Also Featuring... Graduation Day for students from
The Wellness Forum Institute for Health Studies

Featured speakers (bios on following pages)

Dr. Peter C. Gøtzsche, M.D.  Dr. Peter Breggin, M.D.
Dr. Richard Ablin, Ph.D.      D. Anthony Evans
Eileen Kopsaftis, P.T.        Dr. Janice Stanger, Ph.D.
Dr. Jeanne Stolzer, Ph.D.    Dr. Pamela A. Popper, Ph.D., N.D.
Celebrity Chef Del Sroufe

Also Featuring... Graduation Day for students from
The Wellness Forum Institute for Health Studies

Ticket prices (register now since prices increase regularly until conference day)

<table>
<thead>
<tr>
<th>Month Start</th>
<th>Month End</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 6</td>
<td>Apr 30, 2017</td>
<td>$269</td>
<td>$309</td>
</tr>
<tr>
<td>May 1</td>
<td>June 30</td>
<td>$289</td>
<td>$339</td>
</tr>
<tr>
<td>July 1</td>
<td>Aug 31</td>
<td>$309</td>
<td>$359</td>
</tr>
<tr>
<td>Sept 1</td>
<td>Oct 31</td>
<td>$349</td>
<td>$399</td>
</tr>
<tr>
<td>Nov 1-9</td>
<td></td>
<td>$399</td>
<td>$459 (subject to availability)</td>
</tr>
</tbody>
</table>

No partial tickets available, tickets cannot be shared or transferred at the conference. Absolutely no registrations at the door.

Ticket price includes three meals: Dinner on Friday, Lunch on Saturday, and a multi-course dinner on Saturday evening. All Meals are Vegan, Low-Fat, and Gluten Free.

CONFERENCE HOURS: FRIDAY 5:30-9:00PM, SATURDAY 9:00AM-10:00PM, SUNDAY 9:00AM-12 NOON

Additional Opportunities (descriptions provided on following pages)

Friday, Nov. 10th  1-4 PM: Eileen Kopsaftis, BS, PT, CAFS, CMI, NE "Move Without Pain"  $30.00
Sunday, Nov. 12th Lunch at Wellness Forum Health $8.95

Conference Location: DoubleTree Hotel (614) 885-3334
Special room rate for our conference attendees $93.00/night plus taxes - use code WF9
Hotel will provide complimentary airport shuttle service.

A signed registration form is required in order to reserve your ticket.

For hotel reservations call the DoubleTree Hotel 614- 885-3334
to obtain the special conference rate for the conference, use this link:
Additional Opportunities

**Move Without Pain with Eileen Kopsaftis**  
Friday Nov 10  
1:00PM-4:00PM  
$30.00

at the offices of Wellness Forum Health

Education, movement, and self-care techniques to resolve back pain, hip pain, knee pain, shoulder pain and more. A three-hour immersion in self-care that works.

- What creates back, hip, knee, and shoulder pain issues
- Introduction to Total Motion Release
- MELT Method Techniques to improve neurofascial efficiency
- Training in Move Without Pain
- Q and A

Got pain? Learn potential causes of back, hip, knee, shoulder pain and why it doesn’t get better. Become educated in three powerful self-treatment methods to restore your body to full pain-free function. Learn Total Motion Release which often eliminates pain in minutes by testing and treating motions throughout the body. Experience improved neurofascial efficiency with MELT Method techniques that rehydrate and decompress joints and fascial lines. Learn how to re-establish functional movement in all 3 planes of motion with Move Without Pain. You will leave with tools, including an official MELT Method Treatment Ball, and knowledge that works to self-treat pain and restore function that will last a lifetime.

**Sunday November 12 12:30PM Lunch at Wellness Forum Health**  
$8.95

Eat lunch with Chef Del, Dr. Pam, and some of our amazing speakers; or pick up your lunch to take on the road. A great way to end the conference!

**Option 1: Dine With Us**  
Southwestern Pasta Salad
Salad
Fresh fruit
Cookie

**Option 2: Lunch for the road**  
Mock Tuna Salad Wrap
Fresh Fruit
Blondie

**Speaker Bios**

**Peter C Gøtzsche** is co-founder and director of The Nordic Cochrane Centre. He is a specialist in internal medicine; worked with clinical trials and regulatory affairs in the drug industry 1975-1983, and at hospitals in Copenhagen 1984-95. With about 80 others, he helped start The Cochrane Collaboration in 1993, and established The Nordic Cochrane Centre the same year. Cochrane is the most independent medical research organization in the world, and he serves on the Cochrane Governing Board.

