Lifestyle Medicine Certification Course

Instructor Bios

About Pamela A. Popper, Ph.D., N.D.

Dr. Pam Popper is a naturopath, nutritionist and the Executive Director of The Wellness Forum. The company offers educational programs designed to assist individuals in changing their health outcomes through improved diet and lifestyle habits; to assist employers in reducing the costs of health insurance and medical care for employees; and to educate health care professionals about how to use diet and lifestyle for preventing, reversing, and stopping the progression of degenerative disease.

Dr. Popper is the author of several books and cookbooks, as well as several programs offered for continuing education credits for medical professionals. She is the Founder of The Wellness Forum Foundation, which offers programming in schools designed to improve children's health and well-being through better nutrition.

Dr. Popper serves on the Physician's Steering Committee for the Physicians' Committee for Responsible Medicine in Washington D.C. Additionally, she is part of Dr. T. Colin Campbell's teaching team at eCornell, teaching part of a certification course on plant-based nutrition. She is currently featured in two widely distributed documentaries, *Processed People* and *Making a Killing* and will be appearing in a full-length feature film on diet and health next year.

Dr. Popper is also a lobbyist and 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.

Dr. Pam Popper is a straight-talking professional who is not afraid to criticize national health organizations, government agencies, medical professionals, pharmaceutical companies, agricultural organizations and manufacturing companies, many of whom have agendas and priorities that interfere with distributing truthful information and promoting public health.

Everyone who is interested in health should hear her speak. For some, their lives may depend on what she has to say!

About T. Colin Campbell, Ph.D

For more than 40 years, T. Colin Campbell, Ph.D. has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University and Project Director of the China-Oxford-Cornell Diet and Health Project. The study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine.

Dr. Campbell received his master's degree and Ph.D. from Cornell, and served as a Research Associate at MIT. He spent 10 years on the faculty of Virginia Tech's Department of Biochemistry and Nutrition before returning to the Division of Nutritional Sciences at Cornell in 1975 where he presently holds his Endowed Chair (now Emeritus).

His principal scientific interests, which began with his graduate training in the late 1950s, has been on the effects of nutritional status on long term health, particularly on the cause of cancer. He has conducted original research both in laboratory experiments and in large-scale human studies; has received more than 70 grant-years of peer-reviewed research funding, mostly from the National Institute of Health, and has served on several grant review panels of multiple funding agencies, lectured extensively, and has authored more than 300 research papers.

He is the recipient of several awards, both in research and citizenship, and has conducted original research investigation both in experimental animal and human studies, and has actively participated in the development of national and international nutrition policy.

Dr. Campbell is one of the world's most well-respected nutrition authorities and is the author of the best-selling book *The China Study*, perhaps the most important book on diet and health ever written. The clear and convincing evidence in *The China Study* has helped motivate millions of people worldwide to adopt a more healthful plant-based diet. It has been translated into Chinese.

About 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 bench mark 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, 20 years later compliant patients continue to thrive.

Dr. Esselstyn and his wife, Ann Crile Esselstyn, have followed a plant-based diet for more than 20 years. They work together to counsel patients both in Cleveland, where they live, and in summer at the 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.

About Neal Barnard, M.D.

Neal Barnard, M.D., is a clinical researcher, author, and health advocate. He has been the principal investigator or coinvestigator on several clinical trials investigating the effects of diet on health. He was a coinvestigator 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.

About Ralph Moss, Ph.D.

The medical writer Ralph W. Moss, PhD, has written or edited twelve books and three film documentaries, mostly on the question of cancer research and treatment. 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 is the author of such books as *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 Coaltion 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 Pfältzer 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.

About Larry, Palevsky, M.D.

Dr. Palevsky is a board certified pediatrician who integrates the use of western medicine and alternative therapies to prevent and treat children's illnesses, and offers options to families who are interested in a broader medical approach to their children's health and wellness. Dr. Palevsky values the role(s) illness may play in children's lives and supports the use of safe, non-suppressive treatments to assist them in their healing. He is a strong advocate for the education and empowerment of families.

Dr. Palevsky's practice includes consultations and educational programs for families and practitioners in the areas of preventive and holistic health, nutrition for infants and children, safe, alternative treatments for common and difficult to treat pediatric conditions, vaccination controversies, mindful parenting and rethinking the medical paradigm. He incorporates preventive medicine, nutrition, lifestyle changes, acupuncture and Chinese Medicine, chiropractic, osteopathy, cranial-sacral therapy, environmental medicine, homeopathy, essential oils and natural healing modalities such as aromatherapy, yoga, Reiki, meditation, reflexology and mindfulness.

