

**The National Health Association  
Presents An All-Star  
Whole-Foods Plant-Based Health Conference**



# The Health Science of PLANT-BASED LIVING

Friday, June 23 – Sunday, June 25, 2017

Cleveland Marriott East

26300 Harvard Road, Cleveland, OH 44122 • (216) 378-9191

## Our Powerful Faculty of Experts:



Joel Fuhrman, M.D.  
6x NY Times Best Selling Author  
Pres. Nutritional Research Foundation



Alan Goldhamer, D.C.  
Founder, TrueNorth Health Ctr.  
Co-Author, *The Pleasure Trap*



Stephan Esser, M.D.  
Co-Founder/Director  
Esser Health



Michael Klaper, M.D.  
Nutrition-Based Medicine  
Staff Phys., TrueNorth Health Ctr.



Frank Sabatino, D.C., Ph.D.  
Founder & Director  
Ocean Jade Health Retreat



Gracie Yuen, D.C.  
Founder  
Dr. Gracie's Wellness Center



Pam Popper, Ph.D., N.D.  
Executive Director  
Wellness Forum Health



Greg Fitzgerald, D.O., D.C., N.D.  
Founder and Principal of the  
Health for Life Centre



Cathy Fisher  
Author, *Straight Up Food*  
Cooking Inst., TrueNorth Health Ctr.

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# National Health Association Conference Schedule

## Friday, June 23, 2017

- 12:00 – 5:00 Registration
- 2:00 – 3:00 Yoga
- 3:00 – 4:00 Dr. Greg Fitzgerald—Why Modern Healthcare is Failing: Looking for Answers in All the Wrong Places!
- 4:00 – 5:00 Cooking Demonstration with Cathy Fisher
- 5:00 – 5:30 Meet and Greet with Mark Huberman
- 5:30 – 6:30 Dinner
- 6:30 – 6:45 Welcome to the Conference – President Mark Huberman
- 6:45 – 8:15 Dr. Joel Fuhrman – Principles to Maximize Longevity
- 8:15 – 8:45 Q&A with Dr. Fuhrman, followed by book signing

## Saturday, June 24, 2017

- 7:00 – 8:00 Yoga
- 8:00 – 8:45 Breakfast
- 8:45 – 9:45 Dr. Frank Sabatino – The Fountain of Youth: The Science of Healthy Plant-based Aging
- 9:50 – 10:50 Dr. Gracie Yuen – Unlocking Chronic Pain: The Mystery of the Trigger Point
- 11:00 – 12:00 Dr. Pam Popper – InforMED™ Medical Decision Making: Leads to Diet and Lifestyle Change.
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Dr. Alan Goldhamer – The 10 Most Important Actions to Insure Optimum Health
- 2:00 – 3:00 Dr. Stephan Esser – Plants, Brains and Feelings: The Science of Emotion and Eating
- 3:00 – 3:15 Break
- 3:15 – 4:15 Cooking Demonstration with Cathy Fisher
- 4:15 – 5:45 Dr. Joel Fuhrman/Interactive Seminar – Advanced Applications for Reversing Disease
- 5:45 – 6:05 Q&A with Dr. Fuhrman
- 6:05 – 7:15 Dinner
- 7:15 – 8:45 Dr. Michael Klaper followed by Q&A – Tending the Garden in Your Gut

## Sunday, June 25, 2017

- 7:00 – 8:00 Yoga
- 8:00 – 8:45 Breakfast
- 8:45 – 9:45 Dr. Stephan Esser – Plant-based Myths Busted: 2017
- 9:50 – 10:50 Dr. Gracie Yuen – Foundation Training/Core 4 (exercise class)
- 11:00 – 12:00 Q&A Panel: (With all of the doctors)
- 12:00 – 12:45 Lunch
- 12:45 – 1:45 Dr. Frank Sabatino – Looking Good in Your Genes: The Epigenetic Benefits of Hygienic Plant-based Living
- 1:45 – 2:45 Dr. Alan Goldhamer – Fasting Can Save Your Life
- 2:45 – 3:00 Break
- 3:00 – 4:00 Dr. Michael Klaper – The Most Hopeful Trends in Healing Today
- 4:00 – 5:00 Dr. Pam Popper – Facts and Fiction of American Diet Craze
- 5:00 – 5:15 Wrap up with President Mark Huberman

