

Amazing New Courses!

New Courses Taught By Pam (Descriptions on Following Pages, courses available 2019):

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|--|--------------------------|
| Diet, Lifestyle and Diabetes | \$395 |
| Health Benefits and Risks of Cannabis | \$695 |
| Diet, Exercise and Mental Health | \$395 |
| Inflammatory Bowel Disease | \$495 |
| Time Management | \$195 |
| Irritable Bowel Syndrome | \$495 |
| Your Amazing Microbiome | \$495 |
| Cognitive Health and Alzheimer's | \$395 |
| Advocacy: Public Policy and How to Change Laws | \$295 (free for members) |
| Mini-Courses | |
| Thyroid Disease | \$ 99 |
| PCOS | \$ 59 |

Other Available Courses Taught by Pam (Descriptions Follow, available now):

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|---|----------|
| Sports Nutrition | \$495.00 |
| Dietary Supplements | \$395.00 |
| Research and Writing | \$795.00 |
| Autoimmune Disease | \$495.00 |
| 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 |
| 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 |
| Biological Causes and Treatment of Autism | \$495.00 |

Food Over Medicine Coaching **\$1495**

Fall Special Offers:

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|--|-----------------------|-----------------------|----------------------|
| 2 courses for \$595 | 3 courses for \$795 | 4 courses for \$995 | 5 courses for \$1195 |
| 7 courses for \$1495 | 9 courses for \$1995 | 11 courses for \$3995 | |
| 14 courses for \$4995 | 17 courses for \$5995 | | |
| Take all courses (28) for \$8995 non-members; \$8700 for members (save \$2103) | | | |

Fall Food Over Medicine Coaching Packages:

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|---------|------|---------|------|---|------|
| FOM +2 | 1895 | FOM +3 | 2095 | FOM +5 | 2395 |
| FOM +7 | 2495 | FOM +9 | 2795 | FOM + 11 | 3195 |
| FOM +14 | 3795 | FOM +17 | 4395 | FOM + all courses \$8995 (save \$3148) | |

Mental and Emotional Health With Peter Breggin

Psychiatric Drug Withdrawal: Consumer Course \$995

Research does not support the idea that “chemical imbalances in the brain” are the cause of mental illness. Yet today, 25% of Americans, including millions of children, are taking psychiatric drugs for conditions ranging from ADHD to schizophrenia. Research shows that psychiatric drugs are not effective (barely better than placebo). Instead, the drugs have significant side effects that are often disabling and sometimes life-threatening. Furthermore, the drugs do not address the underlying causes of the individual’s suffering and impairment such as childhood or adult losses and trauma, emotional conflicts in the family, poor self-discipline, difficulties focusing and persisting, real life crises, and self-defeating attitudes.

While many doctors know how to prescribe the drugs, few know much about how to help patients withdraw, which is why consumers must be educated and prepared. This course provides valuable information about the effects of the drugs, what to expect while withdrawing, how to develop a team for support, and how to improve physical health in preparation for withdrawal.

The Heart of Being Helpful

“Nearly all of us are called upon at one time or another to help people in emotional and spiritual distress. We do this as friends, family members, employers, ministers, educators, therapists, and health professionals.”

Peter R. Breggin, M.D.

Part I starts with personal transformation - becoming the “best you” that you can be. The more centered and happy you are, the more pleased with your life that you are—the more you will be able to help others. You’ll learn how to constructively look at both your past and present circumstances, your successes and failures, your relationships with others, and how to transform yourself to live your best life. Ultimately you will learn how to identify your self-defeating reactions to life and to replace them with positive, rational and caring approaches. Insight into your own experience, and continually fine-tuning yourself to live and to relate better, provides the basis for helping others with their lives. **Tuition \$695 (available November 2018)**

Part II continues with your learning how to apply what you’ve learned to helping others – not by delivering therapy, but by helping people through the same self-transformation experience you’ve undergone for yourself. Helping ourselves and those we touch to live fuller and more satisfying lives is an ongoing process that all people can share with one other, sometimes through a lifetime together. **Tuition \$695 (will be available early 2019)**

Fall specials:

Heart of Being Helpful Part I and II \$1195 (save \$195)

Heart of Being Helpful Part I and Psychiatric Drug Withdrawal 1395 (save \$295)

Heart of Being Helpful Part I and Part II, and Psychiatric Drug Withdrawal \$1995 (save \$390)

Musculoskeletal Health With Eileen Kopsaftis

Got Pain? Want to get rid of it? Eileen Kopsaftis, PT, can show you how!