Dr. Palevsky received his medical degree from the NYU School of Medicine in 1987. He completed a three year pediatric residency at the Mount Sinai Hospital in NYC and a one year fellowship at Bellevue Hospital-NYU School of Medicine in the pediatric outpatient department and emergency room. Dr. Palevsky's clinical practice includes experience in pediatric emergency and intensive care medicine, in-patient and out-patient pediatric medicine, neonatal intensive care medicine, newborn and delivery room medicine and conventional, holistic and integrative pediatric private practice. Dr. Palevsky is a Fellow of the American Academy of Pediatrics, President-elect of the American Holistic Medical Association (AHMA), chair of the 2005 AHMA conference, Holism & Family Health, a Diplomate of the American Board of Holistic Medicine and a medical advisory board member to the Natural Gourmet Cookery School in New York City, Families for Natural Living and the National Vaccine Information Center.

About Anya Todd, R.D.

Anya Todd, R.D. is a nutritional therapist in private practice in Mansfield, Ohio, where she also works as a renal dietitian at the Fresenius Medical Center. She completed a certificate in plant-based nutrition through eCornell in 2009, and earned a Certificate in Adult Weight Management Training through the American Dietetic Association in 2004. She completed a Vegetarian Chef Certification program in Boulder, Colorado in 2001.

Anya graduated cum laude with a B.S. in nutrition from Case Western Reserve University in Cleveland, Ohio and completed her dietetic internship program at the Cleveland Clinic in 2003.

She is a strong advocate for the use of diet as a means for preventing and reversing common diseases in children.

About 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.

About 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.*

About John McDougall, M.D.

A physician and nutrition expert who teaches better health through vegetarian cuisine, John A. McDougall, MD. has been studying, writing and "speaking out" about the effects of nutrition on disease for over 30 years.

Dr. McDougall believes that people should look, feel great and enjoy optimal health for a lifetime. Unfortunately, many people compromise their health unknowingly through poor dietary habits.

Dr. McDougall is the founder and medical director of the nationally renowned McDougall Program, a ten-day, residential program located at a luxury resort in Santa Rosa, CA -- a place where medical miracles occur through proper diet and lifestyle changes. Dr. McDougall has cared for thousands of patients over almost 3 decades of medical practice and has run a highly successful live-in program for more than 17 years. Dr. McDougall has developed a nourishing , low-fat, starch-based diet that not only promotes a broad range of dramatic and lasting health benefits such as weight (fat) loss, but most importantly can also reverse serious illness, such as heart disease, without drugs.

As with many leaders of public opinion, he often finds it necessary to challenge the accepted wisdom of the time, and was one of the first traditional physicians of the medical "establishment" to assert that adoption of a vegetarian diet can reverse unfavorable medical conditions such as heart disease. Medical research is now confirming this assertion. And slowly but surely, medical practitioners are accepting it.

Dr. McDougall is the author of several national bestsellers including: The McDougall Plan: 12 Days to Dynamic Health, McDougall's Medicine: A Challenging Second Opinion, The McDougall Program for Maximum Weight Loss, The New McDougall Cookbook, The McDougall Program for Women, and his latest ground breaking book, The McDougall Program for a Healthy Heart.

A graduate of Michigan State University's College of Human Medicine, he performed his internship at Queen's Medical Center in Honolulu, Hawaii, and his medical residency at the University of Hawaii. He is certified as an internist by the Board of Internal Medicine and the National Board of Medical Examiners.

To make it easier for people to eat well on the go, Dr. McDougall co-founded Dr. McDougall's Right Food's Inc., a producer of high quality vegetarian cuisine. The convenience meals are consistent with his health-supporting guidelines of 10% or less calories from fat, strictly vegetarian so there's no cholesterol, and no added oils. Dr. McDougall is the Chairman of the Company.

About 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.

About Doug Owens

In addition to helping hundreds of central Ohioans to get in optimal shape, Doug Owens has been training some of the top athletes in the country for over two decades. His clients have included Brady Quinn, Jody Shelley, James "Buster" Douglas and Alexander Zolkin.

Doug also has considerable experience in helping people who have sustained injuries to recover through fitness training. He has helped many people to recover who were given grim diagnoses by medical professionals.

Doug's interest in athletics started in high school – he was a member of the wrestling team, and played football and baseball. He was recruited to play football at Ohio State under Earle Bruce while he earned a degree in health and physical education.

After running health clubs and training facilities for several years, he opened Doug Owens Personal Fitness and Boxing in 1996, which is now part of The Wellness Forum family of companies.

Doug has developed a unique approach to fitness, which is effective both for individuals who want to achieve optimal health and athletes who are looking for a career. His program is a combination of proper weight training, aggressive conditioning, and flexibility, with a focus on dietary excellence as a means for optimizing performance.

About Mark Edds

Mark Edds is a licensed massage therapist who has developed a very unique technique that combines numerous body work modalities for relieving joint and muscle pain. His clients generally experience almost immediate improvement, and almost all of them are able to continue to participate in exercise and athletic activities while undergoing therapy with him.