

The Wellness Forum Institute for Health Studies, Inc.

Diet and Lifestyle Intervention Course Catalog

For Summer Semester 2019

Published September March 4 2019

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Foundation for Care Management (FCM) and The Wellness Forum Institute for Health Studies (WFIHS). FCM is accredited by the ACCME to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of **39 AMA PRA Category 1 credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Foundation for Care Management (FCM) is an approved provider of continuing nursing education by the Continuing Nursing Education Group (CNEG), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

39 AMA PRA Category 1 credits™, 39 Nursing Contact Hours.

Upon completion of the course, the healthcare provider will be able to:

- Critically evaluate published research in order to make better recommendations to patients about diet and health
- Better communicate with patients about the importance of diet and lifestyle when making treatment decisions, and engage the patient in more active decision-making
- Prescribe specific diet and lifestyle interventions for patients with chronic degenerative diseases, and assist those patients in reducing or eliminating medications where appropriate
- Develop relationships with providers who can assist in patient care outside of the provider's practice specialty or scope of practice
- Establish a profitable practice using diet and lifestyle as the primary intervention tools

Faculty

Neal Barnard MD is President of the Physicians Committee for Responsible Medicine and has no conflicts to disclose.

Peter Breggin MD is a psychiatrist in private practice and has no conflicts to disclose.

Wellness Forum Health, and an author.

Caldwell Esselstyn MD is a speaker and receives royalties on the sale of his book. He has no conflicts to disclose.

Alan Goldhamer D.C. is the director of True North Health and has no conflicts to disclose.

Eileen Kopsaftis PT is a physical therapist in private practice and has no conflicts to disclose.

William Lessler LSPC is a therapist in private practice. No conflicts to disclose.

Anthony Lim MD is a staff member at TrueNorth Health in Santa Rosa, California and the medical director of the McDougall Program. He has no conflicts to disclose.

Mary Marshall RN is a registered nurse employed by Union Hospital, she has a private practice, and she and teaches for Wellness Forum Health and the Wellness Forum Institute. She has no conflicts to disclose.

Ralph Moss, PhD is the owner of Cancer Communications, Inc. and had no conflicts to disclose.

Pamela Popper is president of Wellness Forum Health and The Wellness Forum Institute for Health Studies, and has no conflicts to disclose.

Mark Scholtz MD is a prostate oncologist in private practice and has no conflicts to disclose.

Janice Stanger, PhD is an employee of EPIC and a speaker/content creator for

Planning Committee:

Pamela Popper (content expert) as a speaker, Wellness Forum Health as a client care and recommendations consultant

Mary Marshall (lead nurse planner) has nothing to disclose

Asha Subramanian MD is a medical doctor with nothing to disclose

The Wellness Forum Institute for Health Studies

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Certified through the Ohio State board of Career Colleges
Registration number 09-09-1908T

Executive Director:
Pamela A. Popper

General Information

School Calendar for 2019:

Legal holidays observed by the school are:

- New Years Day
- Martin Luther King Day
- Good Friday
- Passover (one evening and one day only)
- Memorial Day
- July 4
- Labor Day
- Thanksgiving and the day following
- Christmas Eve
- Christmas Day
- New Years' Eve

Payment:

All tuition and fees are payable for one school term only. Payment is due prior to the start of classes each term.

Tuition and fee charges are subject to change at the school's discretion. Any tuition or fee increase will become effective for the school term following student notification of the increase.

Cancellation and Settlement Policy

This enrollment agreement may be canceled within five calendar days after the date of signing provided that the school is notified of the cancellation in writing. If such cancellation is made, the school will promptly refund in full all tuition and fees paid pursuant to the enrollment agreement and the refund shall be made no later than thirty days after cancellation. This provision shall not apply if the student has already stated academic classes.

Refund Policy

If the applicant is not accepted into the program, all monies paid by the student shall be refunded. Refunds for books, supplies and consumable fees shall be made in accordance with Ohio Administrative Code section 3332-1-10.1. There is one (1) academic term for this program that is 39 contact hours in length. Refunds for tuition and fees shall be made in accordance with following provisions as established by Ohio Administrative code section 332-1-10:

A student who withdraws before the first class and after the five-day cancellation period shall be obligated for the registration fee only.

