



Wellness Forum Health

# 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*  
**Gracie Yuen, D.C.** owner of Dr. Gracie's Wellness Center (therapeutic fasting)

**Saray Stancic, M.D.** Executive Producer of  
*Code Blue: Redefining the Practice of Medicine*

**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

**Pam Popper, President WFH, Peter Breggin, M.D., Eileen Kopsaftis, P.T.,  
Mary Marshall, RN, Beth Prier, PharmD, MS, CPHIMS**

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

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 qualify for the group room rate (\$114), use group code: WHF**

**Or Use this link:** [https://embassysuites.hilton.com/en/es/groups/personalized/C/CMHESES-WHF-20191107/index.jhtml?WT.mc\\_id=POG](https://embassysuites.hilton.com/en/es/groups/personalized/C/CMHESES-WHF-20191107/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** 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 reveals 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).

**Saray Stancic, M.D.** is triple board certified in Internal Medicine, Infectious Diseases, and Lifestyle Medicine. She graduated from New Jersey Medical School in 1993 and after completing her fellowship, accepted the position as Chief of Infectious Diseases at the Hudson Valley VA in New York. In later years, she served as Translational Medical Leader at Roche Pharmaceuticals where she led clinical trials in the field of viral hepatitis while continuing to practice Infectious Diseases at the Bronx VA in NYC. In 2012, she left the work in Infectious Diseases to fully dedicate her time to the field of Lifestyle Medicine. Dr. Stancic's interest in Lifestyle Medicine is rooted in her personal story as a patient living with multiple sclerosis. She is the founder of one of the first Lifestyle Medicine practices in the country, and mentors the Lifestyle Medicine Interest Group at Rutgers New Jersey Medical School. In 2018, she was

appointed Chief Medical Officer for WellStart Health, a digital, team-based intensive lifestyle medicine program. She is the Executive Producer of the documentary film, *code blue: redefining the practice of medicine*. Dr. Stancic seeks to spread the power of Lifestyle Medicine on a global scale, and bring needed change to how we train physicians.

**Gracie Yuen, D.C.** founded Dr. Gracie's Wellness Center, LLC, to help patients eliminate unnecessary suffering and achieve their health goals utilizing water-only fasting, whole food plant-based nutrition and chiropractic care. The Center is located in a large, seven bedroom Amish-built home on eight acres in Amish country in Northeast Ohio.

Dr. Gracie's journey to become a health professional began when she watched in amazement as her own body overcame multiple long-standing health challenges after making significant diet and lifestyle changes in her life including fasting. Stunned by her newfound health, she sought a way that she could help others relieve unnecessary suffering. This led her to complete her undergraduate training with a B.S. in Nutritional Sciences from the University of Wisconsin-Madison where she graduated with honors in 2003. Her senior thesis explored high protein intake, calcium balance and osteoporosis. She then went on to the National University of Health Sciences to graduate cum laude with a Doctor of Chiropractic Medicine degree in 2010. She trained under the late fasting pioneer Dr. D.J. Scott for two months, then interned at TrueNorth Health Center with Dr. Alan Goldhamer for one year, joining the staff for another four+ years, helping supervise hundreds, if not thousands of fasts. In 2016, she took the plunge to open her own place in Ohio, where patients can come to be supervised while water fasting.

**Peter Breggin, M.D.** 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.** has been a physical therapist since 1994. Her specialties are performing manual techniques to correct biomechanical dysfunction and postural asymmetry. Her passion is educating people about why they have pain, why it hasn't gone away, and how to fix it. She has created an online program, Move Without Pain, which is offered through Wellness Forum Health. This program teaches both how to determine the root cause of pain, and how to succeed in resolving it. Eileen observed, early in her career, that while traditional physical therapy offers some relief for patients, it often does not restore patients to full

function. This prompted her to consume over 1800 hours of training from many institutions and individuals. This knowledge culminated into a four-prong approach that is very effective at helping people to become free of pain and get their life back. Eileen is a faculty member at The Wellness Forum Institute for Health Studies, where her responsibilities include teaching physicians about how to treat musculoskeletal disorders. She was also commissioned to design and administer a comprehensive training program for the institute that teaches clinicians how to replicate her practice.

**Mary Marshall, BSN, RN** 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.

**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!