

Wellness Forum Health

InforMED™ Medical Decision-Making

Directory of Consumer Programs and Services

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We believe that it is a fundamental right of all consumers to have a complete analysis of the risks and benefits of any diet, test, drug, supplement, procedure or medical practice of any type before making a decision to proceed. This is not currently the way medicine is practiced, and we intend to change it.

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About Wellness Forum Health

Our company specializes in InforMED™ Medical Decision-Making.

For consumers we offer:

- objective information about diets, tests, health conditions, and treatment options
- programs designed to help people transition to healthier diet and lifestyle habits

The InforMED™ Consumer has a clear understanding of risks and benefits of all health-related decisions and the ability to choose the best options for achieving, re-gaining, or maintaining optimal health, and can take an active role in making decisions about health-related matters. Becoming InforMED™ changes the definition of informed consent. Traditionally, doctors tell patients what to do (this is called informing), and patients say “ok” (we call this consenting). In our model of healthcare, doctors make suggestions, patients look at the risks and benefits of their available options and then inform the doctor of their choice.

For health practitioners we offer:

- training that includes specific protocols that lead to better long-term health outcomes
- access to informational libraries and tools that facilitate InforMED discussions
- educational programming to facilitate diet and lifestyle change
- affiliate and professional development programs that facilitate practice-building

The InforMED™ Practitioner engages in collaborative discussions with patients, and provides educational programming that empowers patients to take control of their health and to change their diet and lifestyle habits.

What Is InforMED™ Medical Decision-Making?

Being InforMED™ means the consumer is presented with objective information about a health-related issue in order to choose the best options for care. This includes all diets, supplements, tests, drugs, and procedures. This is very important since it is common for consumers to be told the benefits (often exaggerated) and not the risks (which are often significant) of health-related options.

WFH staff and associates have developed objective criteria and a system for looking at options for patients which include:

- Observe the Hippocratic Oath: First and foremost do no harm
- Treatment of the whole person
- Address the cause of disease
- When possible choose the least invasive option
- Acknowledge the difference between statistical significance and meaningful difference
- Drugs and procedures become the “alternative medicine” when diet and other non-toxic and non-invasive treatments do not work
- Study design, conflicts of interest, sample size, duration of follow-up, the extent to which research identifies a cause-and-effect relationship, selection bias, replication of findings, and other factors that influence reported outcomes.

When developing materials and programs for use with consumers, we use **prescriptive communication**, which means information is conveyed in a manner that is specific, can be well understood, leads to a desirable outcome, and is actionable. Prescriptive communication is the norm in some areas of healthcare. When dispensing pharmaceutical drugs, for example, patients are told how many pills to take, how many times per day to take them, and whether or not to take them with food. On the other hand, discussions of risks and benefits often use no written decision tools, and diet and lifestyle advice is often given using terms like “more,” “less,” and “moderation.”

In our experience, clear, concise and accurate information, usually presented in writing, is a major contributor to both patient satisfaction and better outcomes.

Free Resources

Pam Popper's Weekly Newsletter

This newsletter is sent via email every Monday and features articles about diet, health and medicine; an "Ask Pam" section; and announcements of upcoming events and learning opportunities.

Video Clips

These "news programs" are emailed to subscribers on Tuesdays and Thursdays each week. During these short videos Pam reviews published research, distilling important points from articles into easy-to-understand information for viewers. This is an easy and entertaining way to stay up-to-date on relevant scientific developments.

To subscribe, email your first and last name and email address to pampopper@msn.com .

Why Join?

Wellness Forum Health is a self-funding organization. We do not take money from outside sources, including investors that might influence or dilute our message. We also do not take money from philanthropic organizations because we believe that they should be helping disadvantaged individuals. Our programming and services is paid for through membership dues and fees for services delivered.

