

# **Wellness Forum Health**

## **Go Where Health Matters!**

### **Directory of Consumer Programs and Services**

**510 East Wilson Bridge Road  
Suite G  
Worthington, Ohio 43085  
614 841-7700**

**[www.wellnessforumhealth.com](http://www.wellnessforumhealth.com)**

**Note: The Wellness Forum Institute offers professional development programs both for already-trained health professionals and those who have had no training. For a complete catalog or to schedule an appointment to discuss, email [pampopper@msn.com](mailto:pampopper@msn.com)**

# Table of Contents

<b>Free Resources</b>	<b>page 3</b>
<b>Why Join?</b>	<b>page 4</b>
<b>What Makes Our Information Libraries Different?</b>	<b>page 4</b>
<b>Membership Options</b>	<b>page 8</b>
<b>Description of Membership Benefits and Services</b>	<b>page 9</b>
<b>For People Who Live in Central Ohio: Services/Programs</b>	<b>page 13</b>
<b>Food!</b>	<b>page 14</b>
<b>Hot Yoga at Wellness Forum Health</b>	<b>page 15</b>
<b>Fitness and Training at Wellness Forum Health</b>	<b>page 15</b>
<b>Wellness Forum Health Weight Loss</b>	<b>page 16</b>
<b>Concierge Services For Cancer Patients</b>	<b>page 17</b>
<b>Athletic Training and Yoga – Virtually!!</b>	<b>page 18</b>
<b>Conference Videos</b>	<b>page 19</b>
<b>Educational Programs</b>	<b>page 20</b>
<b>Mental Health With Peter Breggin</b>	<b>page 27</b>
<b>Food Over Medicine Coaching Program</b>	<b>page 29</b>
<b>Wellness Forum’s Fabulous Products</b>	<b>page 30</b>

**Interested in professional development programs?  
Request a catalog by emailing [pampopper@msn.com](mailto: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 each week. During these short videos Pam reviews published research, distilling important points from articles into easy-to-understand information for viewers, and discusses issues of the day. 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](mailto:pampopper@msn.com).

## **Why Join?**

Think about the way you purchase houses, cars, appliances, retirement accounts, and college educations for your children. You gather information, check things out, make lists of questions to ask, consider alternatives, and then make a decision 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, drugs, 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, first by learning how to read and interpret medical information. We've been teaching people how to do this for decades and it is easier than you might imagine! Additionally, we have created extensive libraries of fully referenced and objective articles, videos, textbooks; and we offer live and interactive educational programming (delivered via teleconference or zoom so that everyone can participate regardless of location!).

During our 27 years in business, we have helped people all over the world to truly take control of their health by changing their decision-making process from one that involves following instructions to one that focuses on informed decision-making. We can help you to do this too.

## **What Makes Our Information Libraries Different? by Pam Popper, President**

In spite of having access to more information than ever before, the public is more confused than ever before about many health-related issues. And confusion stands in the way of good decision-making. Much of this confusion results from the fact that a person can advocate for almost any diet, food, supplement, drug, or medical practice using studies and articles published in medical journals, and citing "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 objective criteria for evaluating information in order to reduce confusion for the people we help with health issues. When these criteria are applied, the risks and benefits of almost any health-related practice become clear and decision-making is easier. Our approach is a lot like how football is played– without rules of the game people could debate indefinitely which team won a football game. But since the rules are clear – each quarter is 15 minutes, a first-down is ten yards, and a field goal requires kicking the football through the posts – in almost all cases the winner of the game is agreed on by all.

**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. For example, both statin drugs and high-dose niacin lower plasma 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 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 a substitute for 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 and researchers 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 operate and how laws are passed. In the absence of rules, chaos results. Enterprising charlatans, manufacturers of drugs, vaccines and supplements, and medical institutions take advantage of this chaos to sell their ideas about diet, health and medicine, and this can be stopped by applying objective rules in evaluating all health-related issues.

