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Read the descriptions of our various programs designed to help you become healther and more fulfilled. Note: All live sessions offered via zoom; sessions offered via zoom; sessions are recorded for viewing after the classBasicProfessionalConcierge HealthProfDevelopmentAnnualPassMembership Dues (First year) $99 Renewal $120$320$498 Renewal $519 $799 $995InforMED
Health 101 & 201: Textbook, online videos, live classes Member Rewards/ Learn and Earn Online Resources: Members Website (recipes, cooking classes, etc.) Monthly Live Sessions Office Hours w/Eileen PT Ask The Therapist Coaches Corner Free shipping: orders over $250 (Continental U.S. only, does not include water filters) Health Briefs Articles
Library Preferred Pricing Conferences & Special Events Monthly Live Conversations with Pam Sessions per year 22 se
video workshops Concierge Health: planning, consulting, one-on-one appointments Virtual conference ticket ($259) 4 Live bootcamp or classes/yr by Pam: one per quarter (each starting at $259) 1 Business Planning Consultation at least 6 hours live prof development instruction, can apply membership dues to select prof dev programs Includes a
textbook, online videos, and regularly scheduled instructional sessions which are held at our office in central Ohio and via live teleconference. Curricula include 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 InforMEDTM healthcare
decision-making, including how to have constructive conversations with your doctor about tests, drugs, procedures, and medication reduction or withdrawal. 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. In addition to recipes and other helpful information, youll have access to a library of over 140 workshops on a variety 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. Eileen Kopsaftis, PT, is a health and pain expert who helps people to resolve their pain issues, return to the things they love doing every day, and regain their quality
life. Eileen presents a new topic at each teleconference session, after which you can ask general questions about musculoskeletal health. Kyla Rorabaugh is a licensed counselor who helps clients to resolve psychological issues quickly with a present-focused approach. During her monthly sessions, you can ask general questions about psychological issues quickly with a present-focused approach.
health. Want to shift from KNOWING what to do to actually DOING it?? Get coaching support, insights and help to make intentional, impactful change with Mary Marshall, BSN, RN, C-Wellcoach. 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). Your annual plan begins with a planning session, during which you will outline your 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.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.All Advanced Study and Things You Should Know workshops are filmed and placed on this platform
monthly. Almost all videos are available with accompanying PowerPoint slide sets. A lecture, slide set, and discussion each month that covers topics ranging from vitamin D to snoring. (new lectures added monthly) Acid/alkaline Balance AcneAcupunctureB12CandidaChelationCholesterolCleansesCold SoresDental X-raysDetox Programs
EczemaFatigueFecal Transplant Fermented Foods Folic AcidGlutenH PyloriHair HealthHeadachesHealing Power of Pets Immune Function InflammationIntermittent Fasting Intestinal GasIodineIron LevelsLeaky GutLectinsMacrobiotic Diets MeditationNatural Pain ReliefNatural Sleeping Aids Pancreatic EnzymesPotatoes Instead of Paleo
ProteinReikiRoot CanalsSeasonal Affective Disorder Sinus InfectionsSoySunlight BenefitsThermographyTriglyceridesUrinary Tract Infections WartsWater Fasting (new lectures added monthly) Alternative Medicine: Health and Medical Issues Today by Christine Larson, Ph.D. Another Persons Poison A History of Food Allergy by Matthew SmithThe
Body Electric: Electromagnetism and the Foundation of Lifeby Robert O. Becker, M.D. and Gary SeldenThe Body Keeps the Score by Bessel van der Kolk MDBreath: The New Science of a Lost Art by James NestorA Cancer 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 LernerCognitive Behavioural Therapy (CBT): Teach Yourself by Christine WildingCurable: How an Unlikely Group of Radical Innovators is Trying to Transform our
