

# The Wellness Forum Institute for Health Studies, Inc.

## Diet and Lifestyle Intervention Course Catalog

For Winter Semester 2019

Published September 29, 2018

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*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Foundation for Care Management is an approved provider of continuing nursing education by the Washington State Nurses Association's Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

39 AMA PRA Category 1 credits<sup>™</sup>, 39 Nursing Contact Hours.

This program is also approved by the Committee on Dietetic Registration for 39 level 3 CPE's.

**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

**Dr. Kathy Waller** is an associate professor with the Ohio State University Medical School.

**Eileen Kopsaftis** has no significant financial interest in any of the products or manufacturers mentioned.

**William Lessler** has no significant financial interest in any of the products or manufacturers mentioned.

**Janice Stanger, PhD** is an employee of EPIC and a speaker/author for The Wellness Forum and the Healthy Taste of LA.

**Pam Popper** is an independent contractor to Whole Foods as a speaker, The Wellness Forum as a client care and recommendations consultant, McDougall Health Center as a speaker and Jazzy Vegetarian as a guest on the TV show.

**Mary Marshall** is a registered nurse, certified WellCoach, and works in the workplace wellness department at Union Hospital in northeastern Ohio. She is President of Eat, Learn, Live, Ltd.

### Planning Committee:

**Pam Popper** (content expert) as a speaker, Wellness Forum Health as a client care and recommendations consultant, and Jazzy Vegetarian as a guest on the TV and radio shows.

**Mary Marshall** (lead nurse planner) has nothing to disclose

**Maryelle Vonlanthen, M.D.** is a medical doctor with nothing to disclose

# The Wellness Forum Institute for Health Studies

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[www.wellnessforuminstitute.org](http://www.wellnessforuminstitute.org)

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 January 16 2019 and ending April 24 2019.**

**Enrollment Deadlines:** Students must be enrolled by Friday, January 11 in order to participate in this series.

**Approximate Program Length:** 39 Contact Hours

This program is completed in 15 calendar weeks; this is a one-term program

**Tuition and Fees:**

Registration Fee: \$ 50.00

Tuition: \$ 695.00

Total Cost: \$ 745.00

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](http://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 15 classes, and complete a final project by May 31, 2019 (project must be postmarked by that date). Doctors and nurses applying for CME or CE credits are required to complete a test online 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 & Schedule (all classes begin at 8:00PM eastern):**

### **Wednesday January 16**

#### **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

### **Wednesday January 23**

#### **The Science Behind the Plant-Based Diet II**

**3 credit hours**

### **Wednesday January 30**

#### **Intro to Collaborative, Evidence Based Healthcare**

**3 credit hours**

- Criteria for evaluating evidence; application of criteria 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

### **Wednesday February 6**

**Gastrointestinal Disorders** **3 credit hours**

- 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

**Wednesday February 13**

**Mental Health and Depression** **2 credit hours**

- 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

**Weds February 20**

**Joint, Back and Muscle Pain** **3 credit hours**

- 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

**Weds February 27**

**Cancer Treatment Alternatives** **3 credit hours**

- Evaluating efficacy for traditional cancer treatments
- Effective alternative cancer treatments, including diet
- How to evaluate evidence in choosing a treatment plan

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

*Radical Remission* by Kelly Turner, Ph.D.

Slide presentation developed by instructor

**Weds March 6**

### **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

### **Wednesday March 13**

#### **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

### **Weds March 20**

#### **Men' 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

### **Wednesday March 27**

#### **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

**Wednesday April 3**

**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

**Wednesday April 10**

**An Objective Look at Vaccinations**

**3 credit hours**

- 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

**Wednesday April 17**

**Addressing Overweight and Obesity**

**3 credit hours**

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

Slides and materials provided by instructor

**Wednesday April 24**

**Children's Health**

**3 credits (bonus)**

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

Text: Materials and slides provided by instructor

## Instructors

### **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.

### **Pam Popper**

Pam Popper is Executive Director of Wellness Forum Health. The company offers educational programs for consumer and healthcare providers that facilitate evidence-based, 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 *The Yoyo Effect*. Her most recent books are *Food Over Medicine: The Conversation That Can Save Your Life*, and *Food Choices: 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.

### **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 currently 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.

### **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.

### **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.