A student who starts class and withdraws during the first full calendar week of the academic term shall be obligated for 25% of the tuition and refundable fees for that academic term plus the registration fee.

A student who withdraws during the second full calendar week of the academic term shall be obligated for fifty percent of the tuition and refundable fees for that academic term plus the registration fee

A student who withdraws during the third full calendar week of the academic term shall be obligated for seventy-five percent of the tuition and refundable fees for that academic term plus the registration fee.

A student who withdraws beginning the fourth full calendar week of the academic term will not be entitled to a refund of any portion of the tuition and fees.

The school shall make the appropriate refund within thirty days of the date the school is able to determine that a student has withdrawn or has been terminated from a program. Refunds shall be based upon the last date of a student's attendance or participation in an academic school activity.

Books can be returned for refund if they are new and unused.

Complaint or Grievance Procedure

All student complaints should be first directed to the school personnel involved. If no resolution is forthcoming, a written complaint shall be submitted to the director of the school. Whether or not the problem or complaint has been resolved to his/her satisfaction by the school, the student may direct any problem or complaint to the Executive Director, State Board of Career College and Schools, 30 East Broad Street #2481 Columbus, Ohio 43215. Phone 614 466-2752; toll free 877 275-4219.

The Diet and Lifestyle Intervention Course will be offered beginning June 5 2019 and ending August 28 2019.

Enrollment Deadlines: Students must be enrolled by Friday, May 31 in order to participate in this series.

Approximate Program Length: 39 Contact Hours
This program is completed in 12 calendar weeks; this is a one-term program

Tuition and Fees:

Registration Fee: \$ 50.00
Tuition: \$1295.00
Total Cost: \$1345.00

Textbooks are listed with the course descriptions. Textbooks are not included in the cost of tuition, and students are responsible for purchasing their own books. Books are available from outside vendors such as www.amazon.com; some books are offered by the school; for a current listing check with the office.

Entrance Requirements:

Students are required to complete and submit signed enrollment forms to the Institute office, and to pay both tuition and a \$50 registration fee. The State of Ohio Board of Career Colleges and Schools requires that all students complete a short 5-minute online Student Disclosure Course as part of the enrollment process.

The Diet and Lifestyle Intervention Course is designed for health care practitioners. Health care professionals are advised that the information learned in this course must be applied in accordance with the scope of practice for their occupation and in compliance with local state licensure laws.

Non-health care and fitness professionals may apply to take the course as well; these individuals must submit an outline detailing why they want to take the course and how they intend to use the material in order to be considered for admission.

Additional Admission Requirements:

All prospective students are interviewed to determine suitability for the course based on the following:

- ability to comprehend the information taught in this course
- ability to complete the final project successfully
- ability to use the information professionally after the conclusion of the course
- students may request to audit the course for informational purposes only if they do not meet the admissions criteria to take the course for credit

Requirements: In addition to paying the registration fee and tuition, students must participate in the entirety of all classes, and complete a final project by October 15, 2019 (project must be postmarked by that date). Doctors and nurses applying for CME or CE credits are required to complete an online questionnaire through the Foundation for Care Management.

Students must have an email address and access to a computer and telephone in order to take this course. Students must be able to call into a long-distance conference call number and use a passcode from their phones.

Graduation: Students who fulfill the above requirements will graduate and receive a certificate and continuing education units, if applicable.

Tardiness and absence: Classes are recorded and made available for four weeks for students who miss classes for reasons beyond their control.

Termination: Students can only be terminated from this series through non-attendance. Terminated students can attend the classes when offered again at no additional charge.

Grading System: The final project is a combination of essay questions and hypothetical clients/patients to review using the knowledge gained in the course. The final project is graded on a pass/fail basis. There is an additional exam required for earning continuing education units.

Probation for Unsatisfactory Progress: Progress in this course is evaluated through attendance during the series. Completion is based on completing the final project. There is no probationary period.

Program Description

The Diet and Lifestyle Intervention Course is designed to teach health and fitness professionals the relationship between diet and lifestyle habits and health outcomes; to teach them how to understand and interpret scientific information about diet, health and medicine; to expose students to professionals who are successfully using diet and lifestyle in health care delivery, and to teach specific and effective protocols for practice.

