

## Educational Courses

### Online 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. For those courses that include assignments, 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!!***

#### 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.

#### Atrial Fibrillation

**\$295.00**

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.

#### 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

**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.

**Sports Nutrition \$495.00**

Topics include sports nutrition overview, exercise and metabolism, nutrient requirements for child and adult's 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!

## **Specialty Courses**

### **Long COVID**

**\$495.00**

The CDC defines Long COVID as "a wide range of new, returning or ongoing health problems that people experience" after infection with SARS-CoV-2. The list of reported symptoms is almost unlimited, there are no definitive tests or evaluations that confirm it, and there is no predictable trajectory of this condition. The term "Long COVID" is overused and misapplied, and many people are misdiagnosed. For those who really do have symptoms that are clearly related to prior COVID infection, we've identified multiple options for improving and potentially resolving them. You'll learn some basics

about COVID-19, causes and solutions for Long COVID, and what to do about common symptoms that are not clearly attributable to COVID-19.

**Navigating Today's Healthcare System: How to Know When It's Time to Seek Medical Attention and How to Get it Safely** This interactive workshop will cover the benefits and risks of annual physical exams; what to ask for if you decide you need a check-up; the benefits and risks of various screening tests; how to understand lab results, why you should refuse to answer most questions you are asked, and more!

**Weds June 14 8:00PM**

\$69 members/\$99 non-members

**Origin of Covid -19: The Inside Story** This class could be the basis of a Netflix docuseries! Government intrigue, lies and more lies, a cover-up, how the real truth is being revealed, and implications for you and your health.

**Thursday June 22 at 8:00PM eastern time note changed date for this class**

169 members/\$199 nonmembers

**Research and Writing: Igniting the Curiosity Gene**

**\$895.00**

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.

**This course is offered live via zoom only one time per year.**