #3: Food Over Medicine Coaching Course + 2 additional courses**

Tuition ranges from \$2080 to \$2500 (depends on course selections)

Enroll by August 15: \$1495 (save up to \$1000)

Program descriptions below. To schedule a time to discuss your learning and/or career objectives, please email [pampopper@msn.com](mailto:pampopper@msn.com) or call our office at 614 841-7700.

### Course Descriptions

#### **Food Over Medicine Coaching Program**

**Based on the book *Food Over Medicine***

#### **Here are just a few of the benefits you will gain by taking this course:**

- You will learn accurate, evidence-based information about how to improve personal health
- You will have knowledge and skills to help others to improve their health
- You will learn basic business skills
- We will help you to develop prospects and to build your health coaching business
- You can teach the course yourself, or use our online and live programs for your clients too

#### **What you can do with this information:**

- Offer workshops to increase awareness about the relationship between diet and health
- Teach the Food Over Medicine course
- Develop and teach cooking classes
- Assist people in improving their health with information, assistance with diet change, and one-on-one or group coaching
- Become an active participant in community efforts such as improving school food, or starting a wellness program at your church
- **Start a Food Over Medicine Chapter in your area with our help!**

**Tuition \$1490: \$995 until August 31**

# The Diet and Lifestyle Intervention Course

**Starts September 5, 2018**

**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.

## **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

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

**\$795**

This course will 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.

**Biological Causes of Autism Effective Treatment Options. \$495**

The incidence of autism has increased and continues to increase – so much so that one research group estimates that by the year 2050, 50% of American children will be affected. Why is this happening? What can be done to prevent this? And what should parents do if their child begins to regress? This course will provide answers to both health practitioners and concerned parents.

**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 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 Pam, 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 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. Upon completion you will receive a certificate, you will be listed on 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.