The course is taught through virtual classroom, or interactive conference call. Prior to each call, participants are instructed to read the texts and are emailed the instructor's slides and materials. The call is interactive and the participants can ask questions at any time.

Upon completion of the course, the healthcare provider will be able to:

- Critically evaluate published research in order to make better recommendations to patients about diet and health
- Better communicate with patients about the importance of diet and lifestyle when making treatment decisions, and engage the patient in more active decision-making
- Prescribe specific diet and lifestyle interventions for patients with chronic degenerative diseases, and assist those patients in reducing or eliminating medications where appropriate
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Class Descriptions and times (eastern time zone):

Weds Jun 5

7:00PM

The Science Behind the Plant-Based Diet

3 credit hours

- Total 6 hours divided into two 3-hour sessions
- Review of The China Study
- Other Evidence that Supports Plant-Based Nutrition
- Research Methodology: How Health Professionals Get Confused
 - Scientific Reductionism
 - Reporting Results in Relative vs. Absolute Terms
 - Misreporting of Study Results
 - Study Design
 - The Preponderance of the Evidence vs. Single Study
 - Manipulation of Biomarkers vs. Long-Term Health Outcomes
- Specific Areas of Confusion:
 - Dietary Supplements, particularly vitamin D and Omega-3 fatty acids
 - Protein
 - Fat – nuts, oils, etc.
 - Other Diets – Paleo, Mediterranean, etc.

Texts: *The China Study* by T. Colin Campbell

Whole: Rethinking the Science of Nutrition by T. Colin Campbell
and slide presentations

Thurs, Jun 6

7:00PM

The Science Behind the Plant-Based Diet II

3 credit hours

Weds Jun 12

7:00PM

Intro to Collaborative, Evidence Based Healthcare

3 credit hours

- Criteria for evaluating evidence; application to real-life clinical situations
- Comparison of outcomes with varying approaches to health care
- How to change practice orientation, including discussion of billing, logistics, and marketing
- Introducing collaborative decision making to patients/clients
- Teaching plant-based nutrition in a practice setting
- Motivating people to change
- Parameters for evaluating health improvement
- Compliance issues
- Anticipated health improvement results

Texts: *Food Over Medicine*, Pamela A. Popper, Ph.D., N.D. and Glen Merzer
Slide presentation prepared by instructor

Weds Jun 19 **7:00PM** **3 credit hours**
Gastrointestinal Disorders

- Dietary and other causes of common GI disorders such as reflux, IBS, ulcerative colitis, Crohn's disease
- Dietary protocols and treatments for resolving GI disorders

Text: slides and materials are provided by instructor

Weds June 26 **7:00PM** **3 credit hours**
Mental Health and Depression

William Lessler, LPPC

- Definitions of mental and emotional illnesses and causation
- The limitations and dangers of drug therapies for treating mental illness
- Cognitive Behavioral Therapy – how and why it works
- Effects of CBT on common mental and emotional disorders
- Dealing with high-risk patients
- Identifying qualified CBT professionals to whom you can refer

Text: Your Drug May Be your Problem

Psychiatric Drug Withdrawal by Peter Breggin, M.D.

Your Drug May Be Your Problem by Peter Breggin, M.D.

Cognitive Therapy and the Emotional Disorders by Aaron Beck, M.D.

Slides and documents created by the instructor

Mon July 8
7:00PM Alan Goldhamer, D.C.

Therapeutic Water-Only Fasting, discussion of *The Pleasure Trap*

8:45PM Ralph Moss, Ph.D.

Evaluating and Choosing Cancer Treatments, Review of International Cancer Centers

Thurs July 11 **7:00PM** **3 credit hours**
Joint, Back and Muscle Pain

Eileen Kopsaftis, PT

- Causes of muscle, joint and back pain
- The role of diet in reducing inflammation
- Limitations of traditional approaches to treating joint and back pain
- The role of specific physical therapy approaches and exercise in treating joint and back injuries and pain
- Identifying competent professionals to whom you can refer

Slides and written documents authored by the instructor

Monday July 15 **7:00PM**
Caldwell Esselstyn. MD

Prevent and Reverse Heart Disease, data from Dr. Esselstyn's longitudinal study on CAD