# 2017 NHA Conference Speakers



## Joel Fuhrman, M.D.

**Joel Fuhrman, M.D.** is a board-certified family physician, six-time *New York Times* best-selling author and internationally recognized expert on nutrition and natural healing, who specializes in preventing and reversing disease through nutritional methods. Dr. Fuhrman coined the term “Nutritarian” to describe his eating style, which is built around a diet of nutrient-dense, plant-rich foods.

For over 25 years, Dr. Fuhrman has shown that it is possible to achieve sustainable weight loss and reverse heart disease, diabetes and many other illnesses using smart nutrition. In his medical practice, and through his books and television specials, he continues to bring this life-saving message to hundreds of thousands of people around the world.

In his hundreds of radio and television appearances, including *The Dr. Oz Show*, *The Today Show*, and *Good Morning America*, Dr. Fuhrman has educated millions of people on the long-range benefits of healthy eating. His four hugely successful PBS specials, which have raised over \$30 million for public television, bring essential nutritional knowledge to homes all across America.

Dr. Fuhrman is the author of six *New York Times* bestsellers: *Eat to Live* (Little Brown, 2003); *Super Immunity* (HarperOne, 2012); *The End of Diabetes* (HarperOne, 2013); *The Eat to Live Cookbook* (HarperOne, 2013); *The End of Dieting* (HarperOne, 2014) and *The End of Heart Disease* (HarperOne, 2016). To date, he has sold more than three million books.



## Alan Goldhamer, D.C.

**Alan Goldhamer, D.C.**, is the founder of TrueNorth Health Center, a state-of-the-art facility that provides medical and chiropractic services, psychotherapy and counseling, as well as massage and body work. He is also director of the Center’s groundbreaking residential health education program.

Articulate, inspiring and energetic, Dr. Alan Goldhamer is one of the most pioneering and dedicated visionaries in health today. An outspoken professional who doesn’t shy away from a spirited debate, he is deeply committed to helping people stuck in self-destructive cycles reclaim their ability to change their lives.

Dr. Goldhamer has supervised the fasts of thousands of patients. Under his guidance, the Center has become one of the premier training facilities for doctors wishing to gain certification in the supervision of therapeutic fasting.

Dr. Goldhamer was the principal investigator in two landmark studies. The first, “Medically Supervised Water-Only Fasting in the Treatment of Hypertension” appeared in the June 2001 issue of the *Journal of Manipulative and Physiological Therapeutics*. Its publication marked a turning point in the evolution of evidence supporting the benefits of water-only fasting. The second study, “Medically Supervised Water-Only Fasting in the Treatment of Borderline Hypertension,”

appeared in the October 2002 issue of the Journal of Alternative and Complementary Medicine.

Currently, Dr. Goldhamer is directing a prospective study, incorporating random assignment and long-term follow-up on the cost and clinical outcomes in the treatment of diabetes and high blood pressure with fasting and a health-promoting diet.

After completing his chiropractic education at Western States Chiropractic College in Portland, Oregon, Dr. Goldhamer traveled to Australia, where he became licensed as an osteopathic physician. He is the author of *The Health Promoting Cookbook* and co-author of *The Pleasure Trap: Mastering The Hidden Force That Undermines Health and Happiness*.



## Stephan Esser, M.D.

**Stephan Esser, M.D.**, is a physician, author and motivational speaker specializing in sports medicine and lifestyle modification. He is dedicated to empowering individuals to achieve their best health and maximize fitness, fun and function. Dr. Esser completed a Bachelor of Science at Palm Beach Atlantic University, Medical School at the University of South Florida College of Medicine, a residency in Physical Medicine and Rehabilitation at Harvard Medical School/Spaulding Rehabilitation Hospital, and a Fellowship in Sports Medicine at the Mayo Clinic in Jacksonville, FL. He currently works as the Sports & Spine Physician with Southeast Orthopedic Specialists in Ponte Vedra Beach, FL. Prior to his career in medicine he was a competitive tennis player, achieving a ranking of #1 in the US in Men's Open Doubles (2002).



