

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
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*

Sponsor:



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Phone: 330-953-1002 • Fax: 330-953-1030 • info@healthscience.org • www.healthscience.org



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 Victoria Moran: "Plant Based Living for Slow Motion Aging"
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 (2nd Floor)
- 7:00 – 8:00 Agility Skill & Coordination Training with John Pierre – Rockefeller Room (2nd 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 John Pierre: “Love and Compassion: The Universal Antidotes”
- 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)