

Wellness Forum Health

Go Where Health Matters!

Directory of Consumer Programs and Services For Central Ohio

**510 East Wilson Bridge Road
Suite G**

Worthington, Ohio 43085

614 841-7700

Fax 614 841-7703

www.wellnessforumhealth.com

Table of Contents

Free Resources	page 3
Why Join?	page 4
What Makes Our Information Libraries Different?	page 4
Membership Options	page 7
Description of Benefits and Services	page 8
Concierge Membership	page 8
Advanced Study	page 9
Permanent Weight Loss	page 11
Columbus Center Services and Programs	page 12
Food!	page 13
Hot Yoga at Wellness Forum Health	page 14
Fitness at Wellness Forum Health	page 14
Conference Videos and Educational Programs	page 15
Mental Health With Peter Breggin	page 22
Musculoskeletal Health with Eileen Kopsaftis, P.T.	page 24
Food Over Medicine Coaching Program	page 25

**Interested in professional development programs?
Request a catalog by emailing pampopper@msn.com**

Free Resources

Pam Popper's Weekly Newsletter

This newsletter is sent via email every Monday and features articles about diet, health and medicine; questions and answers from readers; 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?

Think about the way you purchase houses, cars, appliances, retirement accounts, and colleges for your children. You gather information, check things out, make lists of questions to ask, consider alternatives, and then make a decisions that takes into consideration your values, finances, and goals.

Now think about the way you purchase healthcare services, or how you make decisions about things like diet, supplements, and screening tests. If you are like most people, you have historically made health-related decisions differently. In fact, one of the comments new members frequently make is, "If I had known then what I know now, I never would have...(taken this supplement, adopted this diet, allowed this test, agreed to take this drug, etc.)."

Our proposal is that you use evidence to drive your decisions about health, using our extensive libraries of fully referenced and objective articles, videos, textbooks, and live and interactive educational programming (delivered via teleconference so that everyone can participate regardless of location!)

We've been in business for almost 25 years, and are the world's leaders in educating both consumers and health professionals using an evidence-based approach.

What Makes Our Information Libraries Different?

In spite of having access to more information than ever before, the public is confused about many health-related issues. And confusion stands in the way of good decision-making. Much of the confusion results from the fact that one can advocate for almost any diet, food, supplement, drug, or medical practice using studies and articles published in medical journals, and presenting "experts" who support the claims made. Thus there are published studies and experts proclaiming that a Paleo Diet is best; and published studies and experts proclaiming that a plant-based diet is best. And there are published studies and experts recommending population screening for vitamin D deficiency, breast cancer, prostate cancer, and the MTHFR gene mutation; and published studies and experts claiming that these practices are more harmful than helpful.

Consumers read a book, attend a lecture, or take a course and think they can make a good decision based on what they know, only to be confronted with information that is the polar opposite of what they have learned. It can paralyze some people who have important decisions to make, such as which cancer treatments to select; and where diet is concerned the confusion can result in people continuing to eat a terrible diet since it seems like there is no dietary theory that everyone agrees is "right."

Essentially there is no clear conclusion to be reached on almost any issue when an individual's or organization's point of view is the basis for making recommendations. The adoption of "science as a point of view" has resulted in significant degeneration of scientific discussion. The only way to resolve this is to establish some criteria for how information will be filtered that most reasonable people can agree on.

To address this very important issue, a few years ago, my colleagues and I established our own criteria for evaluating information in order to reduce confusion for the people we help with health issues. When these criteria are used, confusion is eliminated for many issues, and we have even seen those who disagree with us refuse to engage in a rules-based discussion, which speaks volumes for the strength of their arguments. Following are some examples.

All experts are not considered equal. One of my pet peeves is the media's tendency to present both points of view, with an "expert" from "each side." While the presentation of different viewpoints a good idea, the various experts should be well-matched in terms of education and accomplishment. But this does not happen. Often two people who have widely divergent backgrounds and levels of expertise are presented as having equal standing. Thus a scientist who has published over 300 papers in top peer-reviewed journals, and spent decades conducting carefully controlled research studies (Dr. T. Colin Campbell) presents evidence supporting a plant-based diet; while Gary Taubes, a journalist with the *New York Times*, and who has no specialized knowledge about diet, health and medicine, presents evidence for eating an animal foods-based diet. It is easy for the reader to perceive both of these individuals to be experts and to have equal standing which is simply not true.