Health Care System by Travis Christofferson Disease Called Childhood by Marilyn Wedge, Ph.D.Dreamland by Sam Quinones 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. NesheimFirst Bite: How We Learn to Eat by Bee WilsonThe Forgotten Therapy: The Past and Future of Phage Therapy by Anna Kuchment The Future of Nutrition by T. Colin Campbell, PhD with Nelson DislaThe Gene: An
Intimate History by Siddhartha MukherjeeGuilt, Shame, and Anxiety: Understanding and Overcoming Negative Emotions by Peter Breggin, M.D. Gulp by Mary RoachHealing 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 PetersonThe Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for ResearchHow to Starve Cancer without starving yourself: The Discovery of a Metabolic Cocktail That Could Transform the Lives of Millions by Jane McClellandHow to Win Friends and Influence People by Dale
CarnegieThe HPV Vaccine On Trial: Seeking Justice For A Generation Betrayedby Mary Holland, Kim Mack Rosenberg, Eileen IorioLess 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 Medical Medium by Anthony WilliamMind-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. and Sharon BegleyThe 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 LindePain Culprits: Surprising Truths Behind Pain, How to Uncover the Cause, and What To Do About It by Eileen Kopsaftis, BS, PT,
CAFS, MI, CHE, NEPaleo Diet by Loren Cordain, Ph.D.PaleoFantasy by Marlene ZukPlague of Corruption: Restoring Faith in the Promise of Scienceby Judy Mikovits & Kent Heckenlively JDThe 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 OlmsteadRewire: Change your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive
Behavior by Richard OConnor, Ph.D.Risky Medicine: Our Quest to Cure Fear and Uncertainty by Robert Aronowitz The Salt Fix by Dr. James DiNicolantonioShould I Get Tested for Cancer: Maybe Not and Heres Why by Gilbert Welch, M.D., M.P.H. The Sober Truth by Lance Dodes, M.D. and Zachary DodesThe Social Transformation of American
Medicine by Paul StarrThe Undoing Project by Michael LewisThe Unsavory Truth: How Food Companies Skew The Science of What We Eat by Marion NestleVaccine Guide for Dogs and Cats: What Every Pet Lover Should Knowby Catherine Price The Way
We Eat Now: How the Food Revolution Has Transformed Our Lives, Our Bodies, and Our World by Bee WilsonWheat 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 Churchills Afternoon
Nap by Jeremy CampbellMembers living in the Central Ohio area are invited to take advantage of additional services and programs offered at our corporate office, located at 510 Wilson Bridge Road Suite G, Worthington Ohio. These activities for
members and their guests. These include open dinners, movie nights, potlucks, cooking classes wellness Forum Health offers cooking classes designed to make food prep fun, interesting,
and creative. Classes range from simple and easy to gournet cooking. Wine and Dine this popular series as d-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.comFresh Prepared FoodsOur 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 well have your food delivered. In-The-Bag FoodsWe make an extensive line of shelf-stable products which include
cereals, bread mixes, instant soups, entres, meat substitutes, desserts, and more! These products are inexpensive, convenient, shelf-stable, and easy to make. Stop in! Store Hours: Monday-Thursday 9 AM-9 PM; Friday 9 AM-9 PM; Fr
like wedding receptions. Menus for these events can be highly customized. Cooking Classes: In addition to the cooking classes, which can be scheduled in our commercial kitchen, in your home or office, or other locations. 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). 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
roomPrivate yoga classes and workouts in the hot roomOur 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 is set at 40% in order to promote sweating and detoxification. The heat and humidity is set at 40% in order to promote sweating and detoxification.
good for you!), your heart rate will increase (also good for you!), and youll burn fat (even better!). You can do it! It does take some time to get used 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 correctly. Teachers frequently demonstrate and walk around the room in order to make correctly. Teachers frequently demonstrate and walk around the room in order to make correctly.
