

spotlight on members

Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to the NHA Health Program. If you're interested in sharing your own story, we'd love to hear from you. Please email essays of around 500 words, and one or two photos, to info@healthscience.org.

Robin Brunk, MSN, BSN, RN Eldorado, OH

In June, 2018, I attended the National Health Association conference, where Jon McMahon was a featured speaker. I had watched Jon's *iThrive* docuseries sharing his transformative story from a near-death experience to one of health, thriving, and living life to its fullest potential. I wanted to find out more about his journey and the credibility of his sources.

The conference immersed me in the whole-food, plant-based lifestyle. I experienced delicious meals, was astonished by the diverse group of presenters, and found inspiration in the attendees' personal stories. I wanted to learn more about the whole-food, plant-based diet, the science behind

Health Sciences. I am passionate about health prevention and education, so selecting developing a WFPB education seminar for my DNP scholarly project seemed like a natural fit.

During my project, I collaborated with Dr. Robert Melashanko, M.D., and practice partner, Kettering Health Network of Dayton, Ohio. My project evaluated the effectiveness of whole-food, plant-based education by measuring the participants' knowledge, perception, and likeliness to

adopt a WFPB diet. The results showed that the education was effective: the participants reported they were more likely to change their lifestyle and follow whole-food, plant-based nutrition. Raising awareness and educating individuals so they can make informed decisions about their health is crucial for preventing

and reversing illness while decreasing health care costs.

I am excited about my DNP scholarly project results! Moving forward, my plan is to share the whole-food, plant-based education seminar as a community outreach initiative in collaboration with Kettering Health Network. Currently, I'm working with local churches, educating interested members on how to change to WFPB nutrition. I am looking forward to attending NHA's 2020 conference to learn more, share with others, and enjoy living the whole-food, plant-based lifestyle.

If you would like to read Robin's scholarly project manuscript for her Doctor of Nursing Practice degree, please email info@HealthScience.org.



Robin Brunk, before and after adopting a healthy diet.

why it worked, and why traditional medicine did not practice it.

Over the next few months, I scoured sources of information about whole-food, plant-based nutrition. The more I scrutinized the material, the more convinced I became of the healing power of plants. I started adopting more of the WFPB approach to food. I started to change physically, mentally, and emotionally, and I saw the positive results. My family noticed the changes, too; they started asking questions, and I gladly shared what I'd learned.

During this same time, I decided to finish my doctoral work and complete my Doctor of Nursing Practice (DNP) degree with Northern Kentucky University. I am a registered nurse, and I teach nursing at Indiana University East School of Nursing and

Bernice Kinsler Sun City, FL Living Life and Giving Back

I was 38 when my mother died of colon cancer at the too-young age of 64. I was determined not to suffer the same fate and set out to educate myself on the best diet and lifestyle. I was living in Miami Beach at the time and heard about this great doctor in Lake Worth, Florida, by the name of William Esser. I found out that he lectured every Sunday morning

at his Health Ranch about how a natural hygiene diet (what they now call a "whole-food, plant-based diet") could help one stay well and free of disease. My late husband, Hal, and I went to hear him every week for years, and what was amazing to us is that he never charged a dime for anyone to attend. Dr. Esser told us about the NHA (then called The American Natural Hygiene Society) that he helped found, and I have been supporting this great organization and coming to its conferences ever since. After discovering Dr. Esser, I adopted a 100% whole plant-based diet and have never wavered. I am 90 years of age, practice tai chi, still drive locally, and live a full life. I always look forward to receiving each issue of *Health Science* magazine, and I particularly love reading the stories of people who have enlightened themselves to this lifestyle and have gotten well. I regularly donate to the NHA, since I think it's important to give back to organizations that have given so much to me and to others. I hope to see everyone at the 2020 NHA Conference! 



Bernice and her son at the NHA Conference.