Thurs Jul 18

7:00PM

Women's Health

3 credit hours

- Evaluating efficacy for diagnostic tests - mammograms, PAP, etc.
- Conditions related to hormone imbalances – early menarche, PMS, irregular menstrual periods, endometriosis, PCOS, infertility, menopause
- The role of diet in preventing and treating common conditions of women

Slides provided by instructor

Mon Jul 22

7:00PM

Mark Scholtz MD

Prostate Cancer: treatment to prolong life and improve quality of life

Weds July 24

7:00PM

Cardiovascular Disease

2 credit hours

- Diagnostic thresholds for markers of coronary artery disease
- The role of diet in the development of coronary artery disease
- Review of traditional approaches to treating hypertension, hyperlipidemia, coronary artery disease
- The role of diet in stopping the progression of or reversing coronary artery disease
- Targets for treatment

Text: *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, M.D.

Slide presentation developed by instructor

Monday July 29

7:00PM

Anthony Lim MD.

Diet, lifestyle, health and longevity.

Weds July 31

7:00PM

Autoimmune Diseases

3 credit hours

- Defining autoimmune diseases
- Causes of autoimmune diseases, including diet, genes, allergies, infections, viruses, hormones and other environmental factors
- Review of traditional approaches to treating autoimmune diseases
- Dietary and other interventions for stopping the progression of or reversing autoimmune diseases; review of results

Slides and materials provided by instructor

Mon Aug 5

7:00PM

Dr. Neal Barnard

Discussion about research on diet and diabetes, Alzheimer's Disease, Menopause, weight loss, neuropathy, migraines, and other conditions; reforms in medical education.

Weds Aug 7 **7:00PM**
Men's Health **2 credit hours**

- Hormone production and balance in men
- Erectile dysfunction
- Benign Prostate Hyperplasia
- PSA Testing
- Treatment for prostate cancer
- The role of diet in men's health

Texts: *The Great Prostate Hoax* by Richard Ablin, Ph.D.

Invasion of the Prostate Snatchers by Mark Scholz, M.D. and Ralph Blum

Slide presentation developed by instructor

Monday Aug 12 **7:30PM**
Peter Breggin, MD

An interview covering 55 years of psychiatric practice without the use of drugs, how to withdraw from psych drugs, and how to help people in distress.

Weds Aug 14 **7:00PM** **3 credit hours**
Cancer Treatment Alternatives

Pamela A. Popper

- Understanding causes of cancer
- Effective alternative cancer treatments, including diet

Text: *Cancer as a Metabolic Disease* by Thomas Seyfried, Ph.D.

Radical Remission by Kelly Turner, Ph.D.

Slide presentation developed by instructor

Weds Aug 21 **7:00PM** **3 credits**
Children's Health

- Prenatal nutrition, breastfeeding, nutrition from infancy through adolescence, common childhood conditions and treatments

Text: Materials and slides provided by instructor

Thurs Aug 22 **7:00PM** **3 credit hours**
Addressing Overweight and Obesity

- Common eating disorders, causes of overweight and obesity, evaluation of weight loss strategies, psychology of change

Slides and materials provided by instructor

Mon Aug 26 **7:00PM** **3 credit hours**
Prevent and Reverse Diabetes; Diet & Cognitive Function 3 credit hours

- The role of infant nutrition in the development of type 1 diabetes
- The role of diet in the development of type-2 diabetes
- The role of diet in reducing insulin needs and complications of type 1 diabetes

- The role of diet in stopping the progression of or reversing type 2 diabetes
- The role of diet in preventing and addressing cognitive decline associated with conditions such as Alzheimer's Disease
- Testing methods for efficacy and safety of drugs and procedures and results
- Healthcare practitioner education programs

Texts: *Dr. Neal Barnard's Program for Reversing Diabetes* by Neal Barnard, M.D.
Power Foods for the Brain by Neal Barnard, M.D.

Slide and documents authored by the instructor are provided

Weds Aug 28

7:00PM

3 credit hours

An Objective Look at Vaccinations

- History of childhood vaccinations
- Benefits of vaccination
- Potential adverse health effects resulting from vaccination
- Do vaccinations confer lifetime immunity?
- Evaluating which children are at highest risk for adverse events
- Resources for more information

Text: Slides prepared by instructor

Instructors

Neal Barnard, M.D.