## **Rules for Evaluating Evidence**

**These are some of the filters we use 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, since correlations are often meaningless
- 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

**Taking control of your health is not achieved by looking for “better practitioners” to tell you what to do. Taking control of your health is achieved by making your decisions based on your understanding of the risks and benefits of any and all health-related options.**

## Membership Options

(see descriptions of benefits on the following pages)

	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	✓	✓	✓	✓	✓	✓
Membership Orientation 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 2 monthly teleconferences				✓		
Advanced Study Live Classes & Videos		✓	✓	✓		✓
Monthly Live "Conversations with Pam" Sessions	✓ 6/yr	✓ 24/yr	✓ 24/yr	✓ 24 /yr	✓ 24 /yr	✓ 24/yr
Monthly Live "Things You Should Know" Sessions		✓	✓	✓	✓	✓
Online Educational Courses					Select 3 courses	Select 6
Concierge Health: planning, coaching, support sessions, educational classes			✓	✓		✓



## Description of Membership 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 diet and lifestyle habits consistent with your goals. 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 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 2000 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, Professional, Annual Pass memberships also include the following:**

**Improve Your Health With One of Our InforMED™ Consultants** Your annual plan begins with a planning session, 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.

**Advanced Study Workshops** – live workshops based on important books about health.

**“Conversations With Pam”** Open Q&A sessions help monthly. All are recorded and made available for 4 weeks. Members can submit questions in advance via email.

**Things You Should Know** – a lecture, slide set and discussion each month that covers topics ranging from vitamin D to snoring

**Video Platform** – all Advanced Study and Things You Should Know workshops are filmed and placed on this platform monthly. Almost videos are available with accompanying powerpoint slide sets.

**Note: These programs are not available a la carte; they are only available to members based on their membership type (see chart listing membership benefits by category in this catalog).**

## Things You Should Know Video Platform (new lectures added monthly)

### Topics include:

Acid/alkaline Balance	Gluten	Natural Sleeping Aids
Acne	<i>H Pylori</i>	Pancreatic Enzymes
Acupuncture	Hair Health	Potatoes Instead of Paleo
B12	Headaches	Protein
Candida	Healing Power of Pets	Reiki
Chelation	Immune Function	Root Canals
Cholesterol	Inflammation	Seasonal Affective Disorder
Cleanses	Intermittent Fasting	Sinus Infections
Cold Sores	Intestinal Gas	Soy
Dental X-rays	Iodine	Sunlight Benefits
Detox Programs	Iron Levels	Thermography
Eczema	Leaky Gut	Triglycerides
Fatigue	Lectins	Urinary Tract Infections
Fecal Transplant	Macrobiotic Diets	Warts
Fermented Foods	Meditation	Water Fasting
Folic Acid	Natural Pain Relief	

## Advanced Study Video Platform (new lectures added monthly)

*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

*The Body Keeps the Score* by Bessel van der Kolk MD

*Breath: The New Science of a Lost Art* by James Nestor

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

by Max Gerson, M.D.

*Chasing the Sun: How the Science of Sunlight Shapes Our Bodies and Our Minds* by Linda Geddes

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

by Michael Lerner

*Cognitive Behavioural Therapy (CBT): Teach Yourself* by Christine Wilding

*Curable: How an Unlikely Group of Radical Innovators is Trying to Transform our Health Care*

*System* by Travis Christofferson

*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 Future of Nutrition* by T. Colin Campbell, PhD with Nelson Disla  
*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*  
*How to Starve Cancer ...without starving yourself: The Discovery of a Metabolic Cocktail That Could Transform the Lives of Millions* by Jane McClelland  
*How to Win Friends and Influence People* by Dale Carnegie  
*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 Lucifer Effect: Understanding How Good People turn Evil* by Philip Zimbardo  
*The Magic Feather Effect: The Science of Alternative Medicine and the Surprising Power of Belief*  
 by Melanie Warner  
*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.  
*Molecules of Emotion: The Science Behind Mind-Body Medicine* by Candace B. Pert  
*No More Sleepless Nights* by Peter Hauri, Ph.D., and Shirley Linde  
*Pain Culprits: Surprising Truths Behind Pain, How to Uncover the Cause, and What To Do About It*  
 by Eileen Kopsaftis, BS, PT, CAFS, MI, CHE, NE  
*Paleo Diet* by Loren Cordain, Ph.D.  
*PaleoFantasy* by Marlene Zuk  
*Plague of Corruption: Restoring Faith in the Promise of Science*  
 by Judy Mikovits & Kent Heckenlively JD  
*The Power of Habit: Why We Do What We Do In Life and in Business* by Charles Duhigg  
*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  
*The Way We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World* by Bee Wilson  
*Wheat Belly* by William Davis, M.D.  
*Whitewash: The Story of a Weed Killer, Cancer and the Corruption of Science* by Carey Gilliam  
*Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker  
*Winston Churchill's Afternoon Nap* by Jeremy Campbell

## **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](http://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; Saturday 9AM-3PM

**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.

## 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 greater the odds against your succeeding. The only thing that will make this experience different than the last is your willingness to learn and apply new ideas.