Our founder, Pam Popper, has been actively involved in changing laws at the state and federal level regarding consumer access to better healthcare options and practitioners. She has also been involved in working to influence public policy in the areas of diet, health, and medicine. While articulate individuals can contribute greatly to the discussion, **future success in changing laws and public policy will largely depend on the development of a large consumer group of millions of people who demand change. We need for you to be part of this group and to invite others to join too.**

Joining Wellness Forum Health gives you access to unbiased information about diet, health; and medicine; provides you with tools to help you to achieve better health outcomes; and connects you with a group of like-minded people. Your membership dues support our continuing efforts to reshape and improve healthcare options and delivery.

Upon joining, we'll discuss with you your health objectives and how you can achieve them using our resources. You'll take our foundational "boot camp" courses - InforMED™ Health 101, 201, and 301, which help you to both become an InforMED™ Medical Consumer, and to make diet and lifestyle changes that lead to optimal health. And you'll be part of our movement for transforming healthcare – we envision a system based on evidence, honesty, transparency, cooperation, and which is focused on better outcomes.

We have already accomplished a lot! For example:

- We have developed the largest data base of InforMED™ Decision-Making resources in the world. We currently have over 3500 hours of programming and 2500 articles that help consumers to achieve better health outcomes, and practitioners to deliver better care.
- We have founded our own school in order to provide better training for health professionals. Our plan is to develop this school into a private college and to eventually establish our own medical school. We are leading the charge to force change in all areas of healthcare provider education.

- We have established a 501(c)3 foundation to fund research and to assist economically disadvantaged populations to access our programming.
- We have attracted some of the best business and most accomplished partners in the world in all areas of healthcare to assist us in growing our resources for both consumers and providers.
- We have developed effective programs for implementation at employer sites that both improve employee health and reduce employer healthcare costs.

But there is so much more to do! Here are just a few of the things we have planned for the future:

- A network comprised of thousands of health providers of all types throughout the U.S., all of whom are trained in InforMED™ Decision Making and offering evidence- and outcomes-based care.
- Development of accurate health assessment tools
- Data storage with complete consumer control at all times
- Member registry to allow data gathering from large cohort to further facilitate InforMED™ Decision-Making
- Insurance cooperatives to provide reimbursement for services delivered by network providers
- Wellness Forum Health clinics in employer and community settings

Our Ultimate Plan:

- To create a fully integrated alternative healthcare system based on *evidence* that will enable our members to use accurate assessment tools, have insurance coverage that pays for services actually proven to improve health, and have their information stored on our secure record-keeping platform.
- To connect members with doctors and other providers who have been informed by us and who are fully committed to our healthcare practice model.
- To teach members how to use diet and lifestyle changes and other effective strategies for improving health, and to provide continued support for InforMED™ decision-making and health maintenance.

Membership Options

(see descriptions of benefits on the following pages)

	Basic	Enhanced	Weight Loss	Professional	Professional Development	Annual Pass	Concierge Health
First year tuition	\$99	\$199 Save \$207	\$499 Save \$599	\$320 Save \$1027	\$799 Save \$1015	\$995 Save \$1500+	\$498 Save \$1211
InforMED™ Health 101, 201, 301	✓	✓	✓	✓	✓	✓	✓
5 Free Articles, 1 Free Planning Session	✓	✓	✓	✓	✓	✓	✓
Members-Only Website	✓	✓	✓	✓	✓	✓	✓
Preferred Pricing, Free Shipping over \$250	✓	✓	✓	✓	✓	✓	✓
Health Briefs Library		✓	✓	✓	✓	✓	✓
Virtual Workout		✓	✓				
Online Weight Loss Course & Live Weight Classes, Coaching			✓				
Advanced Study Live Classes & Videos				✓		✓	✓
Monthly Live "Conversations with Pam" Sessions	6 free sessions			✓ 24 sessions per year		✓ 24 sessions per year	✓ 24 sessions per year
Monthly Live "Things You Should Know"				✓		✓	✓
Online Educational Courses					Select 3 Courses	Select 6 Courses	
Concierge Health : planning, coaching, support sessions, educational classes						✓	✓

Description of Benefits and Services

InforMED™ Health 101

Includes a textbook, online videos, and regularly scheduled instructional sessions which are held at our office in central Ohio and via live teleconference. Curricula includes a review of the science of diet and health, and the skills needed to adopt a program of dietary excellence™ and optimal habits. This course also covers the basics of InforMED™ healthcare decision making, including how to have constructive conversations with your doctor about tests, drugs, procedures and medication reduction or withdrawal.

