**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 TM 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 *H Pylori* 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:*](https://www.nap.edu/read/24625) *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

***Vitamania: 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