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](mailto:shermank@wellnessforum.com) for an application and to schedule an interview.



## **Concierge Program For Cancer Patients**

**The decisions made by cancer patients are some of the most important they will ever make.** Survival can depend on choosing the right diagnostic tests, the right treatment protocols, and the right healthcare providers. Conventional treatments are often not as effective as represented, and getting accurate information from doctors can be challenging. Evaluating the seemingly unlimited array of alternative treatments can be just as daunting. Add to this some justifiable fear, along with pressure from well-meaning family and friends, and it's no wonder cancer patients feel overwhelmed.

**We can help!** Outcomes are better when decisions are well thought-out and based on data!

Our specialty – informed medical decision-making – involves evaluating the risks and benefits of diets, supplements, tests, drugs, and procedures. Once decisions are made, we assist with logistics which include dietary change, negotiating with doctors and institutions, communication with family members, and emotional support.

**Our concierge program for cancer patients includes:**

### **Concierge Membership**

- Foundational courses (InforMED 101 and InforMED 201)
- Access to an online articles library (new ones added weekly!)
- Access to an online video library (over 200 videos)
- Monthly Q&A sessions with Pam Popper
- Monthly live classes on health-related topics and books
- One-on-one sessions with our Informed specialists
- One-on-one sessions with our dietitians

### **Cancer 101**

Online course that covers history of cancer and cancer treatment, causes of cancer, characteristics of cancer, screening, diagnosis and treatment basics.

### **Cancer 201**

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

### **Regularly scheduled bootcamps and live teleconference/zoom sessions**

These workshops offer an opportunity for learning, discussion, information sharing, and community for members as they go through the process of regaining their health.

**Tuition: \$1495 (one year)**

## **Athletic Training and Yoga – Virtually!**

### **Online yoga classes with Sonya Wasierski**

**\$199 per year**

Dozens of yoga classes with more added regularly. Even includes a class on how to do yoga with your dog!!

### **One-on-one yoga classes**

**\$75 for 60 minutes or \$125.00 for 90 minutes**

A great option for people who have alignment issues and injuries – or those who would like individualized instruction. Ask about packages, which can make regular private instruction more affordable.

### **Personal Training Sessions via Zoom or Skype**

**First session (30 minutes) is free**

**\$30 per 30-minute session, \$45 per 45-minute session; packages available**

You can get stronger and more fit in the comfort of your home with a few weights and bands and private sessions with one of our trainers. Packages are available for regulars.

**Conference Videos: The Next Best Thing to Being There!**  
**\$169 Members/\$199 non-members (for all three years!!)**  
**can be included in memberships that include educational courses**

**2021 Conference**

**Conference videos include:**

Panel Discussion and Q&A: the Impact of COVID Policies on Real People

Presentations delivered by:

- Dr. Peter McCullough: Early Treatment for COVID-19 and COVID-19 Vaccines
- Dr. Peter Breggin: The Global Predators and We Are The Prey
- Eileen Kopsaftis PT: Ignore the Back to Fix the Pain
- Dr Scott Atlas, Advisor to President Trump
- Mary Marshall, BSN, RN, Wellcoach: The Benefits of Sunlight: Beyond Vitamin D
- Kylea Rorabaugh MA, PLPC: The Art of Building Fortitude
- Tom Renz: We The People!

**2020 Conference: Wellness Forum Health's 25<sup>th</sup> Anniversary!**

**Conference videos include:**

Sunday afternoon Panel Discussion involving almost all speakers

Presentations delivered by:

- Dr. Hans Diehl: Cause and Cure of Modern Killer Diseases
- Dr. Young Hee Ko and Dr. David Fishkin: 3BP Treatment for Cancer
- Eileen Kopsaftis P.T.: Misconceptions About Pain; Why It Won't Go Away.
- Dr. Peter Breggin: The Psychosocial Effect of Depriving People of Liberty
- Mary Marshall, BSN, RN, Wellcoach: Connection: Our Most Powerful Medicine
- Shane Prier and Pam Popper: COVID Operation: What Happened, Why It Happened and What's Next (general discussion, Q&A)
- an Evening with Dr. David Katz
- Kylea Rorabaugh: Letting Go of the Past During the COVID Era
- Tom Renz: Set Our People Free: Ohio's Landmark Lawsuit

