

The Wellness Forum Health Institute for Health Studies

Summer Semester 2018

Special Elective Course:

Diet, Exercise and Mental Health

Instructor: Pamela A> Popper, Ph.D., N.D.

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 includes 4 lectures that cover:

- 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
- how exercise relieves stress, anxiety, ADHD, and even psychosis

Tuition \$395

The Diet and Lifestyle Intervention Course

39 CME's for physicians; 39 contact hours for nurses;

39 level 3 CPEs for dietitians

This program will teach you how to develop a practice using diet and lifestyle as primary intervention tools; and specific protocols for helping people to regain/maintain their health. It is designed for doctors, physician assistants, dietitians, nurses, physical therapists, nutritionists, and all health professionals, but participation is open to anyone. Topics include diabetes, heart disease, autoimmune diseases, gastrointestinal diseases, women's health, men's health, children's health, vaccinations, mental health, cancer treatment, and musculoskeletal conditions **Tuition \$745**

You do not have to be a practitioner to take this course; laypersons are welcome too!

Courses Offered as Part of the Nutrition Educator Program

Chemistry II

Instructor: Charles Powley, Ph.D.

36 hours: 3 hours per week for 12 weeks (two 90-minute classes per week)

Prerequisites: Chemistry I

Topics include organic compounds; aldehydes and ketones; carbohydrate, protein and lipid metabolism; digestion and the conversion of food into energy

Tuition \$720

Nutritional Issues and Controversies

Instructor: Pamela A. Popper, Ph.D., N.D.

How market influences, politics, public policy, lawsuits, lobbyists, and professional associations impact nutrition guidelines, nutritional practices, and public health both in the U.S. and throughout the world.

Tuition \$320

Women's Health

Topics include diet and hormones throughout the life cycle; diet and pregnancy and delivery; diet and fertility, diet and breastfeeding; diet and breast health; common condition including fibroids, endometriosis, uterine hyperplasia, PCOS; bone health, and menopause.

Tuition \$320