

Winter Semester 2023 Class Descriptions
The Wellness Forum Institute
for more information, email pampopper@msn.com

The Diet and Lifestyle Intervention Course

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 (\$695 + \$50 registration fee)**

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

Nutrition and Cancer

Textbooks:

Radical Remission by Kelly Turner, Ph.D.

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

Slide sets and supplemental materials provided by instructor

20 Hours: one 2-hour class per week for 10 weeks

Topics include overview of various theories of causes of cancer; the role of diet in the prevention and treatment of cancer, and prevention of recurrence; ethical issues in assisting cancer patients; issues pertaining to terminal diagnosis; dietary challenges of cancer patients; analysis of various treatment protocols.

Tuition \$400

Dietary Supplements

Textbooks and Reading Materials:

Slide sets and scientific articles provided by instructor

12 hours: one 2-hour class per week for 6 weeks

Topics include history of vitamins and supplements, nutrients in food vs supplements, DRI and RDA, government regulation of supplements and fortified foods, deficiency diseases, constructive use of supplements in the treatment of disease.

Tuition \$240