InforMED Health™ 201: Introduction to InforMED Medical Decision-Making

Includes how to find and interview various healthcare providers including doctors, nutritionists, mental health therapists, and physical therapists; how to read basic blood tests, and how to evaluate information and research about diet, health and medicine. Taught live at our office, via live teleconference, and video platform online.

InforMED™ Health 301: Advocating For Change

Do you feel frustrated when you read about misbehavior of pharmaceutical companies, food manufacturers, healthcare professionals, and government officials? Wish you could do something about it? None of us can change the system alone, but together we can. This course will teach you how to get involved in changing laws at the state and federal level and how to collectively influence change. Learn to feel powerful, not helpless!!

Members-Only Website

In addition to recipes and other helpful information, you'll have access to a library of over 140 workshops on a variety of topics, ranging from food preparation to cancer treatment.

Health Briefs Online Library Annual subscription \$29.95

Over 2500 articles, most with references, on hundreds of topics related to diet, health and medicine. Includes articles from the weekly newsletter. New articles are posted almost every week. Search engine capability; articles can be emailed or downloaded.

The Virtual Workout Tuition \$79.95 per year

This video platform has workouts designed by our own fitness experts, which can be done at home or at your office. Additional workouts are added monthly so you can change things up and take on increasingly harder exercises. Instruction is provided on how to work around injuries and other limitations.

Concierge Health: Improve Your Health With Pam

Your annual package begins with a planning session with Pam, during which you will outline your health objectives and develop a plan of action for health improvement. This can be done via telephone or in-person. (retail price \$250)

Additionally, you will receive:

- Unlimited access via email for support (retail cost \$25 per email)
- Opportunities to learn – Advanced Study Workshops – four hours of live programming each month based on important books about health. In addition to participating in current classes, members have access to previous classes on a passcode-protected video lecture platform. (retail cost \$660 per year).
- Open live and interactive “Conversations With Pam” discussion sessions once per month to get your questions answered. (retail cost \$300 per year)
- Things You Should Know – Every month Pam chooses a topic you should know about, presents information for 15-20 minutes and then takes questions. Topics have included cholesterol, blood pressure, blood sugar, the gut microbiome and vitamin D. (retail cost \$300 per year)
- Access to the Health Briefs Online Library – a collection of over 2000 articles on diet, health, and medicine. The library has a search engine to help you to find articles by topic. You can print them, download them, or email articles to others. (retail cost \$29.95 per year)
- One annual review session in person or by phone (retail cost \$250)

Workshops are recorded so you can listen again or make up missed classes; you can submit questions in advance to make sure your topics are covered even if you can't be on the calls!

Advanced Study Program

Each month Pam prepares detailed slides and lectures based on important health-related books covering topics ranging from the study of genetics to cancer treatment. In addition to conducting two live sessions each month, lectures based on these books are posted on a video platform. Subscribers have access to all previous lectures in addition to those offered each month.

Annual tuition \$420 members; \$660 non-members

Below is a partial list of lectures posted on the platform (new ones added monthly):