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 $49 monthly (6-month commitment is required). 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. 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 its 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 a dietary change, negotiating with doctors and institutions, communication with
family members, and emotional support. Our concierge Membership Foundational courses (InforMED 201) Access to an online articles library (over 200 videos) Monthly Q&A sessions with Pam Popper Monthly live classes on
health-related topics and booksOne-on-one sessions with our Informed specialistsOne-on-one sessions with our dietitiansCancer 101The online course covers the history of cancer, characteristics of cancer, screening, diagnosis, and treatment basics. Cancer 201Online 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 boot camps 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)Online yoga classes $199 per year Dozens of 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 more affordable. Personal Training Sessions via Zoom or SkypeThe first 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. $169 Members/$199 non-members (for all three years!!)can be included in members hips that include educational coursesConference videos include: Panel Discussion and Q&A: the Impact of
COVID Policies on Real PeoplePresentations delivered by:Dr. Peter McCullough: Early Treatment for COVID-19 and COVID-19 an
Sunlight: Beyond Vitamin D Kylea Rorabaugh MA, PLPC: The Art of Building FortitudeTom Renz: We The People! Wellness Forum Healths 25th Anniversary! Conference videos include: Sunday afternoon Panel Discussion involving almost all speakersPresentations delivered by: Dr. Hans Diehl: Cause and Cure of Modern Killer DiseasesDr. Young Hee Ko
and Dr. David Fishkin: 3BP Treatment for CancerEileen Kopsaftis P.T.: Misconceptions About Pain; Why It Wont Go Away.Dr. Peter Breggin: The Psychosocial Effect of Depriving People of LibertyMary Marshall, BSN, RN, Wellcoach: Connection: Our Most Powerful MedicineShane Prier and Pam Popper: COVID Operation: What Happened, Why It
Happened and Whats Next (general discussion, Q&A)an Evening with Dr. David KatzKylea Rorabaugh: Letting Go of the Past During the COVID EraTom Renz: Set Our People Free: Ohios Landmark LawsuitConference videos include: Sunday afternoon Panel Discussion on VaccinesPresentations delivered by:Dr. Saray Stancik Discussion of Code Blue,
her personal MS story, and why doctors need to know more about nutritionDr. Thomas Seyfried How Cancer Can be a Chronic Disease Managed by Nutrition Dr. Gracie Yuen Water Fasting for Health Education for Children Eileen Kopsaftis, PT Why Treating Chronic Pain Often FailsMary Marshall Accidental Weight Loss: How
Focusing on Health Instead of Weight Can HelpMichelle Cotterman, RN Vaccine Mandates and Why They Are a Bad IdeaPsychiatric Drug Withdrawal: Consumer Course $370.00This course is offered via online self-studyResearch 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 do not address
the underlying causes of the individuals 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 withdrawal. The course is taught via an online video platform. Students will have
Disorders in ChildrenImpact of Psychiatric Drugs on the Body and BrainMedication Spellbinding Chronic Brain ImpairmentAntipsychotic (Neuroleptic) Drugs Antidepressant Drugs Stimulant Drugs Benzodiazepines and Mental
 HealthOrchestrating Your Withdrawal ProcessUnderstanding the Withdrawal ProcessPreparation for Psychiatric Drug WithdrawalTechniques for Beginning Medication WithdrawalDeveloping a teamBeginning film, membership to Wellness Forum
be able to help others. Youll learn how to constructively look at both your past and present circumstances, 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 LoveReflecting on Your ChildhoodWhen You and Others Are SufferingOvercoming Negative EmotionsDiscover Your Purpose and Live Your
online classes. Training modules include: Diet, Lifestyle Habits, and HealthResearch BasicsWomens HealthWeight Loss: New Perspectives Mentoring/Clinical Skills classes Students will also have access to Wellness Forums article and video libraries (over 1500 referenced articles and hundreds of educational videos) and
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 churchOffered through a combination of online and teleconference classes Tuition: $2499For more information or to set up a time to talk by phone email pampopper@msn.comNow, more than ever, people need health professionals who are passionate, well-informed, honest, and capable. We can help.Our
company has been in business for almost 27 years. During that time, we have developed the largest libraries in the world of articles, videos, educational programming, and other tools designed to help consumers make informed choices concerning their health. This allows consumers to make decisions about health-related issues the same way they
make other important decisions such as purchasing cars, houses, and retirement accounts by gathering information, asking questions, and then considering factors like evidence, personal values, finances, and goals. 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 have also developed training programs for both already-trained health professionals and for those who are untrained and want to enter the healthcare field. Our curricula is designed to help you to develop a successful practice based on our model. We can help you to:
reasons for this, including taking drugs and supplements that are useless or harmful; consenting to screen tests that are more likely to harm than help; agreeing to unnecessary procedures, and having trouble sorting out fact from fiction when making health-related choices. Graduates of our programs are more helpful to people because they are
trained to address whole person health, which includes paying attention to ALL issues that impact health. Another differentiating factor is that a significant percentage of our training (80%) is delivered via live and interactive sessions through virtual classrooms (live and interactive teleconference). We do not believe that people can be taught to be
and thats the piece that matters most. Last but not least, we are teaching people to do what we have been doing for almost 27 years delivering health-related services in community settings. The actual development and conducting of a business and helping real people to sort out complicated health issues is quite different than purely academic
discussions. We are excited about helping more people to regain and maintain their health through diet and lifestyle change, and to learn how to make our programming available to more people. We know that the
start), are willing to lead by example, have an outgoing personality, a strong work ethic, a desire to learn new things and are motivated to help other people, you are a candidate for one of our programs. 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 foralmost any diet, food, supplement, drug, or medical practice using 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, 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 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 dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right. Essentially there is no dietary theory that everyone agrees is right.
