



Wellness Forum Health

Special Offers for Summer 2019!

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

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! (see next page) Tuition: \$1495**

Special Offers! Educational courses choices are listed on the following pages

Food Over medicine Coaching + 2 educational courses for \$1995 (save up to \$1100!)

Food Over Medicine Coaching + 5 educational courses for \$2495 (save up to \$1680!)

Classes are taught via teleconference and are recorded and made available for 4 weeks from the date the classes are held. Class schedule for summer 2019 (all times eastern):

Tues Jul 9	8:00PM	Weds Jul 17	7:00PM	Tues July 23	7:00PM
Tues Aug 6	8:00PM	Tues Aug 20	7:00PM	Weds Aug 28	7:30PM

For more information or to schedule a time to discuss please either call 614 841-7700 or email pampopper@msn.com

Educational 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.

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.