Dr. Gøtzsche has published more than 70 papers in "the big five" (*BMJ, Lancet, JAMA, Ann Intern Med and N Engl J Med*) and his scientific works have been cited over 25,000 times. He is also author of: *Deadly psychiatry and organised denial* (2015); *Deadly medicines and organised crime: How big pharma has corrupted health care* (2013); *Mammography screening: truth, lies and controversy* (2012), *Rational diagnosis and treatment: evidence-based clinical decision-making* (2007) He is the world's leader in InforMED Medical Decision-Making.
Peter R. Breggin, MD is known as "The Conscience of Psychiatry" for his many decades of successful efforts to reform the mental health field. His scientific and educational work provides the foundation for modern criticism of psychiatric drugs and electroshock (ECT) and he promotes more caring and effective therapies. He has been a consultant to the Federal Aviation Agency (FAA) on the effects of psychiatric drugs on pilots, and recently was the key expert witness in hearings before the U.S. Congress on psychiatric drug-induced violence and suicide in the military.

Dr. Breggin has authored more than 50 peer-reviewed scientific articles and more than 20 books including the bestseller Talking Back to Prozac (1994, with Ginger Breggin); Medication Madness: The Role of Psychiatric Drugs in Cases of Violence, Suicide and Crime (2008); Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families (2013); and Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions.

Dr. Breggin is a graduate of Harvard (with Honors) and Case Western Reserve Medical School. His psychiatric training included a Teaching Fellowship at Harvard Medical School. His private practice is in Ithaca, New York where he treats adults, couples, and families with children.

Richard Ablin, Ph.D., is a professor of pathology at the University of Arizona College of Medicine, Arizona Cancer Center and BIO5 Institute in Tucson Arizona. A pioneer in prostate cancer research and immunotherapy, Dr. Ablin discovered PSA in 1970 and for decades has fought against the misuse of his discovery for screening of prostate cancer. He helped to produce a documentary on the topic called The second Opinion. He authored a New York Times op-ed piece called “The Great Prostate Mistake” and is the author of The Great Prostate Hoax, which describes in detail how PSA testing became common practice even though it is not a marker for cancer.

D Anthony Evans appears in the hit film Food Choices. His incredible story inspires almost all who hear it to change their eating habits and provides hope, particularly to terminal cancer patients, many of whom have few viable options for treatment. Evans was diagnosed with neurofibromatosis at the age of six, a genetic disease that causes tumors to grow over the body, including in the brain, and on the spinal cord and nerves. A few years ago, he was told that he had a two-pound tumor on his spine that had coiled around his heart and lungs, and that it was most likely inoperable. Instead of giving up, he adopted a plant-based diet, started working out and through the help of a Chicago mentor, changed his outlook on life. While officially called a “terminal cancer patient” Evans worked out 5-6 hours per day, got stronger, found he needed less sleep and his youthful appearance was restored. Eventually he was told by his doctor that the tumor completely disappeared.

It has now been over five years since Evans was given six months to live. He says that cancer is the best thing that ever happened to him, stating "I’m stronger now than I’ve ever been, I’m faster than I’ve ever been, I look 10 years younger than everybody my age, and I’m just excited to share the information with the world."

Eileen Kopsaftis, MS PT is quite possibly the best physical therapist in the world. 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; nutritional support; and pain resolution. She has been making presentations at WFH conferences for many years, has helped dozens of members to regain their health, and worked on employer health programs with WFH.
Eileen teaches for The Wellness Forum Institute and heads the physical therapy program at Wellness Forum Health. She has developed a certification course for physical therapists which will be launched in 2018.

**Chef Del Sroufe is Executive Chef at Wellness Forum Foods and a full partner at Wellness Forum Health.** He is the best plant-based chef in the world, and a *New York Times* best-selling author. Del is the author of *Forks over Knives: the Cookbook*, on the New York Bestseller list for more than 30 weeks; *Better than Vegan*, the story of his struggle with weight loss and gain, and how he managed to lose over 200 pounds on a low fat, plant based diet and *The China Study Quick and Easy Cookbook*. His newest book is *The China Study Family Style Cookbook*. He teaches for The Wellness Forum Institute and is the creator of Wellness Forum Health’s Personal Chef Certification Course.

**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 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.

**Dr. Jeanne Stolzer** is a professor at the University of Nebraska, and a passionate and outspoken advocate for children. She teaches courses in infant, child, and adolescent development, and child and adolescent behavior. She is particularly interested in issues like ADHD, breastfeeding, and parenting, and has conducted extensive research on these and other topics. She has published numerous articles in medical journals, and regularly delivers presentations to academic and lay groups.

Dr. Stolzer is a frequent guest on radio shows and other media, where she discusses the negative consequences of psychiatric diagnoses in children and the inadvisability of medicating children with psychiatric drugs. She challenges the current medical model which views normal childhood behaviors into pathological conditions that require “treatment.”

**Dr. Pam Popper is a naturopath, an internationally recognized expert on nutrition, medicine and health, and the Executive Director of Wellness Forum Health.** The company offers educational programs for consumer and healthcare providers that facilitate evidence-base, collaborative and informed decision making for health-related matters.

Dr. Popper 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 book is *Food Over Medicine: The Conversation That Can Save Your Life*.

Dr. Popper is featured as one of the lead experts in a new documentary, *Food Choices*, which was released in September 2016, and is co-authoring the companion book for this film.