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 medias tendency to present both points of view, with an
expert from each side. While the presentation of different viewpoints is 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. Esselstyns longitudinal study carries significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability to show real improvement in health and significantly more weight due to his ability of hi
 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 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 Cordains The Paleo Diet is largely supported by 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
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 medicine, and this can be stopped by applying objective rules in evaluating all health-related
issues. These are some of the filters we use to arrive at conclusions that 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 biasThe extent to which research findings have been replicated by others Relying on the preponderance of evidence rather than a single studyTaking 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. The Wellness Forum Health Affiliate Program and is available to doctors, nurses
dietitians, nutritionists, physical therapists, athletic trainers, mental health professionals, yoga teachers anyone who is engaged in providing health-related services and whose philosophy is compatible with ours. The purpose of affiliation is twofold; to provide you with structured programming and products to offer to your clients/patients, and to
generate additional income for your practice or business. Building a health-related business can be challenging, in part because there are so many things to do. Using our programs and products to support your practice saves you from having to create your own, and allows you to focus on spending quality time with the people you want to help.
Thousands of hours of programming and hundreds of referenced articles to facilitate evidence-based discussions (new materials are developed regularly) Effective practice templates and protocols Profitable practice models (practitioners do not have to decide between doing the right thing and the profitable thing) Proven intervention programs for
chronic/degenerative diseases (food-borne illnesses), psychological issues, and musculoskeletal disorders A diverse line of quality health-promoting products Well-developed marketing strategies Comprehensive training programs that allow practitioners to duplicate our success Well-developed infrastructure for support Excellent international
reputationThe Affiliate Program allows you to be in business for yourself. The Wellness Forum Institute for Health Studies is the first school in the U.S. to offer certificates and diplomas based on the philosophy of evidence-based health care using diet and lifestyle as primary intervention tools. Most educational programs for health
in the use of only the most rigorous and independent scientific standards for evaluating health information. Format: Classes are offered via virtual classroom or live and interactive teleconference calls. Students anywhere can participate as long as they have access to a computer, email and can make long-distance calls. Detailed slides and course
Lifestyle Intervention CourseThe Diet and Lifestyle Intervention Course is designed to teach health and fitness professionals who are successfully using informed decision-making and diet and lifestyle in health care delivery, and to teach specific
and effective protocols for practice. The course is taught through a virtual classroom or interactive conference call. Prior to each call, participants are instructed to read the texts and are emailed the instructors slides and materials. The call is interactive conference call. Prior to each call, participants are instructed to read the texts and are emailed the instructors slides and materials.
provider will be able to: Critically evaluate published research in order to make better recommendations to patients about the importance of diet and lifestyle when making treatment decisions, and engage the patient in more active decision-makingPrescribe specific diet and lifestyle
intervention toolsYou do not have to be a practitioner to take this course; laypersons are welcome too! A more detailed description is available in the course catalog to request one, email pampopper@msn.comThe Nutrition Educator Diploma Program is for individuals seeking a career in a nutrition-related field and who want an alternative to
traditional dietetics. This program requires that students complete basic science courses that are more rigorous than those required for many undergraduate nutritional science with strategies for assisting clients in achieving and maintaining optimal health and effective approaches for common
degenerative conditions; includes many classes designed to teach practical skills needed for gainful employment; and concludes with 200 hours of practical experience during which a candidate must demonstrate his/her ability to work effectively in the nutrition education field. Program Objectives: Provide candidates with a rigorous science-based
education in nutrition Teach students how to teach and incorporate dietary intervention, treatment, or reversal of common diseases Teach practical skills for making a living in the nutrition field Ensure that students understand how to work
within their scope of practice, based on their state of residenceA more detailed description is available in the course catalog to request one, email pampopper@msn.comResearch does not support the idea that chemical imbalances in the brain 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 do not address the underlying causes of the individuals 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. This unique program was developed by the Wellness Forum Institute and psychiatrist Peter Breggin, M.D., a leading promoter of empathic therapy and a leading promoter of empathic therapy and a leading promoter of empathic therapy and self-defeating attitudes.