Neal Barnard, M.D., is a clinical researcher, author, and health advocate. He has been the principal investigator or co-investigator on several clinical trials investigating the effects of diet on health. He was a co-investigator on a study, conducted in conjunction with Georgetown University, of the effect of dietary interventions in type 2 diabetes, and was the principal investigator of a study on dietary interventions in diabetes, funded by the National Institutes of Health and conducted under the auspices of the George Washington University School of Medicine, in association with the University of Toronto. Dr. Barnard was also the principal investigator of a study assessing the effects of dietary interventions on premenstrual and menstrual symptoms and of a study on weight loss in postmenopausal women.

He is the author of dozens of publications in scientific and medical journals as well as numerous nutrition books for lay readers and is frequently called on by news programs to discuss issues related to nutrition, research issues, and other controversial areas in modern medicine.

He is a frequent lecturer at scientific and lay conferences and has made presentations for the American Public Health Association, the World Bank, the National Library of Medicine, the Franklin Institute, the American Medical Writers Association, the Association of Health Care Journalists, the Center for Science in the Public Interest, and many state dietetic associations.

Dr. Barnard grew up in Fargo, N.D. He received his M.D. degree at the George Washington University School of Medicine in Washington, D.C., and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee for Responsible Medicine (PCRM) in 1985. PCRM has since grown into a nationwide group of physicians and lay supporters that promotes preventive medicine and addresses controversies in modern medicine. As president of PCRM, Dr. Barnard has been instrumental in efforts to reform federal dietary guidelines.

Dr. Barnard is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences, a Life Member of the American Medical Association, and a member of the American Diabetes Association.

Peter Breggin, M.D.

Peter R. Breggin, MD is known as "The Conscience of Psychiatry" for his many decades of successful efforts to reform the mental health field. His scientific and educational work provides the foundation for modern criticism of psychiatric

drugs and electroshock (ECT) and he promotes more caring and effective therapies.

He has been a consultant to the Federal Aviation Agency (FAA) on the effects of psychiatric drugs on pilots, and recently was the key expert witness in hearings before the U. S. Congress on psychiatric drug-induced violence and suicide in the military.

He has authored more than 50 peer-reviewed scientific articles and more than 20 books including the bestseller *Talking Back to Prozac* (1994, with Ginger Breggin). Based on his clinical and forensic experience, he presented numerous examples of tragic adverse drug reactions in his book, *Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime* (2008). He summarized the dangers of psychiatric drugs and described how to withdraw from them in *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families* (2013). Dr. Breggin's newest book is *Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions*.

Dr. Breggin is a graduate of Harvard (with Honors) and Case Western Reserve Medical School. His psychiatric training included a Teaching Fellowship at Harvard Medical School. After finishing his psychiatric training, he became a full-time consultant at the National Institute of Mental Health (NIMH) for two years. He has taught at many universities.

Dr. Breggin's private practice is in Ithaca, New York where he treats adults, couples, and families with children.

Caldwell Esselstyn, M.D.

Caldwell B. Esselstyn, Jr., received his B.A. from Yale University and his M.D. from Western Reserve University. In 1956, pulling the No. 6 oar as a member of the victorious United States rowing team, he was awarded a gold medal at the Olympic Games. He was trained as a surgeon at the Cleveland Clinic and at St. George's Hospital in London. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star.

Dr. Esselstyn has been associated with the Cleveland Clinic since 1968. During that time, he has served as President of the Staff and as a member of the Board of Governors. He chaired the Clinic's Breast Cancer Task Force and headed its Section of Thyroid and Parathyroid Surgery.

In 1991, Dr. Esselstyn served as President of the American Association of Endocrine Surgeons, That same year he organized the first National Conference on the Elimination of Coronary Artery Disease, which was held in Tucson, Arizona. In 1997, he chaired a follow-up conference, the Summit on Cholesterol and Coronary Disease, which brought together more than 500 physicians and

health-care workers in Lake Buena Vista, Florida. In April, 2005, Dr. Esselstyn became the first recipient of the Benjamin Spock Award for Compassion in Medicine.

His scientific publications number over 150. "The Best Doctors in America" 1994-1995 published by Woodward and White cites Dr. Esselstyn's surgical expertise in the categories of endocrine and breast disease. In 1995 he published his benchmark long-term nutritional research arresting and reversing coronary artery disease in severely ill patients. That same study was updated at 12 years making it one of the longest longitudinal studies of its type. It is most compelling, as no compliant patients have sustained disease progression. Today, over 20 years later compliant patients continue to thrive.

