



Wellness Forum Health

Annual Symposium on InforMED™ Medical Decision-Making
Co-sponsored by
Dr. Peter Breggin's Center for the Study of Empathic Therapy
November 8-10, 2019 Columbus, Ohio

Featured Speakers:

Thomas Seyfried, M.D.: Cancer researcher, author of
Cancer as a Metabolic Disease

Pam Popper, President WFH

Eileen Kopsaftis, P.T.
Janice Stanger, Ph.D.

Peter Breggin, M.D.

Mary Marshall, RN

Special Event: an evening with

Chris McGreal, author of *American Overdose*

a discussion of how greed, corruption and indifference resulted in
Americans consuming 80% of the consuming world's opioid painkillers

Ticket prices: (register now to get the best price!)

Until April 30, 2018 Member \$289 Non-Member \$329

May 1-June 30 Member \$309 Non-Member \$369

July 1-August 31 Member \$339 Non-Member \$389

Sept 1-Oct 31 Member \$379 Non-Member \$409

Nov 1-7 Member \$449 Non-Member \$499 (subject to availability)

No partial tickets, non-transferrable and non-refundable. No registrations at the door.

Ticket price includes:

- Main session lectures and interactive panel discussions
- Choice of 4 breakout sessions (see descriptions on following pages)
- Three meals: dinner on Friday, lunch on Saturday, multi-course dinner on Saturday (all meals are vegan, low-fat, & gluten free)

Conference Hours:

Fri 2:00-4:00PM & 5:30-9:00PM Sat 9:00AM-9:00PM Sun 9:00AM-12PM & 1:30-3:30PM

More details about the schedule coming soon!

Conference Location: Embassy Suites Dublin

To get the group rate (\$109), use group code: WEL

Or Use this link: http://embassysuites.hilton.com/en/es/groups/personalized/C/CMHESES-WEL-20181108/index.jhtml?WT.mc_id=POG

A signed registration form is required to reserve your spot!

Breakout Sessions

To be announced!

Speaker Bios

Chris McGreal

Chris is a reporter for the *Guardian* and a former correspondent in Johannesburg, Jerusalem and Washington D.C. He has won awards for his coverage of the Rwandan genocide, the Middle East, and the economic recession in America, including the James Cameron Prize for “combining moral vision and professional integrity” and the Martha Gelhorn prize for journalism that “penetrated the established version of events and told and unpalatable truth.

American Overdose tells the story of how greed, corruption, and indifference resulted in Americans consuming 80% of the world’s opiate painkillers. Chris revels how Big Pharma not only hooked Americans on powerful addictive drugs, but also corrupted medicine and public institutions in order to get away with it. “Drug dealers in white coats,” along with the FDA and congress pushed painkillers and eventually led the way for heroin cartels to penetrate middle America.

Thomas N. Seyfried

is Professor of Biology at Boston College, and received his Ph.D. in Genetics and Biochemistry from the University of Illinois, Urbana, in 1976. He did his undergraduate work at the University of New England where he recently received the distinguished Alumni Achievement Award. He also holds a Master’s degree in Genetics from Illinois State University, Normal, IL. He was a Postdoctoral Fellow in the Department of Neurology at the Yale University School of Medicine, and then served on the faculty as an Assistant Professor in Neurology.

Dr. Seyfried previously served as Chair, Scientific Advisory Committee for the National Tay-Sachs and Allied Diseases Association. He recently received a Lifetime Achievement Award from the Academy of Complimentary and Integrative Medicine, and the Uncompromising Science Award from the American College of Nutrition for his work on cancer. He presently serves on several editorial boards, including those for Nutrition & Metabolism, Neurochemical Research, the Journal of Lipid Research, and ASN Neuro. Dr. Seyfried has over 180 peer-reviewed publications and is author of the book, *Cancer as a Metabolic Disease: On the Origin, Management, and Prevention of Cancer* (Wiley Press).

Peter Breggin, M.D.