pioneering researcher in the toxic effects of psychiatric drugs and how to withdraw from them. The course includes guidelines for prescribers, therapists, patients, and their families, with emphasis on a collaborative effort that is empowering to the patient and family. The course fills an important need. Although there are many books and classes that
 address aspects of drug withdrawal, there are no formal and comprehensive training programs that teach practitioners, patients, and families the whole story the actual causes of psychological issues, the consequences of drugging, and effective methods for helping people to extract themselves from the psychiatric mill. This is the first comprehensive training programs that teach practitioners, patients, and families the whole story the actual causes of psychological issues, the consequences of drugging, and effective methods for helping people to extract themselves from the psychiatric mill. This is the first comprehensive training programs that teach practitioners, patients, and families the whole story the actual causes of psychological issues, the consequences of drugging, and effective methods for helping people to extract themselves from the psychiatric mill.
training program that addresses all aspects of this issue. A more detailed description is available in the course catalog to request one, email pampopper@msn.comYou will learn: How to analyze and report findings of published studies and other health information in order to guide patients/clients in making evidence-based decisions regarding their
health How to use a comprehensive, whole-person approach to help patients to improve their health and which leads to better long-term outcomes how to develop a profitable and sustainable business/practiceDesignation/benefits: Ability to use Certified Health Educator
titleAccess to WFH informational databases for use in your practice/business Option to become an affiliate and to increase practice revenue through memberships, educational programs, products and other services offered through memberships, educational programs, products and other services offered through memberships, educational programs, products and other services offered through memberships, educational programs, products and other services offered through memberships, educational programs, products and other services offered through memberships.
pampopper@msn.comBased 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 HealthResearch BasicsWomens HealthMens HealthWeighten Conversation That Can Save Your Life, this program consists of a combination of live teleconference classes.
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 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 churchOffered through a combination of online and teleconference classes Tuition: $2499For more
information or to set up a time to talk by phone email pampopper@msn.comInformation about health can be confusing. The best way to determine whether an article or claim is true or false is to analyze it through agreed-upon rules the same way winners of sports events are determined there are rules of the game! In addition to providing vast
informational libraries, we will teach you the rules so that you can look at almost any health-related information and know if it is true or false. Best of all learning to do this is fun! We offer a wide variety of educational programming, services and products for consumers and health professionals, accessible to anybody, anywhere in the world!Our staffic
is composed of highly qualified and experienced professionals, who are carefully selected and trained. Find out more information about our amazing educational programs Freedom to Practice | Freedom to Access | Freedom to ChooseMeet our staff of talented, educated professionals who are focused on your health and happiness. If you have ever
called our offices, you likely spoke to her. She has been with the company since 2005, and is extremely knowledgeable about our programming and services. If you ever need assistance, or just want to have a good laugh, please callour office and ask for Kelly! Pictured is Ringo, Kellys dog, who has been coming to the office since early 2007. He is a
wonderful delight to have around! My passion to help others do that led me to pursue health and wellness coach certification through Wellcoaches. And my training with Wellness Forum Health members to this
approach in teaching the Informed Health series, as well as other classes and programs. I facilitate the Weight Loss Concierge group with a focus on unconditional self-acceptance and attuned eating and snowmobiling. I used to love reading
fiction, but now my focus is more on health, wellness and positive psychology/coaching. His work provides the foundation for modern criticism of psychiatric diagnoses and drugs, and leads the way in promoting more caring and effective therapies. His research and educational projects have brought about major changes in the FDA-approved Full
Prescribing information on labels for dozens of antipsychotic and anti-depressant drugs. He continues to educate the public and professional about the tragic psychiatry practice in Ithaca, New York. Dr. Breggin has authored dozens of scientific articles and more than twenty books
including medical textbooks and several bestsellers. He is the co-creator of the course Why and How to Withdraw from Psychiatric Drugs, which is offered through The Wellness Forum Institute. Our company has been in business for 25 years and offers a wide variety of services that promote better health and better healthcare. Access our
informational libraries, video platforms, online and teleconference class. Choose the membership option that provides access to the content you find most usefulOne-on-one appointments with our highly trained staff to help you to regain and/or maintain your health Programs for those who are already trained health professionals and those who are
entering the healthcare field for the first time. Formal programs are offered through our school, the Wellness Forum InstituteFabulous foods, clean and natural personal training are availableLive outside Central Ohio? Online
  oga classes, online fitness programs and one-one one yoga and fitness via zoom or skype are availableGo To Full Calendar >>Look through our selection of foods and products that will help improve your health and wellbeing. Interested in making an order? Call 614 841-7700 or visit our office today. Subscribe to Receive Weekly Newsletter Subscrib