Any proposed intervention must result in improved long-term outcomes, not just changes in surrogate markers. This rule applies to dietary supplements, diets, drugs, and procedures. Both statin drugs and high-dose niacin lower cholesterol, but they have very little impact on the risk of heart attack, stroke, or death. For statins the risk reduction for members of the general population is less than 2%. On the other hand, Dr. Caldwell Esselstyn has followed his patients for over 30 years now, and has shown that a low-fat plant-based diet keeps even patients with terminal coronary artery disease alive for decades. Dr. Esselstyn's longitudinal study carries significantly more weight due to his ability to show real improvement in health and significantly better long-term outcomes.

Storytelling is not considered evidence. I always assume positive intent and honesty until shown evidence to the contrary, so when people tell me stories I believe they are true. Examples include "My uncle ate bacon, eggs and cheese three times per day, lived to be 94 years old and died in his sleep," and "I had a flu shot last year and did not get the flu." But stories carry no weight in our world in terms of decision-making. What has happened to one person is not an indication of what will happen to other people who engage in the same

behavior. For example, I know people who regularly drink too much alcohol and drive, have never been pulled over and convicted of DUI, and have never had an accident. I think we can all agree that reporting that it is safe to drink and drive using stories of people who “get away with it” would be ludicrous.

But this is done all of the time, even by doctors who should know better. Loren Cordain’s *The Paleo Diet* is largely supported with stories of people who gave up pizza and cupcakes and started eating wild elk and deer and lost weight. Others engage in conjecture about what people ate 6 million years ago while wandering the earth looking for food. The stories and conjecture are meaningless and I do not understand why we are debating what people ate 6 million years ago when we have accurate data about what people eat right now and their health status.

Wellness Forum Health uses several other criteria as a filter for evaluating information. The three examples cited above are examples of how these filters are applied. This helps consumers to make sense of the massive amount of information they are bombarded with regularly, and to feel more confident about the choices they make.

In our world, rules are employed to govern everything, ranging from sports to how corporations are run and laws are passed. In the absence of rules, chaos results. Enterprising charlatans take advantage of chaos to sell their ideas about diet and health, and this can be stopped by applying objective rules in evaluating them.

Rules for Evaluating Evidence

We evaluate information using these filters to arrive at conclusions which are reported in our libraries:

- Conflicts of interest
- Study design, including selection bias
- Length of follow-up
- Actual improvement in health, not just improvement in surrogate markers
- Establishment of cause and effect relationships, not just correlation
- Identification of a plausible mechanism of action
- Serious limitations associated with self-reported data
- Selection bias
- Extent to which research findings have been replicated by others
- Relying on the preponderance of evidence rather than a single study

Members learn how to apply these criteria to information themselves too!

Membership Options

(see descriptions of benefits below the chart)

	Basic	Professional	Concierge Health	Weight Loss	Prof Development	Annual Pass
First year dues	\$99	\$320 Save \$1027	\$498 Save \$1211	\$799 Save \$599	\$799 Save \$1015	\$995 Save \$1500+
InforMED™ Health 101, 201	✓	✓	✓	✓	✓	✓
Member Rewards	✓	✓	✓	✓	✓	✓
Basic Planning Session	✓	✓	✓	✓	✓	✓
Members-Only Website	✓	✓	✓	✓	✓	✓
Ask The Therapist	✓	✓	✓	✓	✓	✓
Office Hours w/Eileen PT	✓	✓	✓	✓	✓	✓
Preferred Pricing & Free Shipping over \$250 (Continental U.S. only, does not include water filters)	✓	✓	✓	✓	✓	✓
Health Briefs Articles Library	✓	✓	✓	✓	✓	✓
Concierge Platform (dozens of videos, new ones added monthly!)		✓	✓	✓		✓
Online Weight Loss course and twice monthly teleconference sessions				✓		
Advanced Study Live Classes & Videos		✓	✓	✓		✓
Monthly Live "Conversations with Pam" Sessions	6 sessions per year	✓ 22 sessions per year	✓ 22 sessions per year	✓ 22 sessions per year	✓ 22 sessions per year	✓ 22 sessions per year
Monthly Live "Things You Should Know" Sessions		✓	✓	✓	✓	✓
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 via live teleconference, and video platform online.

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

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.

Concierge Health Services

Improve Your Health With One of Our InforMED™ Consultants

Your annual package begins with a planning session with your consultant, 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. Follow-up appointments will help to keep you on track and making progress toward your goals. You will have unlimited access to email for support as well.