Dr. Esselstyn and his wife, Ann Crile Esselstyn work together to counsel patients both in Cleveland, where they live, and in summer at their farm in upstate New York where Dr. Esselstyn grew up. Dr. Esselstyn concentrates on the medical details, and Ann focuses on healthy foods and how to prepare them.

Alan Goldhamer, D.C.

Dr. Goldhamer is a graduate of Western States Chiropractic College in Portland, Oregon. After completing his chiropractic education, Dr. Goldhamer traveled to Australia where he became licensed as an osteopathic physician. He completed a residency program at the Arcadia Health Center, an in-patient facility specializing in the therapeutic use of water fasting. Dr. Goldhamer founded the TrueNorth Health Education Center in 1984 and is the Director of the Center's residential health education program.

Dr. Goldhamer has supervised the fasts of thousands of participants. Under his direction, the Center has become recognized as a training facility for doctors wishing to gain certification in the supervision of the therapeutic use of fasting. He is on the faculty of Bastyr University where he teaches the course on clinical fasting and was the principal investigator in two studies. The first, *Medical Supervised Water-Only Fasting in the Treatment of Hypertension*, appeared in the June, 2001 issue of *Journal of Manipulative and Physiological Therapeutics*. The second study, *Medical Supervised Water-only Fasting in the Treatment of Borderline Hypertension*, appeared in the October 2002 issue of the *Journal of Alternative and Complementary Medicine*. He is currently directing a prospective study with long-term follow-up evaluating the clinical and cost of medical care outcomes in the treatment of diabetes and high blood pressure with fasting and a health promoting diet.

Dr. Goldhamer is the author of *The Health Promoting Cookbook* which provides detailed nutritional information on how and why to adopt a health promoting diet; he is co-author of *The Pleasure Trap*.

Eileen Kopsaftis

Eileen Kopsaftis, MS PT received her physical therapy degree from Russell Sage College. She has practiced for eighteen years and specializes in manual techniques. Her approach is eclectic with a priority on restoring pain free biomechanics and postural symmetry. The techniques she is trained to perform are Muscle Energy, Myofascial Release, Mulligan's Mobilization with Movement, Neurofascial Release, Strain/Counterstrain, Advanced Strain/Counterstrain, Feldenkrais somatic movement, and more. Eileen is a Certified MELT instructor which is a self-treatment technique that addresses the connective tissue; improving balance, postural alignment, and pain.

William Lessler, LPCC

William Lessler is a Licensed Professional Clinical Counselor and Adjunct Professor of Psychology who has been in private practice for over 10 years. He is a trained and experienced Cognitive Behavioral Therapist. Dr. Lessler has performed extensive research on the use of anti-depressant, anti-anxiety, anti-psychotic and neuroleptic drugs and has developed a model for treatment of depression, anxiety, relationship issues, bereavement, anger and other issues that does not require their use. He is one of the most effective therapists in Columbus, and one of the best teachers on the subject of the deficiencies of the psychiatric model.

Anthony Lim, M.D., J.D.

Dr. Lim is a Harvard-educated lawyer AND a board-certified family physician who promotes a whole food plant-based diet to his patients and works with them to develop healthier habits. He is a staff member at TrueNorth Health in Santa Rosa, California and the medical director of the McDougall Program. He practices what he preaches – his interests include hiking, biking, playing tennis, and cooking healthy meals.

Mary Marshall

Mary Marshall, BSN, RN, has over 30 years of experience in nursing, fitness, and health coaching, and has accumulated hundreds of hours of advanced health and wellness training. She currently facilitates Wellness Forum Health's weight loss program, and teaches for The Wellness Forum Institute. Mary works in the workplace wellness department at Union Hospital in northeastern Ohio, and is President of Eat, Learn, Live, Ltd. She is certified as a WellCoach, and has extensive experience working with people on behavioral change.

Ralph Moss, Ph.D.