to Receive Video ClipsMonday Thursday 9:00 a.m. 9:00 p.m. ESTFriday Hours 9:00 a.m. 5:00 p.m. ESTSaturday Hours 9:00 a.m. 3:00 p.m. ESTOFFICE/COLUMBUS CENTERWellness Forum Health 510 E. Wilson Bridge Road, Suite G Worthington, Ohio 43085 Phone: 614 841-7700 Toll Free: 800 761-8210 Fax: 614 841-7703The Wellness Forum
Institute for Health Studies is the first school in the U.S. to offer certificates and diplomas based on the philosophy of evidence-based healthcare using diet and lifestyle as primary intervention tools. Most educational programs for health care professionals allocate little time to teaching practitioners how to treat the cause of disease and instead just
focus on symptom suppression. A growing dissatisfaction with traditional medical and nutrition practices has created a demand for different educational pathways that incorporate such training. The Wellness Forum Institute is grounded in the use of only the most rigorous and independent scientific standards for evaluating health information. Format:
Classes are offered via virtual classroom or live and interactive teleconference calls. Students anywhere can participate as long as they have access to a computer, email and can make long distance calls. Detailed slides and course materials are provided. Due to the teaching format, we are able to recruit the best teachers in the world for all
subjects. For more information, visit our website at www.wellnessforuminstitute.comemail pampopper@msn.com or call 614 841-7700Certified through the Ohio State Board of Career Colleges Registration number 09-09-1908TWe are excited about helping more people to regain and maintain their health through diet and lifestyle change, and to learn
how to make better choices about medical care. We have the best and most comprehensive programs that address these issues, and we want to make our programming available to more people. We know that the best way to do this is through associates who can educate, inspire, and support our members. Our training program is comprehensive and
will teach you everything you need to know in order to start a health education business. You do not need any previous training to qualify. If you are currently practicing healthy habits (or are ready to start), are willing to lead by example, have an outgoing personality, a strong work ethic, a desire to learn new things and are motivated to help other
people, you are a candidate for one of our programs. For more information and to schedule an interview, email pampopper@msn.comThe Diet and Lifestyle Intervention Course is designed to teach health and fitness 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 instructors 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: You do not have to be a practitioner to take this course; laypersons are welcome too! The Nutrition Educator Diploma Program is for individuals seeking a career in a nutrition-related field and who want an alternative to traditional
dietetics. This program requires that students complete basic science courses that are more rigorous than those required for many undergraduate nutritional science with strategies for assisting clients in achieving and maintaining optimal health and effective approaches for common degenerative
conditions; includes many classes designed to teach practical skills needed for gainful employment; and concludes with 200 hours of practical experience during which a candidate must demonstrate his/her ability to work effectively in the nutrition education field. Program Objectives: Provide candidates with a rigorous science-based education in
nutritionTeach students how to teach and incorporate dietary intervention, treatment or reversal of common diseasesTeach practical skills for making a living in the nutrition and public healthEnsure that students understand how to work within their
scope of practice, based on their state of residence on their state of residence and other health information in order to guide evidence and other health outcomes for your clients/patients. How to operate a collaborative and
education-based health-related practiceHow to develop a profitable and sustainable business/practiceEducational requirements (descriptions on following pages):Become annual plan member of Wellness Forum HealthComplete test booklets for InforMED Health 101 and 201Successfully complete the following certification courses:Forming and
Maintaining Optimal HabitsCauses and Treatment for AutismAllergies and AsthmaCancer 101Igniting the Curiosity Gene: Research and WritingUnderstanding Psychological DisordersSuccessfully complete The Diet and Lifestyle Intervention course (offered through The Wellness Forum Institute)Participate in a Professional Mentoring
courseComplete Advanced Business Training for Health ProfessionalsWork with your own clients and operate your business with the assistance from staff minimum 20 clientsCompetency evaluated as each educational requirement above is completed. You can enroll/start at any time. Designation/benefits: Ability to use Certified Health Educator
titleAccess to WFH informational data bases for use in your practice/businessOption to earn commissions on memberships, educational programs, products and other services offered through WFH or the
Institute during each calendar yearTuition: $5435; prepay for the entire program and save: $499Twelve 2-hour classesFormat: Virtual Classroom (interactive teleconference)In addition to the curricula described below, each class will include practical experience in the form of patient/client analysis, review, and development of intervention/action
plan. Class participants can submit their own questions/issues, and patients/clients. Samples will also be provided by the instructor. Topics/skills include: Developing intake forms with family and friends in the family and friends in 
interviewing the most important questions to askMutual goal settingHow to collaborate with patients/clients and conduct informed discussionsHow to develop realistic plans for health improvementIdentification of barriers to success and how to overcome themReviewing food journals and offering actionable suggestionsFollow-up schedules and health
maintenanceHow to promote personal responsibilityFacilitating informed discussions between patients/clients and their prescribersInformed decision making for cancer patients/clients.