- *Psychiatry Under The Influence: Institutional Corruption, Social Injury, and Prescriptions for Reform* by Robert Whitaker and Lisa Cosgrove
- *Less Medicine More Health* by Gilbert Welch, M.D.
- *The Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee, M.D.
- *The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry* by Lance Dodes, M.D. and Zachary Dodes
- *No More Sleepless Nights* by Peter Hauri, Ph.D. and Shirley Linde, Ph.D
- *Wheat Belly* by William Davis, M.D.
- *Another Person's Poison A History of Food Allergy* by Matthew Smith
- *A Cancer Therapy* by Max Gerson, M.D.
- *The Mind and the Brain: Neuroplasticity and the Power of Mental Force* by Jeffrey M. Schwartz, M.D. and Sharon Begley
- *A Disease Called Childhood: Why ADHD Became an American Epidemic* by Marilyn Wedge, Ph.D.
- *Should I Be Tested for Cancer: Maybe Not and Here's Why* by H. Gilbert Welch, M.D., M.P.H.
- *Healing Back Pain: the Mind-Body Connection* by John Sarno, M.D.
- *Guilt, Shame, and Anxiety: understanding and overcoming negative emotions* by Peter Breggin, M.D.
- *Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It* by Garth Davis, M.D. and Howard Jacobson, Ph.D.
- *The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices and Our Overall Health* by Emeran Mayer, M.D.
- *The Body Electric: Electromagnetism and the Foundation of Life* by Robert O. Becker, M.D. and Gary Selden
- *The Fear Cure: Cultivating courage as medicine for the body, mind and soul* by Lissa Rankin, M.D.
- *Real Food, Fake Food* by Larry Olmsted
- *The Social Transformation of American Medicine* by Paul Starr

Wellness Forum Health Weight Loss Program

Program Description WFH Weight Loss is a one-year program designed to help you to permanently change your habits. **This is not a typical weight loss program.** While the goal is weight loss, this course focuses on two things – health education and literacy (examining the science related to choices regarding diet, health, and medical care) and habit change (which is the only way that permanent weight loss can occur).

Components of the program include: InforMED™ Health 101 and 201, one-on-one appointments, education about psychological issues underlying thinking and behavior, training on how to accomplish habit change, principles of weight loss, twice-monthly teleconference workshops, periodic review of journals, and accountability sessions.

This program is not for everyone, and an application and interview are required to determine suitability for participation. We do not want you to enroll in this program unless we feel that you are highly likely to succeed. Qualifications include willingness to commit to complete specific courses and tasks by deadlines, follow directions provided by WFH staff, make big changes to diet and exercise patterns, participate in conference calls and one-on-one meetings, and be accountable for your actions and progress.

Tuition: \$799 which covers 12 months.

Most people who try to lose weight and keep it off fail. If you are like most overweight people you already know this; you've failed a few times yourself. The longer you have been overweight, the more the odds are against your succeeding. The only thing that will make this experience different than the last is your willingness to do whatever it takes for a long period of time, and to do things differently than you have in the past.

In our experience, the biggest reasons people fail at weight loss or anything else requiring behavior change is their own resistance to doing things differently for extended periods of time, failure to stay engaged in some type of support program, and unwillingness to hold themselves accountable for progress. You should think long and hard before you decide to apply – and make sure you are ready to commit to yourself to a healthier future for the rest of your life.

If you are ready to take the first exploratory step, email shermank@wellnessforum.com for an application and to schedule an interview

Columbus Center Services and Programs

Members living in the Central Ohio area are invited to take advantages of services and programs offered at our corporate office, located at 510 Wilson Bridge Road Suite G, Worthington Ohio. These activities include:

InforMED™ Health 101 – offered in a 3-session format, food is served at each class

InforMED™ Health 201 – offered in a 4-session format

InforMED™ Health 301 – offered both live and via teleconference

Cooking Classes – Wellness Forum Health is home to Celebrity Chef Del Sroufe, *New York Times* best-selling author of the *Forks Over Knives* cookbook, *Better Than Vegan*, *China Study Quick and Easy*, and *China Study Family Style*. Chef Del and his staff offer interesting, varied, and entertaining cooking classes regularly for both members and non-members. Recipes are provided.

Wine and Dine – this popular series is offered several times per year. Participants bring their own wine (or other favorite beverage), Chef Del and the staff prepare and serve a 4-course meal while providing entertaining discourse about the food. Recipes are provided.

Workshops and Special Events – workshops on a variety of health-related topics, some featuring guest speakers; potlucks, movie nights, weekend retreats and more!

Calendars are mailed out to local members every month; an online calendar can be found on our website at www.wellnessforumhealth.com

Food!