Eileen Kopsaftis is a health and pain expert who has been helping people to resolve their pain issues, return to the things they love doing every day, and regain their quality of life for many years. She's a licensed physical therapist (Ohio and New York), who has spent her career seeking out the best methods for restoring people to optimal musculoskeletal health. Often, people feel better quickly, after only a few sessions.

The reason that Eileen is so successful is that she addresses the *causes* of pain rather than treating at the symptom level only. The use of drugs, surgery, and many other approaches to pain provide temporary relief at best, while the underlying problem becomes worse.

Here are a few things you should know about pain:

- The painful area is often not the source of the pain
- Often misalignment or imbalance in muscles that move joints contribute to pain
- Dehydration can contribute to pain
- Diet and food choices can contribute to pain
- Poor circulation is often a cause of back pain
- It's never too late to start resolving pain – even if you've suffered for many years!

For the first, time, Eileen is making her program available on a video platform that can be accessed by anyone, anywhere! The program includes instructional videos, one module specific to the area of your body affected by pain (shoulder, knee, low-back, neck, etc.), and email support.

Tuition:

\$499 for Wellness Forum Health Members

\$659 for non-members

Note: to add modules for other affected areas of the body: \$149 per module (a \$50 discount)

One-on-one appointments with Eileen \$149 (regular price \$195)

Move With No Pain will not only help you to feel better soon, it will also teach you how to maintain pain-free movement for the rest of your life. The skills you will learn will not only help you with the issue you have right now, but if practiced regularly, can help you to remain pain-free for the rest of your life!

Course Descriptions

Diet, Lifestyle and Diabetes

\$395

Course covers type 1, type 2, and gestational diabetes; how changing diagnostic parameters has resulted in false diagnoses; a review of commonly prescribed medications, co-morbidities; and how diet and lifestyle changes improve health outcomes for diabetics.

Health Benefits and Risks of Cannabis

\$695

Most states approve cannabis for medical use; an increasing number of states are legalizing recreational use. This course looks at the effects of cannabis on health when used both recreationally and medically, and answers important questions about safety, efficacy, thresholds for intoxication, and implications for public health. Everyone knows someone who is using cannabis, and we will all be affected by its increasing availability.

Diet, Exercise and Mental Health

\$395

While there is no evidence that psychological issues are caused by chemical imbalances in the brain, physical health has a profound influence on mental health. This course covers the relationship between diet and mental health; the optimal diet that supports better mood and psychological states; the connection between the microbiome and mental health, and how exercise relieves stress, anxiety, ADHD, and even psychosis

A Concentrated Look at Inflammatory Bowel Disease

\$495

IBD is a debilitating disease with multiple contributing causes, and often does not respond to traditional care. This course includes a review of known causes; traditional medical treatment along with efficacy rates for drugs and procedures; complications of disease, dietary intervention, long-term management, and challenges to getting well.

Time Management

\$195

One of the biggest impediments to successfully changing diet and lifestyle habits is time – people do not think they have enough. But they do! Expert time manager Pam Popper will show you how to get more done than you ever imagined, have enough time to take care of yourself, AND have enough time to enjoy life with friends and family!

Irritable Bowel Syndrome

\$495

This increasingly common disorder is poorly understood. Patients often spend decades trying diets and food restriction, often with little change. This course examines multiple causes, and offers a comprehensive approach to relieving symptoms.

Your Amazing Microbiome

\$495

The bacterial cells living in the human gut outnumber the cells in the body, and are involved in every aspect of health ranging from digestion to emotional responses. You'll learn about the function of a healthy microbiome; the various ways in which the microbiome can be damaged; how damage influences health; and interventions shown to restore and stabilize the microbiome.

Cognitive Health and Alzheimer's

\$395

Almost 20% of Americans can expect to develop Alzheimer's Disease after age 75, which negatively impacts quality of life for patients and their families. You'll learn the causes of AD and how to prevent it, as well as strategies for remaining cognitively sharp for the rest of your life.

Advocacy: Public Policy and How to Change Laws

\$295 (free for members)

Fed up and think it's time things changed? This course prepares people to become more involved in public policy issues, ranging from school lunches to healthcare reform.

Mini-Courses

Thyroid Disease

\$ 99

Covers hypo- and hyperthyroidism, over-diagnosis of thyroid disease, thyroid nodules, the role of iodine and more.

PCOS

\$ 59

Covers causes, influences on female reproduction, and how to resolve.

Food Over Medicine Coaching Program Tuition \$1495

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!**

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.

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.

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.