

Schedule For Courses Taught Live by Pam 2019

Classes will be taught live via teleconference. Classes will be recorded and made available for 4 weeks after each class is held. Classes will be filmed within a few weeks of the end of each course and participants will have access to the video platforms for one year.

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 **Tues April 30, May 6, 14, 21 9:00PM eastern**

Thyroid Disorders

\$ 99

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

Weds May 29 12:00PM eastern

PCOS

\$ 59

Covers causes, influences on female reproduction, and how to resolve. **Tues Jun 4 12:00PM eastern**

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. **Mon Jun 10, 17, 24, July 8 12:00PM eastern**

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!

Mon July 15, 22 12:00PM eastern

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. **Mon July 29, Aug 5, 12, 19 12:00PM eastern**

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. **Bootcamp Fri Sept 6 7:00-9:30PM Sat Sept 7 1:00-4:00PM eastern**

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. **Bootcamp Friday Sept 27 7:00-9:30 Sat Sept 28 1:00-4:00**

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. **Mon Oct 7, 14, 21, 29 12:00PM eastern**

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.

Available on video platform