Fresh Prepared Foods

Wellness Forum Foods features the incredible cuisine of renowned chef Del Sroufe. Del has been a celebrity chef in Central Ohio for many years. He has worked in two area vegetarian restaurants, operated his own vegan bakery, and cooked for some of Columbus' most prominent families.

Chef Del has created an extensive menu that appeals to a wide variety of tastes, ranging from comfort foods to unusual ethnic dishes, all of which feature the freshest ingredients available.

We can arrange for meals to be delivered to your office, home, or other location, or you can stop in to see our fresh selections in the deli case.

We make custom orders. If you really want something specific, please call ahead - we will set it aside for you.

In-The-Bag Foods

We make an extensive line of shelf-stable products which include cereals, bread mixes, instant soups, entrées, meat substitutes, desserts, and more! These products are inexpensive, convenient, shelf-stable, and easy to make.

Stop in! Store Hours: Monday-Thursday 9AM-9PM; Friday 9AM-5PM

Catering: We cater many different events, ranging from an intimate dinner party to large gatherings like wedding receptions. Menus for these events can be highly customized.

Cooking Classes: In addition to the cooking classes which are offered as part of our regular local programming, we offer private cooking classes, which can be scheduled in our commercial kitchen, in your home or office, or other location. We can accommodate both small and large groups.

To consult with one of our staff or to place an order, please call 614 888-FOOD (3663).

Hot Yoga at Wellness Forum Health

Our hot yoga program is a very specific type of yoga involving 26 poses, all of which are performed twice in a 90-minute class. The room is kept at 105 degrees, and the humidity is set at 40% in order to promote sweating and detoxification.

The heat and humidity contribute greatly to the positive effect. This allows maximum muscle stretch while minimizing the opportunity for injury. You'll also sweat more (this is good for you!), your heart rate will increase (also good for you!), and you'll burn fat (even better!).

You can do it! It does take some time to get used to the heat. Your first goal is to get to the place where you can stay in the classroom for the full 90 minutes, and many students frequently sit and rest during their first few classes. This is fine – students can also learn from observing.

Our instructors are trained to teach and correct. Yoga is only beneficial if the poses are done correctly. Teachers frequently demonstrate, and walk around the room in order to make corrections. You will receive individual attention during class.

We are open 365 days per year. (including holidays). This means that you can take classes often and when yoga best fits into your schedule.

Our packages make yoga affordable. You can try us out for a week for only \$15, and unlimited yoga is available for only \$49 monthly (6 month commitment required).

Fitness at Wellness Forum Health

Both individual sessions and group classes are available at our private gym. We offer programs for everyone, ranging from those who just want to get in shape or remain that way to the professional athlete.

Online Educational Courses

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.

Sports Nutrition

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. **\$495**

Dietary supplements

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 **\$395**

Igniting the Curiosity Gene: Research and Writing

This course lasts for several months, and consists 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. **\$795**

Autoimmune diseases

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. **\$495**

Understanding Psychological Disorders

Includes information about PTSD, Psychosis, Depression and Despair, Bipolar, Anxiety (includes OCD and panic disorder), ADHD and Behavior Disorders in children, Addiction. **\$695**

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

Allergies/Asthma. 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. **\$195**

Children's Health. Topics include how parental health influences children's health; breast feeding and breast feeding challenges how good eating habits and tastes are formed; how to change eating habits and tastes; how to introduce solid food to infants; social and other situations involving children for ages toddler through young adult; common childhood illnesses and diet and natural therapies. **\$395**

GI Disorders. 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. **\$395**

Cancer 101. Defining cancer (how it develops, characteristics of various types of cancer), theories about cancer causation, diet and lifestyle causes of cancer, how to evaluate and choose cancer treatments, surviving a cancer diagnosis, diet and cancer treatment. **\$695**

InforMED Consumer Series. 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. **\$195**

Forming and Maintaining Optimal Habits. This course is for both health practitioners and consumers, and will address what stands in the way of health improvement – *if people know what to do, why don't they do it?* Topics will include the psychology of change, obstacles to change, overcoming resistance to change, compulsive behaviors and how to change thinking and behavior in order to change weight and health status. **\$395**