Additionally, you will receive these benefits offered by our founder, Pam Popper:

- **Advanced Study Workshops** – four hours of live programming each month based on important books about health. (retail price \$660 per year)
- Open live and interactive
- **“Conversations With Pam”** discussion sessions 18 times per year to get your questions answered. (retail cost \$450 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)

- **Concierge Platform** – all Advanced Study and Things You Should Know workshops are filmed and placed on this platform monthly. Currently over 100 videos are available with accompanying powerpoint slide sets.

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!

Things You Should Know Video Platform

Topics include:

Acne	<i>H Pylori</i>	Potatoes Instead of Paleo
Acupuncture	Gluten	Protein
Candida	Hair Health	Macrobiotic Diets
Cold Sores	Headaches	Natural Pain Relief
Dental X-rays	Healing Power of Pets	Natural Sleeping Aids
Detox Programs	Immune Function	Pancreatic Enzymes
Eczema	Inflammation	Root Canals
Fatigue	Intestinal Gas	Seasonal Affective Disorder
Fermented Foods	Iodine	Sugar
Folic acid	Iron Levels	Sunlight Benefits

Advanced Study Video Platform

Alternative Medicine: Health and Medical Issues Today by Christine Larson, Ph.D.

Another Person's Poison A History of Food Allergy by Matthew Smith

The Body Electric: Electromagnetism and the Foundation of Life

by Robert O. Becker, M.D. and Gary Selden

A Cancer Therapy Results of Fifty Cases and the Cure of Advanced Cancer by Diet Therapy

by Max Gerson, M.D.

Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer

by Michael Lerner

A Disease Called Childhood by Marilyn Wedge, Ph.D.

Dreamland by Sam Quinones

The Emperor of All Maladies: A Biography of Cancer by Siddhartha Mukherjee

The End of Food by Paul Roberts

Evidence of Harm: Mercury in Vaccines and the Autism Epidemic by David Kirby

The Fear Cure: Cultivating Courage as Medicine for the Body, Mind and Soul by Lissa Rankin, M.D.

Feed Your Pet Right by Marion Nestle and Malden C. Nesheim

First Bite: How We Learn to Eat by Bee Wilson

The Forgotten Therapy: The Past and Future of Phage Therapy by Anna Kuchment

The Gene: An Intimate History by Siddhartha Mukherjee
Guilt, Shame, and Anxiety: Understanding and Overcoming Negative Emotions by Peter Breggin, M.D.
Gulp by Mary Roach
Healing Back Pain: the Mind-Body Connection by John Sarno, M.D.
Health and Optimism: New research on the relationship between positive thinking and physical well-being by Christopher Peterson
The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research
The HPV Vaccine On Trial: Seeking Justice For A Generation Betrayed
 by Mary Holland, Kim Mack Rosenberg, Eileen Iorio
Less Medicine, More Health: 7 Assumptions That Drive Too Much Medical Care
 by H. Gilbert Welch, M.D.
The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight by Valter Luongo Ph.D.
The Medical Medium by Anthony William
Mind-Body Interactions and Disease Proceedings of a Conference on Stress, Immunity and Health
Missing Microbes: How the Overuse of Antibiotics is Fueling Our Modern Plagues
 by Martin J. Blaser, M.D.
The Mind and Brain: Neuroplasticity and the Power of Mental Force
 by Jeffrey M. Schwartz M.D. and Sharon Begley
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.
No More Sleepless Nights by Peter Hauri, Ph.D., and Shirley Linde
PaleoFantasy by Marlene Zuk
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.
Psychiatry Under The Influence: Institutional Corruption, Social Injury, and Prescriptions for Reform
 by Robert Whitaker and Lisa Cosgrove.
Real Food, Fake Food by Larry Olmstead
Rewire: Change your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior by Richard O'Connor, Ph.D.
Risky Medicine: Our Quest to Cure Fear and Uncertainty by Robert Aronowitz
The Salt Fix by Dr. James DiNicolantonio
Should I Get Tested for Cancer: Maybe Not and Here's Why by Gilbert Welch, M.D., M.P.H.
The Sober Truth by Lance Dodes, M.D. and Zachary Dodes
The Social Transformation of American Medicine by Paul Starr
The Undoing Project by Michael Lewis
The Unsavory Truth: How Food Companies Skew The Science of What We Eat by Marion Nestle
Vaccine Guide for Dogs and Cats: What Every Pet Lover Should Know
 by Catherine J.M. Diodati
Vitamina: How Vitamins Revolutionize the Way we Think About Food by Catherine Price
Wheat Belly by William Davis, M.D.
Whitewash: The Story of a Weed Killer, Cancer and the Corruption of Science by Carey Gilliam
Winston Churchill's Afternoon Nap by Jeremy Campbell

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 for one year.