## Michael Klaper, M.D.

**Michael Klaper, M.D.**, graduated from the University of Illinois College of Medicine in Chicago in 1972. He served his medical internship at Vancouver General Hospital in British Columbia, Canada and undertook additional training in surgery, anesthesiology, orthopedics and obstetrics at the University of California Hospitals in San Francisco.

As Dr. Klaper's medical career progressed, he began to realize that many of the diseases his patients brought to his office—clogged arteries (atherosclerosis) high blood pressure (hypertension), obesity, adult onset diabetes, and even some forms of arthritis, asthma, and other significant illnesses—were made worse, or actually caused, by the high-fat, overly processed Standard American Diet (SAD).

This prompted him to undertake a serious study of the link between diet and disease, eventually leading him to implement nutritionally based therapies in his practice. The results were dramatic. Nearly all of his patients who followed his dietary, exercise, and stress reduction programs soon became leaner and more energetic, while their elevated blood pressures and cholesterol levels returned to safer values. (In twelve weeks on this same program, Dr. Klaper's own cholesterol dropped from 242 mg/dl to 140mg/dl, while a 22-pound "spare tire" of abdominal fat melted away, all without dieting or calorie restriction.) He also observed that

many of the chronic diseases mentioned above improved or resolved completely, often allowing his patients to reduce or discontinue their medication entirely.

Dr. Klaper believes strongly that proper nutrition and a balanced lifestyle are essential for health and, in many cases, make the difference between healing an illness and merely treating the symptom.



## **Frank Sabatino, D.C., Ph.D.**

**Frank Sabatino, D.C., Ph.D.**, is a Chiropractic physician who also has a Ph.D. in cell biology and neuroendocrinology from the Emory University School of Medicine. The book of his original research on the effects of brain peptides on the regulation of reproductive hormones was published in 1988. While an assistant professor at the University of Texas School of Medicine, he did extensive landmark research on calorie restriction, stress and aging, and has published a number of major scientific papers in some of the most well-respected peer reviewed journals in the fields of cell biology, aging, endocrinology and neuroscience. He has also written numerous articles for lay magazines and journals in the areas of clinical nutrition, healthy weight loss, women's hormones, stress management, addiction and healthy aging.

Dr. Frank Sabatino is the past Health Director of the Regency Health Resort and Spa in Hallandale, FL where he cared for, lectured and inspired thousands of people over the past 24 years. He is currently the director of the Ocean Jade Health Retreat, in the quaint city of Lauderdale by the Sea, Florida. Ocean Jade is a vegan lifestyle education center specializing in plant-based vegan nutrition, health rejuvenation, stress management and therapeutic fasting and detoxification.

He has been featured in a variety of books, news articles, and cable TV programs including CNN. Dr. Sabatino is a past member of the prestigious Brookdale fellowship in Gerontology and Aging. As a member of the International Association of Hygienic Physicians, he is also widely recognized as an expert in water-only fasting and integrative health care. His DVD Program and recently completed book: 'WEIGHTLESS: Compassionate Weight Loss for Life' promote the most comprehensive plant-based solution and lifestyle strategies for solving the pandemic of obesity. He is also a proponent of Oriental energy arts and a long time teacher and student of tai-chi and qi gong.



## **Gracie Yuen, D.C.**

**Gracie Yuen, D.C.**--Her journey to become a health professional began in the 90's when she watched in amazement as her own body overcame multiple long-standing health challenges as the result of making significant dietary and lifestyle changes, including fasting. Stunned by her newfound health, she sought a way that she could help others relieve unnecessary suffering.