**2019 Conference**

**Conference videos include:**

Sunday afternoon Panel Discussion on Vaccines

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 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**

**(can be purchased a la carte, included in packages, and with memberships that include course selections)**

### **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 2022**

**Note: these courses will be taught live via teleconference and then filmed and posted on the online course platform**

#### **Attention Deficit Hyperactivity disorder (ADHD)**

**\$395**

The Centers for Disease Control reports that almost 10% of American children have ADHD. This course will look at causes, issues associated with diagnosis and misdiagnosis, and how interventions ranging from dietary change and family dynamics to school and work environments can help both children and adults to live drug-free productive lives.

#### **Atrial Fibrillation**

**\$295**

It's the most common cardiac arrhythmia, and the incidence is increasing rapidly. About three million Americans have it, and the National Health Service in the UK reports that it's a major contributor to healthcare expenditures. Why is this happening? You'll learn both risk factors, complications and treatment options for this now common condition.

#### **Epilepsy and other Seizure Disorders**

**\$395**

Seizures are more common than many people believe. Episodes can be so mild that the person may not even notice or so severe that they are medical emergencies and life-threatening. This course will cover the many types and causes, and how to treat seizure disorders.

#### **Hepatitis**

**\$395**

There are five types of hepatitis. Viral infections can cause it, but there are many other causes too. Some drugs are said to cure it; vaccines are reported to prevent it. This course will examine these issues as well as the role diet, supplements and lifestyle choices play in both prevention and recovery.

#### **Pregnancy**

**\$395**

"I'm not sick, I'm pregnant!" Humans have been reproducing for a very long time, most of it without medical intervention. But today's mom-to-be is presented with an increasing number of tests, supplements, drugs, vaccines, and more. Expectant moms will learn the risks and benefits of these, along with recommendations for optimal diet and lifestyle to promote healthy fetal development.

## Online Courses

### **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.

### **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.

### **Autism, Biological Causes and 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.

### **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.

### **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.

### **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.

### **Cancer 201 (evaluating alternative treatments)**

**\$995.00**

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

**Note: this course is ongoing, and new lectures are delivered and added to the online platform regularly**

**Cannabis: Health Benefits and Risks** **\$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.

**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.

**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.

**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.

**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.

**Communication and Problem Solving** **\$395.00**

Poor communication and problem-solving skills lead to stress and conflict in families, businesses, and social settings, and situations generally get worse instead of better over time. Anyone can learn the skills needed to resolve past conflicts and reduce the risk and impact of future ones!

**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, 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

### **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.

### **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

### **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.

### **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.

### **Food Over Medicine Certified Instructor Course \$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 Pam's website, and authorized to teach the Food Over Medicine Course to consumers (and charge for the program!). Slides for community presentations and course materials are provided.

### **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.

## **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.

## **Headaches and Migraines**

**\$395.00**

Almost everyone has had a headache and most of the time inexpensive over-the-counter pain relievers resolve them or they go away on their own. But frequent and recurring headaches are concerning. Pain relievers can mask the discomfort but do not address the cause, which sometimes can be serious. This course will describe the various types of headaches, what causes them, and how best to address them.

## **HIV/AIDS**

**\$695.00**

Does HIV cause AIDS? According to many experts, the theory never made sense and was never proven. This resulted in gross misallocation of research resources and unnecessary deaths. The person at the center of the controversy has become a household name recently – Anthony Fauci. This course covers the decades-long controversy, along with the real risk factors and best treatment options for affected individuals.

## **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.

## **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.

## **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.

## **Men's Health.**

**\$395.00**

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

## **Move With No Pain Eileen Kopsaftis, P.T.**

**\$499 members/\$650 non-members**

### **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!

***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!

### **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.

### **PCOS**

**\$ 59.00**

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

### **Research and Writing: Igniting the Curiosity Gene \$795.00**

This course consists of classes and 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.