Women's Health Certification Course. 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 provided with slide sets for teaching the course. **\$395**

Men's Health. Topics include prostate health, benign prostate hyperplasia, PSA testing, prostate cancer, erectile dysfunction, Low T, vasectomy. **\$395**

Weight Loss Certification Course. 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. **\$395**

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

Business Training For Health Professionals. 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. **\$149**

Vaccines: What Every Clinician and Patient Should Know A comprehensive, evidence-based course designed to facilitate informed decision-making about this very important topic. No hype, just the facts with supporting documentation from medical journals, government websites, and other reliable sources. Developed by Dr. Kathy Waller, former immunology professor at The Ohio State University, this course covers ALL of the most important topics related to this issue, which include immunology basics, the history of

vaccines, detailed explanation of all of the diseases for which vaccines are recommended, along with risks of developing these diseases, detailed description of each vaccine currently recommended, along with information about adjuvant ingredients, data on side effects for each vaccine, vaccine research – how studies are conducted, herd immunity, vaccines and autism, vaccines and pregnancy, The National Vaccine Injury Compensation Program, travel and vaccine requirements.

Format: 60-90-minute lectures posted on a video platform. Each lecture is accompanied by a detailed slide presentation which can be downloaded by students. **\$395**

Mental and Emotional Health With Peter Breggin

Psychiatric Drug Withdrawal: Consumer Course

\$370

This course is offered via online self-study

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 course is taught via online video platform. Students will have access to the platform for one year from the date of enrollment. Participants must have access to a computer in order to access the videos.

Curriculum Outline:

Introduction: Dispelling Psychiatric Drug Myths

Understanding Major Psychological Disorders

PTSD	Psychosis
Depression and Despair	Bipolar
Anxiety and Panic Disorders	ADHD and Behavior Disorders in Children

Impact of Psychiatric Drugs on the Body and Brain

Medication Spellbinding	Chronic Brain Impairment
Antipsychotic (Neuroleptic) Drugs	Antidepressant Drugs
Stimulant Drugs	Benzodiazepines and Other Sedatives
Lithium and Mood Stabilizers	

Preparing the Body of Psychiatric Drug Withdrawal

Diet, Exercise and Mental Health

Orchestrating Your Withdrawal Process

Understanding the Withdrawal Process
Preparation for Psychiatric Drug Withdrawal

Techniques for Beginning Medication Withdrawal
Developing a team

Beginning and Sustaining Your Drug-Free Life

This program includes Peter Breggin's Empathic Therapy Training film, membership to Wellness Forum Health and additional instruction concerning diet and lifestyle change via live teleconference and online video platform.

The Heart of Being Helpful

This course is offered via online self-study.

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.

Curriculum includes:

- Humans, Relationships and Love
- Reflecting on Your Childhood
- When You and Others Are Suffering
- Overcoming Negative Emotions
- Discover Your Purpose and Live Your Best Life
- Relationships and How to Heal Them
- Dealing With Impossible Relationships and Impossible People
- How to Have and Live the Life You Want

Tuition \$270 includes Peter Breggin's Empathic Therapy Training Film

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 \$195 (will be available late 2019)**

Musculoskeletal Health With Eileen Kopsaftis, P.T.
Got Pain? Want to get rid of it? Eileen Kopsaftis, 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!

The Food Over Medicine Coaching Program

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

Course Outline:

- Food Over Medicine Basic Online Course
- Basic Membership to Wellness Forum Health (includes InforMED™ Health 101, 201)
- Business Training and Communication Skills
- Meal planning, shopping, food prep
- Presentation Skills
- Designing and Teaching Successful Cooking Classes
- Coaching skills
- Women's Health
- Men's Health
- Children's Health
- How to Manage Doctors and Healthcare Providers

Tuition: \$1495

What you can do upon completing this course:

- 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!**

For more information or to set up a time to talk by phone email pampopper@msn.com