maintenanceConstructive and responsible use of dietary and herbal supplements and other adjuvantsPrebiotics and ProbioticsCollaboration with other health professionals, assembling a teamGet the skills you need to succeed! This class series consists of 9 live and interactive sessions; after each class you will be given assignments to complete. During
this class series you will learn how to:Make money helping others to improve their healthWrite a business plan with a directory of services and pricesDevelop excellent communityPlan and promote eventsPlan and
teach cooking classes and other educational programsDevelop effective educational materialsDevelop basic sales skills fyou dont know where to start, are stuck, working too hard for too little, or just need some accountability to get things done, this class is for you. All classes will be recorded for those who miss sessions. Tuition $995Supervised
PracticeOffered as part of the Certified Health Educator Program, you will operate your business with our assistance. Our staff will be available to answer questions, assist you in making strategic decisions about your business, and help with some of your more challenging clients. Tuition: $1200 Here are just a few of the benefits you will gain by
taking this course: You will learn accurate, evidence-based information about how to improve personal healthYou will learn basic business skillsWe will help you to develop prospects and to build your health coaching businessYou can teach the course yourself, or use our online
and live programs for your clients tooCourse Outline: Food Over Medicine Basic Online CourseWomens Health online courseBasic Membership to Wellness Forum Health (includes InforMED Health 101, 201)Live and interactive teleconference classes to teach youCoaching skillsHow to engage
the community and promote community health programsBusiness Training and Communication SkillsMeal planning, shopping, food prepPresentation SkillsDesigning and Teaching Successful Cooking ClassesHow to Manage Doctors and Healthcare ProvidersWhat you can do upon completing this course:Offer workshops to increase awareness about
the relationship between diet and healthTeach the Food Over Medicine courseDevelop and teach cooking classesAssist people in improving their health with information, assistance with diet change, and one-on-one or group coachingBecome an active participant in community efforts such as improving school food, or starting a wellness program at
vour churchStart a Food Over Medicine Chapter in your area with our help! (see next page)Offered through combination of online and teleconference classesTuition: $1495Benefits of being a chapter leader:Be identified as associate of Wellness Forum Health and Dr. Pam PopperParticipate in free membership program and other marketing programs
offered by WFHOption to place your clients/members into our classes we teach your people for youRepresent WFH at health fairs and festivalsEarn income from WFH membership sales, FOM and other courses offered by WFH, and WFH productsParticipate in programs offered through The Wellness Forum FoundationOngoing training and support to
help you build your business Requirements for being a chapter leader: Remain a member in good standing at Wellness Forum HealthComplete the Food Over Medicine Coaching ProgramActively promote and hold at least 6 chapter meetings per year Requirement for
membership in a chapter: WFH member in good standingAt least one of these activities every year: Make a $100 donation (or more) to the Wellness Forum FoundationBring 1 new member into the FOM chapterParticipate in offering at least one WFH activity (cooking class, film screening, workshop, InforMED 101 course) to economically
disadvantaged groupOperating a Chapter is Profitable In addition to membership, program, and product sales, you can charge for cooking classes, pantry clean-outs, the Food Over Medicine Consumer Course, and special events in order to incentivize people to
commit to a longer-term relationship with you/us
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Wellness action pla. What is a wellness action plan. Wellness recovery action plan examples. Wellness action plan for employees.

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