This led Dr. Yuen to complete her undergraduate training with a B.S. in Nutritional Sciences from the University of Wisconsin-Madison, where she graduated with

distinction in 2003. Her senior thesis explored high-protein intake, calcium balance and osteoporosis. She then went on to pursue a Doctor of Chiropractic Medicine degree at the National University of Health Sciences where she graduated cum laude in 2010. Dr. Yuen came to TrueNorth as an intern in fasting supervision in 2011, and joined the staff in 2012. She left TrueNorth this past year to open her own water fasting and chiropractic center on eight quiet acres in Amish Country in West Farmington, Northeast Ohio called Dr. Gracie's Wellness Center.

Dr. Yuen enjoys helping people, especially older individuals. She helps people decrease pain and increase mobility by using chiropractic care, including soft tissue techniques, as well as encouraging her patients to improve their lifestyle to regain their health. Dr. Yuen understands how difficult the journey can be, but is convinced the rewards are well worth the effort.



## **Pam Popper, Ph.D., N.D.**

**Pam Popper, Ph.D., N.D.** 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 to both consumers and providers that facilitate informed medical decision-making, diet and lifestyle intervention, and improved long-term health outcomes. Through its own network of providers, Wellness Forum Health offers direct-to-consumer healthcare services.

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. Dr. Popper was one of the health care professionals involved in the famed Sacramento Food Bank Project, in which economically disadvantaged people were shown how to reverse their diseases and eliminate medications with diet.

Dr. Popper 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 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.

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, and has testified twice in front of the USDA's Dietary Guidelines Advisory Committee.

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.



## **Greg Fitzgerald, D.O., D.C., N.D.**

**Dr. Fitzgerald** is an Osteopath, Chiropractor and Naturopath from Sydney, Australia who was mentored as a Hygienic Physician by the late Dr. Alec Burton. He is a member of the International Association of Hygienic Physicians and a Life Member of the NHA. He is the founder and principal of the Health for Life Centre and has been in practice since 1983. He concurrently runs The Cronulla College of Natural Therapies which was the first college of its type in his area. AT the College, members of the public, other practitioners and medical doctors attend his informative and entertaining lectures on nutrition and its relation to health. Dr. Fitzgerald is a prolific speaker on the health circuit, having addressed audiences both at home and abroad. He has written many articles for various health publications including the Australian Natural Health Society and the NHA. As part of his mission to educate the public, Greg has also produced CD's and DVD's on subjects such as osteoporosis, immunity, fasting & digestive disorders. He and his wife, Dawn, run very successful health programs entitled "21 Days to Transform Your Health". They have three children, all of whom have been raised along the principles Greg teaches his patients and students. Dr. Fitzgerald is thrilled to be returning to an NHA Conference after nearly 30 years—and this time with his wife, Dawn, and daughter, Emily



## **Cathy Fisher**

**Cathy Fisher** is a cooking instructor a TrueNorth Health Center and the McDougall Program, both located in Santa Rosa, California. She is the author of the recently published cookbook, *Straight Up Food*, full of recipes and information on eating a whole-food, plant-based diet free of added salt, oil and sugar. The book has ample color photos and is spiral bound for easier use. The book can be ordered on the NHA Website and will be on sale at the upcoming NHA Conference.

# Discover the Health Science of Plant-Based Living.

- ✔ **Hear inspiring lectures** by some of the top experts in the whole-food, plant-based health movement.
- ✔ **Get your questions answered** on all aspects of health.
- ✔ **Attend cooking demonstrations** presented by Cathy Fisher, author of the ground-breaking new cookbook, *Straight Up Food*. Learn valuable cooking tips, discover new recipes and taste wonderful samples!
- ✔ **Enjoy delicious vegan, gluten-free meals** that are whole-food, plant-based and prepared without added salt, oil or sugar.
- ✔ **Participate in a variety of relaxation and fitness activities** that will make your weekend a total mind and body experience.
- ✔ **Socialize with other attendees** and reunite with friends while making new ones from all over the country and around the world—all united in their commitment to following the healthiest lifestyle on the planet.
- ✔ **Become part of history!** Believe it or not, NHA Conferences date back to 1949, when attendees gathered at the Diplomat Hotel in New York City—the first true whole-foods, plant-based conference of its kind!

*Everything you need to know to adopt, live, and love the healthiest living program on the planet.*



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