

# Register Now to Attend the 2019 NHA Conference



**Celebrating Our 71st Year!**

## The Health Science of **PLANT-BASED LIVING**

**Thursday, June 27 – Sunday, June 30, 2019**

*Advocating the Gold Standard of the Whole-Food, Plant-Based Diet & Lifestyle Since 1948*

**Cleveland Airport Marriott • 4277 W. 150th St., Cleveland, OH 44135 • 216-252-5333**

### **Our All-Star Lineup of Speakers!**



Neal Barnard, M.D., F.A.C.C.  
Barnard Medical Center  
President Physicians for  
Responsible Medicine



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



Frank Sabatino, D.C., Ph.D.  
Director, Balance For Life  
Retreat Florida



Nathan Gershfeld, D.C.  
Director, Fasting Escape Retreat  
Center, Yorba Linda, California



Chef AJ  
Author, *Unprocessed*  
*The Secrets to Ultimate Weight Loss*



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



Victoria Moran  
*Main Street Vegan* Author and  
Podcaster; Director  
Main Street Vegan Academy



John Pierre  
Nutrition and  
Fitness Consultant



Mary-Louise Burt  
E-RYT 500  
Certified Yoga Instructor

*Everything you need to know to adopt, live, and love the healthiest program on the planet – and the most delicious and nutritious meals you will ever eat!*

**Don't  
Miss Out!**

**REGISTER ONLINE:  
[WWW.HEALTHSCIENCE.ORG](http://WWW.HEALTHSCIENCE.ORG)  
OR BY PHONE: 330-953-1002**

**Includes all  
6 meals!**

**Conference Pass Only \$575**

**Book your room at the Marriott online or at 216-252-5333 for \$89 per night.  
Mention conference code "NHA 2019"**

**\*\*Registrations are refundable until 45 days prior to the Conference but are subject to a \$50 non-refundable cancellation fee.**



Jay Cohen  
RYT 500  
Certified Yoga Instructor



**National Health Association**  
Publisher of *Health Science Magazine*

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# 2019 NHA Conference Schedule

## Thursday, June 27, 2019

- 2:00 – 6:00 Registration  
4:00 – 5:00 Yoga with Michelle Vakili – Rockefeller Room (2nd floor)  
5:00 – 10:00 Dinner on your own (NHA Menu available – Amp 150)  
6:30 – 7:00 Appetizers by Vitamix – Great Lakes Ballroom  
7:00 – 9:30 Documentary: The Game Changers OR Diet Fiction, followed by Q&A with Drs. Pam Popper, Greg Fitzgerald, Nathan Gershfeld, and John Pierre – County Ballroom

## Friday, June 28, 2019

- 6:00 – 10:00 Breakfast on your own (NHA Menu available – Amp 150)  
7:00 – 8:00 Yoga with Michelle Vakili – Rockefeller Room (2nd floor)  
8:10 – 9:10 Fall Prevention and Balance Training with John Pierre – Rockefeller Room (2nd floor)  
8:00 – 5:00 Registration (Exhibit Area Open)  
9:30 – 12:30\* Optional Excursions: **Cleveland Trolley Tour** (\$30 can be paid on NHA website under "donation" or Call 330-953-1002), **Rock-N-Roll Hall of Fame** (tickets can be purchased online or at the door) Transportation is available via the train station (which is walkable from the hotel) or by calling Uber  
9:30 – 11:30 Guided Hike to Cleveland Metro Park with Mike Gullo and Dr. Victoria Li  
11:00 – 1:00 Lunch on your own (NHA Menu Available – Amp 150)  
1:30 – 1:45 Conference Highlights by Conference Chair Wanda Huberman  
1:45 – 2:45 Dr. Greg Fitzgerald: "The 5 Keys to Stop Falling Apart in 21 Days"  
2:45 – 3:45 John Pierre: "Love and Compassion: The Universal Antidotes"  
3:45 – 4:15 Break/Stretch  
4:15 – 5:15 Dr. Nathan Gershfeld: "Balance: Living Healthy in an Unhealthy World"  
5:20 – 6:40 NHA Dinner  
6:45 – 7:00 Welcome by President Mark Huberman  
7:00 – 8:15 Keynote speaker: Dr. Neal Barnard: "Avoiding Alzheimer's: Power Foods for the Brain"  
8:45 – 9:30 Restorative Yoga with Mary-Louise Burt – Rockefeller Room (2nd floor)

