

Educational Materials

From Dr. Pam Popper

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The Health Briefs Series

These volumes contain over 2500 pages of short articles based on Dr. Pam's voice com messages and newsletter articles. The collection is a great resource for researching health issues. Individual articles may be copied for distribution to clients to address their questions and concerns.

Each book represents 6 months of messages and articles.

Save \$45-55 in freight by buying the whole library at one time!

Health Briefs volumes 1, 6, 8, 9, 10, 11

\$49.95

Health Briefs volumes 2, 3, 4, 5 and 7

\$45.00 each

Entire set = \$524.70

Big and Healthy Cookbook – over 400 recipes developed by Dr. Pam Popper, Clients, and associates of the Wellness Forum

\$27.95

Dr. Pam Popper's Guide to Family Health and Wellness – includes information on how to pick health care practitioners, deciding which diagnostic tests to get, children's health, women's health, vaccinations, prostate health and more!

\$49.95

For Women Only - information about hormones, menopause, breast health and bone health

\$15.00

My Kid's a Garbologist – Help Me! – healthy diets for kids with age-appropriate recommendations; includes information on childhood vaccines

\$15.00

The Epidemic of ADHD – The real causes of Attention Deficit Disorder and how to resolve it through diet and lifestyle change.

\$15.00

Audio Lectures on CD!!

15 (one each) for \$10.00

Take Control of Your Health

Heath Benefits of Soy

Understanding Diabetes

Osteoporosis: Fact vs. Fiction

Biological Causes and Treatment of Autism

Weight Loss

A Consumer's Guide to Evaluating Health Information and Research

The Wellness Forum's Guide to Depression

Protecting Our Future: Bringing Up Healthy Kids in America Today

Improving Health, Academic Performance and Behavior in Children

New CD's: 2 of each for \$10.00!

Attention Deficit Disorder

Heart Disease

Cancer Prevention

Prostate Health

Cancer Treatment

Wellness Forum Guides – 10 booklets for \$10.00!

Depression

Attention Deficit Disorder

Heart Disease

Weight Loss

Children's Health

Diabetes

Osteoporosis

Chronic Fatigue

Fibromyalgia

Sports Nutrition

Certification Courses

If you are a health care professional or want to be, knowledge is important. Most people don't have the time to go back to school to get a degree, nor do they need one to provide general health education to clients. These courses are designed to help you to improve your own health, and to provide general information to others.

Basic Level One Certification – Wellness 101

\$220.95

Course Outline: Structuring a proper diet; the relationship between diet and the development of degenerative disease; lifestyle and dietary habits for optimal health; practical skills, including label reading, grocery shopping, cooking, eating out and traveling; developing and exercise plan and reducing stress. All students will have access to a pass-code protected portion of our website with recipe updates, frequently asked questions, recommended reading and other resources. This course includes (8) audio CD's a text, The Book *The China Study*, DVD's Campbell's conversations and Diet For a New America, and your introductory membership to The Wellness Forum. Member benefits include opportunities to earn catalog credits for referrals, one half-price ticket per membership to each of our two national conferences, reduced prices on video stream and conference call classes, and access to a Members Only portion of The Wellness Forum's website that features PowerPoint presentations, recipes, meal plans, frequently asked questions, and more!

Wellness 201*

\$299 non-members; \$269 members

Study modules include: Health Benefits of Soy; Superfoods and Optimal Health; Hydrate your Body; Improve your Health; Genetically Engineered Food; Reducing your Chemical Exposure

Wellness 301*

\$299 non-members; \$269 members

Study modules include: Hormones/Menopause; Osteoporosis; Cancer; Heart Disease; Weight Loss

Wellness 401 *

\$299 members; \$269 non-members

Modules include: Diabetes; Lupus; Depression; Aging; Increasing Your Energy

Wellness 501*

\$299 members; \$269 non-members

Modules include: Children's Nutrition; Sports Nutrition; ADHD; Autism; School Nutrition

Curriculum Descriptions for 201-501

The package includes an information booklet, conference calls for more in-depth understanding of the material, and a test booklet. Some of the courses require the use of an additional textbook, which we recommend that you purchase for your own reference library. Graduates or individuals who are currently enrolled in the older versions of these courses may attend conference calls at no additional charge. Updated materials are available for a nominal fee.

** Modules can be purchased individually for \$79 each for non-members, \$69 for members; or in the packages described above. Additional combinations of modules other than those outlined above are not available. Conference calls are scheduled regularly for all topics – check with our office to determine when the next call will take place.*

Become a Certified Health Educator

\$175 (includes textbooks)

Students who have successfully completed Wellness 101 are eligible to participate in the Certified Health Educator Training Program. The training can be completed either live at our corporate office in Columbus, Ohio, or through teleconferencing. You will be taught how to form and conduct study groups in order to help people to become more educated consumers of health and nutrition information; get them started in making positive dietary and other lifestyle changes; and to become more focused on prevention. You will also have the opportunity to conduct workshops and cooking classes based on The Wellness Forum's philosophy for groups. CHE's who conduct study groups and workshops will be listed on our website, along with contact information, and are eligible to receive rebates on personal purchases and those made by clients they refer to The Wellness Forum.

To receive Dr. Pam Popper's daily voice com messages, call 614 523-8716. To receive periodic email newsletters, please write: healthykelly@hotmail.com.