



# 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 13-15 Columbus, Ohio**

## **Featured Speakers:**

**Young Hee Ko, Ph.D.** cancer researcher, founder of KoDiscovery (revolutionary cancer treatment)

**Dr. Hans Diehl**, founder of the CHIP Program (Complete Health Improvement Program)

**Robert Whitaker**, author of *Mad in America* and *Anatomy of an Epidemic*

**Garth Davis MD**, author of *Proteinaholic*

**Special Event: an evening with David Katz MD** author of *How to Eat*  
**Saturday, November 15: dinner, an engaging talk by one of the most important doctors in lifestyle medicine, and a celebration of Wellness Forum Health's 25<sup>th</sup> anniversary**

**also featuring: 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!)**

Nov 11, 2019-April 30, 2020	Member \$299	Non-Member \$359
May 1-June 30	Member \$359	Non-Member \$399
July 1-August 31	Member \$379	Non-Member \$410
September 1-October 31	Member \$399	Non-Member \$449
November 1-10	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
- 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: WF1**

**Or Use this link:** <https://embassysuites.hilton.com/en/es/groups/personalized/C/CMHESES-WF1-20201112/index.jhtml>

**A signed registration form is required to reserve your spot for this conference!**

## Breakout Sessions

To be announced!

### Speaker Bios

**David Katz MD, FACPM, FACLM** is the founding director of Yale University's Yale-Griffin Prevention Research Center, and is a board-certified specialist in Preventive Medicine/Public Health. He has received 5 honorary doctorates, holds 5 U.S. patents, and has authored over 200 peer-reviewed articles. He is the author of several books, and the co-author of a new book, *How to Eat*, released March 2020.

**Young He Ko, PhD**, discovered 3BP, a highly potent and effective anticancer agent that targets the most common characteristic of cancer cells – their extraordinary ability to metabolize glucose and glutamine. 3BP enters cancer cells quickly and targets the mitochondria, and does not harm most normal cells. Dr. Ko founded KoDiscovery to develop 3BP and bring it to market, and also to develop treatments for people with neurological conditions, injuries/wounds, infection and other conditions. Both her story and her scientific accomplishments are amazing; she is one of the most important researchers in medicine today.

**Dr. Hans Diehl** is the founder of the Lifestyle Medicine Institute and the Complete Health Improvement Program (CHIP). He is the author of several best-selling books, with millions of copies distributed worldwide translated into 17 different languages. The CHIP program is a diet and lifestyle program used in community, church, and employer settings, and has been proven to both improve health and reduce healthcare costs. Dozens of articles validating the positive impact of CHIP have been published in medical journals.

**Robert Whitaker** is a journalist and the author of five books, three of which cover the history and practice of psychiatry. As a journalist, Mr. Whitaker wrote about the benefits of the pharmaceutical approach to mental illness, but changed his mind and became a critic after discovering scientific information showing that psychological issues are not caused by chemical imbalances in the brain. He is the founder of [madinamerica.com](http://madinamerica.com), a patient advocacy website.

**Garth Davis, MD** is head of the Davis Clinic at Mission Health in Asheville, North Carolina. Board-certified in bariatric surgery and medical management of obesity, Dr. Davis knows first-hand the consequences of eating the Standard American Diet. He is the author of *Proteinaholic: How Our Obsession With Meat is Killing Us and What We Can Do About It*.

**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 in physical therapy private practice since 1994 and specializes in manual techniques for restoring pain-free movement and postural symmetry. After observing that while traditional physical therapy offers some relief for patients, it often does not restore patients to full function, she sought training from several dozen institutions and individuals and eventually developed her own “brand” of physical therapy. She has designed a comprehensive training program for physical therapists that teaches others to offer outcomes-based therapy to patients.

**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.

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.