## Saturday, June 29, 2019

- 6:30 – 8:00 Hiking with Mike Gullo and Dr. Victoria Li  
7:00 – 8:00 Yoga with Jay Cohen – Salon D (2nd Floor)  
7:00 – 8:00 Exercise to Fine Tune the Brain & Nervous System with JP – Rockefeller Room (2nd floor)  
8:00 – 8:55 NHA Breakfast  
9:00 – 10:00 Dr. Pam Popper: "The Censorship Mentality: Scientific Fraud and Academic Freedom in Health Care"  
10:00 – 11:00 Dr. Neal Barnard: "A Nutritional Approach to Type 2 Diabetes"  
11:00 – 11:30 Break/Stretch  
11:30 – 12:30 Dr. Frank Sabatino: "The Impact of Stress on Health, Disease, Aging and Weight Loss"  
12:35 – 1:25 NHA Lunch  
1:30 – 2:30 Dr. Stephan Esser: "Autoimmune Disease: Quelling the Fire Within"  
2:30 – 3:30 Dr. Alan Goldhamer: "The Transformation of Clinical Fasting from Quackery to Cutting-edge Research"  
3:30 – 4:00 Break/Stretch  
4:00 – 5:00 Panel Discussion: "The Ethical Imperative: Eating for an Enlightened World," with Dr. Frank Sabatino, Victoria Moran and John Pierre  
5:00 – 6:00 Chef AJ "Ten Commandments for Overcoming Your Weight-loss Obstacles"  
6:05 – 7:10 NHA Dinner  
7:15 – 8:30 Dr. Joel Fuhrman: "Applying Principles of Human Longevity to Slow Aging"  
8:45 – 10:00 Talent Show hosted by Mark Epstein  
9:15 – 10:00 Restorative Yoga with Mary-Louise Burt – Rockefeller Room (2nd floor)



# 2019 NHA Conference Schedule

## Sunday, June 30, 2019

- 6:30 – 8:00 Hiking with Mike Gullo and Dr. Victoria Li
- 7:00 – 8:00 Yoga with Jay Cohn – Salon D (2<sup>nd</sup> Floor)
- 7:00 – 8:00 Agility Skill & Coordination Training with John Pierre – Rockefeller Room (2<sup>nd</sup> floor)
- 8:00 – 8:55 NHA Breakfast
- 9:00 – 10:00 Dr. Frank Sabatino: “Plant Exclusive Nutrition and the Gut-Brain Connection: The Impact on Inflammation, Heart Disease, Cancer Anxiety and Depression”
- 10:00 – 11:00 Dr. Stephan Esser: “The Intersection of Orthopedic Medicine, Movement and Nutrition: Why What You Do and How You Move Affects Your Orthopedic Health”
- 11:00 – 11:30 Break/Stretch
- 11:30 – 12:30 Dr. Joel Fuhrman: “Cooking Techniques and Recipes for Great Health”
- 12:35 – 1:25 NHA Lunch
- 1:30 – 2:30 Chef AJ Cooking Demonstration
- 2:30 – 3:30 Victoria Moran: “Plant Based Living for Slow Motion Aging”
- 3:30 – 4:00 Break/Stretch
- 4:00 – 4:45 Q&A Fasting with Dr. Alan Goldhamer, Dr. Gracie Yuen and Dr. Nathan Gershfeld
- 4:45 – 5:30 Dr. Greg Fitzgerald: “How Relevant is Natural Hygiene in Our High-tech Medicalized World?”
- 5:30 – 5:45 Conference Wrap-up with NHA President Mark Huberman
- 6:00 – 10:00 Dinner on your own (NHA Menu available – Amp 150)

## Monday, July 1, 2019

- 6:00 – 10:00 Breakfast on your own (NHA Menu available – Amp 150)