The medical writer Ralph W. Moss, PhD, has written or edited over one dozen books and three film documentaries, most on the topic of cancer research and

treatment. His most recent book is *Doctored Results*, and his newest documentary is *Second Opinion*. He is a graduate of New York City public schools, New York University (BA, cum laude, Phi Beta Kappa, 1965) and Stanford University (MA, 1973, PhD, 1974, Classics). The former science writer and assistant director of public affairs at Memorial Sloan-Kettering Cancer Center in New York (1974-1977), for over 30 years Moss has independently evaluated the claims of various cancer treatments, conventional and nonconventional. He currently directs The Moss Reports, a periodically updated library of detailed reports on 200+ varieties of cancer diagnoses. Although not a medical doctor, he is noted for his critical acumen and is listed in *Marquis Who's Who in America*, *Who's Who in the World*, *Who's Who in HealthCare*, etc.

Moss's books include *Antioxidants Against Cancer*, *Cancer Therapy*, *Questioning Chemotherapy*, and *The Cancer Industry*, as well as the award-winning PBS documentary *The Cancer War*. He also wrote the first article on alternative medicine for *The Encyclopedia Britannica Yearbook* and the first article on complementary cancer treatments for a medico-legal textbook, *Courtroom Medicine: Cancer* (Matthew Bender). He is co-editor of the first medical textbook in English on non-conventional treatments for cancer, *Complementary Oncology* (Thieme, 2005).

His articles and scientific communications have appeared in such journals as *The Lancet*, *the Journal of the National Cancer Institute*, *the Journal of the American Medical Association*, *New Scientist*, *Anticancer Research*, *Genetic Engineering News*, *the Journal of Alternative and Complementary Medicine*, and *Integrative Cancer Therapies*, of which he is Corresponding Editor. For years he has written the monthly "War on Cancer" column for the *Townsend Letter for Doctors and Patients*. His op-ed "Patents Over Patients" appeared in the *New York Times* (4/07).

Moss was a founding advisor to the National Institutes of Health's Office of Alternative Medicine (now the National Center for Complementary and Alternative Medicine or NCCAM) and to the NIH Cancer Advisory Panel on Complementary and Alternative Medicine (CAP-CAM). He has been a member of the Advisory Editorial Board of the PDQ System of the National Cancer Institute (NCI). He is a member of the board of directors of the Cancer Prevention Coalition and is an advisor to Breast Cancer Action, the National Brain Tumor Foundation, the Susan J. Komen Breast Cancer Foundation, the Life Extension Foundation, the RAND Corporation and the Medline-listed journal, *Alternative Therapies in Health and Medicine*. He has been an ad hoc reviewer for many scientific organizations, including the Czech Academy of Sciences and the *International Journal of Cancer*.

A dynamic public speaker, Moss has been an invited lecturer at many institutions, including Memorial Sloan-Kettering Cancer Center (Grand Rounds, Surgery, 1999), Howard University Medical School (Grand Rounds, Family Practice, 2003), the University of Arizona Medical Center (Grand Rounds, CAM, 2007), the Department of Energy, American Cancer Society, and many other universities, medical schools, and medical society meetings in the US and abroad.

Moss has a particular interest in new European developments in integrative oncology. On October 31, 1998, he was made an honorary member and scientific advisor of the German Oncology Society ("DGO"), the first American to be so honored. Since 1997 he has spoken at "Medicine Week" in Baden-Baden six times. In October, 2004 he spoke at the Seventh Pfälzter Conference on Integrative Cancer Care in Bad Bergzabern, Germany. The previous year he spoke on the chemoprevention of cancer at Santa Famiglia Hospital in Rome, Italy, and wrote a journal article on his findings from that trip.

He also speaks frequently in North America. In June, 2004 he gave the Coombs Lecture at Foothills Hospital, Calgary, Canada, and at the CAMera conference of the University of Calgary. In 2005, he gave the Todd Cancer Institute Grand Rounds Lecture at Long Beach (Calif.) Memorial Medical Center and led the History of Science Seminar at the National Library of Medicine of the National Institutes of Health in Bethesda, MD.

Pam Popper

Pam Popper is Executive Director of Wellness Forum Health. The company offers educational programs for consumer and healthcare providers that facilitate evidence-base, collaborative and informed decision making for health-related matters.