Dr. Breggin is a Harvard-trained psychiatrist and former Consultant at the NIMH who has been called “The Conscience of Psychiatry” for his many decades of successful efforts to reform the mental health field. His work provides the foundation for modern criticism of psychiatric diagnoses and drugs, and leads the way in promoting more caring and effective therapies. His

research and educational projects have brought about major changes in the FDA-approved Full Prescribing information on labels for dozens of antipsychotic and anti-depressant drugs. He continues to educate the public and professional about the tragic psychiatric drugging of America's children. He currently has a private psychiatry practice in Ithaca, New York.

Dr. Breggin has authored dozens of scientific articles and more than twenty books, including medical textbooks and several bestsellers. He is the co-creator of the course *Why and How to Withdraw from Psychiatric Drugs*, which is offered through The Wellness Forum Institute.

Eileen Kopsaftis, P.T.

Ms. Kopsaftis has been in physical therapy private practice for 18 years and specializes in manual techniques for restoring pain-free movement and postural symmetry. After observing that while traditional physical therapy offers some relief for patients, it often does not restore patients to full function, she sought training from several dozen institutions and individuals and eventually developed her own "brand" of physical therapy. She has designed a comprehensive training program for physical therapists that teaches others to offer outcomes-based therapy to patients.

Mary Marshall, BSN, RN

Ms. Marshall works in the workplace wellness department at Union Hospital and is also President of Eat, Learn Live Ltd. Mary facilitates the Permanent Weight Loss Program for Wellness Forum Health. She also makes delivers presentations and offers WFH programming to clients in northeastern Ohio. She is certified as a WellCoach, and has extensive experience working with people on behavioral change.

Janice Stanger, Ph.D.

Janice Stanger, Ph.D., is a nutritionist, health industry expert, speaker, and author. She has researched, written, and spoken extensively in the area of whole foods, plant-based nutrition. Her book *The Perfect Formula Diet: How to Lose Weight and Get Healthy Now With Six Kinds of Whole Foods* integrates over 1,000 published studies to analyze the interaction of diet and environmental toxins with the development of inflammation and chronic disease.

Dr. Stanger has authored or coauthored over 30 publications focusing on the health care industry in professional journals or for informational company marketing materials, and presented at over 25 professional association meetings. She has been cited in over 80 media interviews in major newspapers, magazines, and journals, including *Wall Street Journal*, *New York Times*, and *Business Insurance*.

Pam Popper, President Wellness Forum Health

Pam Popper is the founder and President of Wellness Forum Health. The company offers educational programs to both consumers and providers that facilitate informed medical decision-making, diet and lifestyle intervention, and improved long-term health outcomes.

Through its own network of providers, Wellness Forum Health offers direct-to-consumer healthcare services.

Pam serves on the Physician's Steering Committee and the President's Board for the Physicians' Committee for Responsible Medicine in Washington D.C. Pam was one of the health care professionals involved in the famed Sacramento Food Bank Project, in which economically disadvantaged people were shown how to reverse their diseases and eliminate medications with diet.

Pam served as part of Dr. T. Colin Campbell's teaching team at eCornell, teaching part of a certification course on plant-based nutrition. She has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the co-authors of the companion book which was on the *New York Times* bestseller list for 66 weeks. She is also the author of *Food Over Medicine: The Conversation That Can Save Your Life*. Her most recent films are *Food Choices* and *Diet Fiction*, and she co-authored the companion books for both films.

Pam is also a public policy expert, and continually works toward changing laws that interfere with patients' right to choose their health provider and method of care. She has testified in front of legislative committees on numerous occasions, and has testified twice in front of the USDA's Dietary Guidelines Advisory Committee.

Pam is a straight-talking professional who is not afraid to criticize national health organizations, government agencies, medical professionals, pharmaceutical companies, agricultural organizations and manufacturing companies, many of whom have agendas and priorities that interfere with distributing truthful information and promoting public health.

Everyone who is interested in health should hear her speak. For some, their lives may depend on what she has to say!