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 additional services and programs offered at our corporate office, located at 510 Wilson Bridge Road Suite G, Worthington Ohio. These activities include:

Tuesday Night at Wellness Forum Health!

Every Tuesday night at 6PM we feature activities for members and their guests. These include open dinners, movie nights, potlucks, cooking classes, educational programs and any and everything health related. Let us know you are coming because we always have something wonderful to eat!

Cooking Classes – Wellness Forum Health offers cooking classes designed to make food prep fun, interesting, and creative. Classes range from simple and easy to gourmet cooking.

Wine and Dine – this popular series is offered several times per year. Participants bring their own wine (or other favorite beverage), the staff prepares 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 other month; an online calendar can be found on our website at www.wellnessforumhealth.com

Food!

Fresh Prepared Foods

Our deli case is packed with fresh, fabulous plant-based foods. New options are introduced regularly but some of our staples are butternut squash ravioli, spicy peanut noodles, an assortment of salads and wraps, Buddha bowls and more! Stop in or order through Postmates and we'll have your food delivered.

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

We offer a variety of classes including:

Basic 26-posture series, 90-minute class. Taught every day, 7 days per week, 365 days per year. Check our online schedule for class times

Meditation and Yin Yoga

Vinyasa classes

Boot camp workouts in the hot room

Private yoga classes and workouts in the hot room

Our yoga 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.

2019 Conference Videos: The Next Best Thing to Being There!
Members \$359.00 Non-Members \$399.00

Conference videos include:

Pam Popper's President's Address and Company Updates

The Sunday afternoon Panel Discussion on Vaccines

Presentations delivered by:

Dr. Saray Stancik	Discussion of <i>Code Blue</i> , 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 Treating Chronic Pain Often Fails
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

Educational Courses

What makes these courses different?

Our courses offer in-depth information that is not included in other similar programs. Each course represents hundreds of hours of research, organized into understandable, useable, and well-referenced slide sets and lectures. Students are not just given online multiple choice quizzes, but rather challenging assignments that are graded manually by qualified staff, with feedback for improvement offered when needed. ***These are not typical health education programs!!***

New Courses for 2020 (will be taught live and then filmed for video platform)

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.

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

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.

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.

Online Courses**Diet, Lifestyle and Diabetes****\$395.00**

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**\$695.00**

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**\$395.00**

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 **\$495.00**

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 **\$195.00**

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 **\$495.00**

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 **\$495.00**

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 **\$395.00**

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 **\$295.00 (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 **\$ 99.00**

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

PCOS **\$ 59.00**

Covers causes, influences on female reproduction, and how to resolve.

Sports Nutrition**\$495.00**

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**\$395.00**

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**\$795.00**

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.

Autoimmune diseases**\$495.00**

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**\$695.00**

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

Biological Causes of Autism, Effective Treatment Options.**\$495.00**

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.

Allergies/Asthma.**\$195.00**

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.**\$395.00**

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.

Children's Health.**\$395.00**

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.

Cancer 101.**\$695.00**

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.

InforMED Consumer Series.**\$195.00**

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

Forming and Maintaining Optimal Habits.**\$395.00**

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.

Women's Health Certification Course.**\$395.00**

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.

Men's Health.**\$395.00**

Topics include prostate health, benign prostate hyperplasia, PSA testing, prostate cancer, erectile dysfunction, Low T, vasectomy.

Weight Loss Certification Course

\$395.00

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.

Become a Food Over Medicine Certified Instructor.

\$199.00

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 deliver 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.

Business Training For Health Professionals.

\$149.00

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.

Mental and Emotional Health With Peter Breggin

Psychiatric Drug Withdrawal: Consumer Course

\$370.00

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 \$270.00 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 2020)**

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:

\$499.00 for Wellness Forum Health Members

\$650.00 for non-members

Note: to add modules for other affected areas of the body: \$149.00 per module (a \$50.00 discount)

One-on-one appointments with Eileen \$149.00 (regular price \$195.00)

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: \$1495.00

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.