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 served as part of Dr. T. Colin Campbell's teaching team at eCornell, teaching part of a certification course on plant-based nutrition. She has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and appeared in the acclaimed documentary *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. Her most recent films are *Food Choices* and *Diet Fiction*. Her most recent books are *Food Over Medicine: The Conversation That Can Save Your Life*, *Food Choices: The Book*, and *Diet Fiction: The Book*.

Pam is also a public policy expert, and continually works toward changing laws that interfere with patients' right to choose their health provider and method of care. She has testified in front of legislative committees on numerous occasions,

and has testified twice in front of the USDA's Dietary Guidelines Advisory Committee.

Mark Scholz, MD

A board-certified internist and oncologist, Mark C. Scholz, M.D., serves as medical director of Prostate Oncology Specialists Inc. in Marina del Rey, CA.

After receiving his medical degree from Creighton University in Omaha, NE, Dr. Scholz completed his Internal Medicine internship and Medical Oncology residency at University of Southern California (USC) Medical Center. He was awarded a medical oncology fellowship at Los Angeles County/USC Medical Center.

Dr. Scholz served as oncology director at the Memorial Campus of the Centinela Freeman Regional Medical Center from 1996-2001. He is past president, co-founder and executive director of the Prostate Cancer Research Institute, a non-profit educational and research institute that focuses on disseminating state-of-the-art information about the diagnosis, staging and treatment of prostate cancer. He is an acknowledged expert on management and treatment for prostate cancer using hormone intervention, immunotherapy, chemotherapy and angiogenesis as well as vitamin, herbal and other forms of lifestyle counseling. His affiliations include St. John's Health Center, Marine Campus of the Centinela Freeman Regional Medical Center and others.

Currently, Dr. Scholz is an associate clinical professor in the department of Oncology at USC School of Medicine. Dr. Scholz continues his research projects in the area of prostate cancer and has authored numerous scholarly articles in his area of expertise. He is a consultant for Journal of Urology and volunteers for an Internet list called "Patient to Physician" which can be found on www.pcri.org. This website offers free advice to patients and doctors about the management of prostate cancer.

Janice Stanger, Ph.D.

Janice Stanger, Ph.D., is a nutritionist, health industry expert, speaker, and author. She has researched, written, and spoken extensively in the area of whole foods, plant-based nutrition. Her book *The Perfect Formula Diet: How to Lose Weight and Get Healthy Now With Six Kinds of Whole Foods* integrates over 1,000 published studies to analyze the interaction of diet and environmental toxins with the development of inflammation and chronic disease.

Dr. Stanger is a nutrition consultant to Lean and Green Kids, a San Diego nonprofit that advocates for healthier meals for children in schools. She has also served on the Executive Board of San Diego Organization of Healthcare Leaders, as the Cochairman of the Business Forum on Aging (American Society on Aging),

and on the Editorial Board of the *Business and Aging Networker*. Stanger was the Lead Faculty Member of the Masters Program in Healthcare Administration for National University in 2002 to 2003. She has worked extensively with employers on health insurance and worksite wellness programs.

Dr. Stanger has authored or coauthored over 30 publications focusing on the health care industry in professional journals or for informational company marketing materials, and presented at over 25 professional association meetings. She has been cited in over 80 media interviews in major newspapers, magazines, and journals, including *Wall Street Journal*, *New York Times*, and *Business Insurance*.

Dr. Stanger's Ph.D. is in Human Development and Aging from University of California, San Francisco. She also has an MBA from University of California, Berkeley and a BA from Princeton University. She is certified in plant-based nutrition through eCornell and the T Colin Campbell Foundation.

Kathy Waller, Ph.D.

Kathy Waller earned her B.S., M.S., and Ph.D. at Ohio State University and has degrees in microbiology, health education, allied medicine, gerontology, and medical technology. She is a former associate professor at OSU Medical School, teaching Clinical Laboratory Hematology and Clinical Laboratory Immunology; and conducting research. She has authored dozens of articles which have been published in peer-reviewed journal, delivered over 50 presentations to medical societies and other groups; and received several grants to fund her research. Her professional associations are numerous and include being a past president of the American Society for Clinical Laboratory Science; past president of the National Accrediting Agency for Clinical Laboratory Sciences; and serving as a member of the Editorial Advisory Board for *ADVANCE for Medical Laboratory Professionals*. She has received numerous awards and honors during her tenure at Ohio State and other activities related to her field.