



Wellness Forum Health

**Conference Video Specials and Special Offers**

Check out the new courses on the next page!

**Conference videos      Members \$359      Non-Members \$399**

People who purchase conference videos will be given credits toward packages, as indicated below

**Conference videos will include:**

Pam Popper’s President’s Address and Company Updates      The Sunday afternoon Panel Discussion on Vaccines  
And presentations delivered by:

- Dr. Saray Stancik      Discussion of *Code Blue*, her personal MS story, and why doctors need to know more about nutrition
- Dr. Thomas Seyfried      How Cancer Can be a Chronic Disease Managed by Nutrition
- Dr. Gracie Yuen      Water Fasting for Health
- Beth Prior      Health Education for Children
- Eileen Kopsaftis, PT      Why an Evidence Based Approach to Treating Chronic Pain Often Fail
- Mary Marshall      Accidental Weight Loss: How Focusing on Health Instead of Weight Can Help
- Michelle Cotterman, RN      Vaccine Mandates and Why They Are a Bad Idea

**Course Packages      regular price      avail until Nov 15      Course descriptions are on the following pages**

10 <u>new</u> courses pkge	\$4166	memb price \$3195	non-memb price \$3395
Take all 38 courses	\$15,066	memb price \$10,798	non-memb price \$10,998
3 courses		memb price \$695	non-memb price \$795
2 courses		memb price \$495	non-memb price \$595

**Food Over Medicine Coaching Packages:**

Food Over Medicine Coaching	\$1495		
FOM+2 courses		memb price \$1795	non-memb price \$1995
FOM+3		memb price \$1995	non-memb price \$2195

**Diet and Lifestyle Intervention Course packages**

Diet and Lifestyle Course Tuition	\$745		
Diet and Lifestyle +3 courses		memb price \$1395	non-memb price \$1595
Diet and Lifestyle +5 courses		memb price \$1595	non-memb price \$1795

## New Courses for 2019!

### **New Courses Taught By Pam** (\* indicates will be taught live and then converted to video)

A Science-Based Approach to Vaccines*	\$695.00
Cardiovascular Disease*	\$395.00
Chronic Fatigue*	\$495.00
Fibromyalgia*	\$495.00
Cancer 201 (evaluating alternative treatments)*	\$595.00
Kidney Disease*	\$395.00
Parkinson's Disease*	\$299.00
ALS*	\$299.00
Food Allergies*	\$299.00
Contraceptive Options*	\$199.00

### **Other Available Courses Taught by Pam (Descriptions Follow):**

Sports Nutrition	\$495.00 online
Dietary Supplements	\$395.00 online
Research and Writing	\$795.00 taught live once per year
Autoimmune Disease	\$495.00 online
Understanding Psychological Disorders	\$695.00 online
Food Over Medicine Certification Course	\$199.00 online
Women's Health Certification Course	\$249.00 online
Weight Loss Certification Course	\$395.00 online
Business Training	\$199.00 online
Children's Health	\$395.00 online
Allergies/Asthma	\$199.00 online
GI Disorders	\$395.00 online
Men's Health	\$395.00 inline
InforMED Decision-Making	\$199.00 online
Cancer 101	\$695.00 online
Forming and Maintaining Optimal Habits	\$395.00 online
Biological Causes and Treatment of Autism	\$495.00 online
Diet, Lifestyle and Diabetes	\$395.00 online
Health Benefits and Risks of Cannabis	\$695.00 online
Diet, Exercise and Mental Health	\$395.00 online
Inflammatory Bowel Disease	\$495.00 online
Time Management	\$195.00 online
Irritable Bowel Syndrome	\$495.00 online

Your Amazing Microbiome	\$495.00 online
Cognitive Health and Alzheimer's Mini-Course	\$395.00 online
Thyroid Disease	\$ 99.00 online
PCOS	\$ 59.00 online

**Food Over Medicine Coaching                      \$1495            Based on the book *Food Over Medicine***  
**Taught via combination live instruction and online video**

**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

**What you can do with this information:**

- 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!***

## **New Course Descriptions 2020**

**A Science-Based Approach to Vaccines                      \$695.00**

The vaccination issue is now one of the most contentious, and the most important topics in healthcare today. Politicians, in partnership with Big Pharma, seem intent on taking away the right of parents concerning their children, and soon will begin demanding that adults adhere to a vaccine schedule too. This extensive course will feature only the best and most irrefutable science concerning vaccines, researched, prepared, and taught by Wellness Forum Founder and researcher extraordinaire Pam Popper. Topics will include:

- |   |   |
|---|---|
| -immunology basics                            | -the history of vaccines  |
| -detailed information about each vaccine      | -information about diseases for which vaccines are given                      |
| -adjuvants in vaccines                        | -side effects of vaccines and who is at risk                                  |
| -vaccines and pregnancy                       | -understanding herd immunity  |
| -National Vaccine Injury Compensation Program | -How to constructively oppose vaccine mandates and work on legislative change |

Religious exemptions are being taken away and citizens will need to be armed with factual information about vaccines in order to be effective with elected officials and other politicians. In addition to the valuable information provided in this course, prepared materials will be provided for distribution to family members, school officials, elected officials and others. Students in this class who want to network with others will be introduced to one another.

**Cardiovascular Disease****\$395.00**

A thorough review of topics such as structure and function of the cardiovascular system, circulatory system, and heart; atherosclerosis, heart attack, stroke, heart failure, hypertension, arrhythmias, modifiable risk factors for cardiovascular disease such as diet, exercise, smoking, and stress.

**Chronic Fatigue****\$495.00**

It's a complicated and long-term condition that is characterized by extreme fatigue that cannot be explained by an underlying medical condition. Patients don't get better with rest, and often are unable to participate in regular activities for years at a time. This course will explore various theories about cause, and treatments that have been shown to help.

**Fibromyalgia****\$495.00**

A disorder characterized by musculoskeletal pain, fatigue, disrupted sleep, impaired memory and many other symptoms. Women are more likely to develop it than men, and the medical profession claims that the causes are unknown and that there is little hope for recovery. This course will review risk factors, theories about cause, and treatments that have been shown to help patients to get better.

**Cancer 201 (evaluating alternative treatments)****\$595.00**

In-depth exploration of alternative treatments and treatment centers for cancer including IV vitamin C therapy, dietary supplements, Rife Machines, Hoxey, green tea, medicinal mushrooms, hyperthermia, immunotherapy, energy healing

**Kidney Disease****\$395.00**

A thorough discussion of risk factors for kidney disease, stages of kidney disease, therapy options, the role of diet and lifestyle in kidney disease, pediatric kidney disease, transplant patients and challenges, and dialysis.

**Parkinson's Disease****\$ 299.00**

Includes risk factors, definitions, diagnosis, strategies for prevention, co-morbidities, challenges in daily living, treatment options, and the role of diet and lifestyle change in slowing the progression of the disease.

**ALS****\$299.00**

Over 6000 new cases are diagnosed each year in the U.S., and at this time there is no cure. The course will examine potential causes, symptoms diagnostic criteria, progression of the disease, and strategies that are currently being explored that may make it possible for patients to live longer.

**Food Allergies****\$299.00**

Includes information about different types of abnormal responses to food, history of food allergy, risk factors for food allergy, how food allergies and intolerances can affect systems of the body, evaluation of methods for diagnosing food allergies, options for reducing symptoms of food allergies.

**Contraceptive Options for Women****\$199.00**

Increasing concerns about hormonal contraception has increased interest in alternative methods. This course will examine the safety and efficacy of non-hormonal options for contraception.

**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.

## **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.