### **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.

### **Thyroid Disease**

**\$ 99.00**

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

### **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!

### **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.

### **Weight Loss**

**\$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.

### **Women's Health**

**\$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.

### **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.

### **Vaccines: A Science-Based Approach**

**\$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, are 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 features only the best and most irrefutable science concerning vaccines, researched, prepared, and taught by Wellness Forum Founder and researcher extraordinaire Pam Popper. Includes information about immunology, history of vaccines, childhood diseases, known side effects of vaccines, adjuvants, vaccines and pregnancy, the National Vaccine Injury Compensation Program and more!

# **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.**

This course begins 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**

## **The Food Over Medicine Diet and Lifestyle License Program**

**Based on the concepts in the best-selling book *Food Over Medicine: The Conversation That Can Save Your Life*, this program consists of a combination of live teleconference classes and online classes.**

### **Training modules include:**

- Diet, Lifestyle Habits, and Health
- Research Basics
- Women's Health
- Men's Health
- Children's Health
- Weight Loss: New Perspectives
- 6 Mentoring/Clinical Skills classes

Students will also have access to Wellness Forum's article and video libraries (over 1500 referenced articles and hundreds of educational videos) and twice monthly Q&A sessions, and will receive a copy of *Food Over Medicine*.

Upon completion, graduates will be able to offer The Food Over Medicine Diet and Lifestyle Program to clients/patients. Slide sets and teaching materials will be provided, and workbooks are available for purchase.

### **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

**Offered through combination of online and teleconference classes**

**Tuition: \$2499**

**For more information  
or to set up a time to talk by phone email [pampopper@msn.com](mailto:pampopper@msn.com)**

**Wellness Forum's Fabulous Products**  
**(we can ship almost anywhere in the world!)**

**Stuff for Your Morning Smoothie**

Super Foods Smoothie Mix	\$25.00
Golden Flax, 1 lb.	\$ 3.75
Brewer's Yeast, 1 lb.	\$ 5.00
New Spring Green Tea, 90 grm.	\$33.00

**It's In The Bag!**

Biryani	\$ 5.10
Curried Lentils and Rice, 4 serv.	\$ 4.25
Brown Rice Vegetable Soup, 4 serv.	\$ 5.75
Certainly NOT Chicken Broth, 3 qts.	\$ 4.75
QuickMix	\$ 5.95
Millet Polenta Bread Mix, 1½ lb. Loaf	\$ 3.75
Corn Bread	\$ 3.49
Break for Cocoa, 4 serv.	\$ 4.75
Chocolate Cream Pudding, 4 serv.	\$ 4.00
Lean and Healthy Oatmeal Bars	\$ 6.50
Applesauce Cake	\$ 4.50
Chocolate Cake	\$ 5.50
Date & Almond Granola 16 oz.	\$ 4.95
Multi Grain Cereal, 16 oz.	\$ 4.95
Millet "Meatloaf", 6 serv.	\$ 5.99
Taco! Taco!, 10-12 serv.	\$ 6.25
Delightfully NOT Cheese Sauce	\$ 4.75

**Books and Booklets**

Great Salad Dressings	\$ 5.00
Food Over Medicine <i>Paperback</i>	\$14.95
COVID Operation	\$19.95

**Wellness Forum Soups**

Tomato Soup 4 servings	\$ 5.49
Potato Soup 4 servings	\$ 5.49
Potato Soup & Tomato Soup – 1 serving	\$1.49/ea or 10 for \$14.00

**Healthy Snacks**

Chocolate Crunch Bar	\$ 1.85
Peanut Chocolate Crunch Bar	\$ 1.95
Complete Nutrition Bars	
Tart Cherry or Chocolate	\$ 2.50
Box of 15 bars	\$35.00

**Wellness Forum Personal Bath Products**

Bath Gel (lavender, lemongrass or unscented)	
8 ounces	\$ 9.99
16 ounces	\$15.00
Lotion (lavender, lemongrass or sage)	
8 ounces	\$11.99
16 ounces	\$19.99
Shampoo (basil/lime or rosemary/mint)	
8 ounces	\$ 8.99
16 ounces	\$15.99
Conditioner (basil/lime or rosemary/mint)	
8 ounces	\$ 8.99
16 ounces	\$15.99
Bar Soap – lavender	\$ 4.95

**Wellness Forum Facial Care**

Face Food – oily skin 2 ounces	\$ 9.99
Face Food – dry skin 2 ounces	\$ 9.99
Toner – 4 ounces	\$ 8.99
Exfoliating Scrub	\$16.95
French Clay Mask	\$11.95
Lip Balm	\$ 5.95