



2011 NHA Healthy Living Conference

Regency Health Spa
September 22-26, 2011
Hallandale Beach, Florida

Welcome to our 60th Conference!

On behalf of the members, officers, and staff of the National Health Association, we welcome you to the 60th Annual NHA Healthy Living Conference.

Much has changed since the early conferences, but our message has remained the same, "Health Care is Self Care."

This exciting gathering offers you a tremendous opportunity to expand your knowledge. The total Conference experience will renew and reaffirm your commitment to healthful living and inspire you to become a shining example of health and happiness.

We urge you to make this event a turning point in your life. If you are new to the National Health Association, make this a great beginning. If you are already

knowledgeable about healthful living, let this Conference be a time of growth and enlightenment.

We are deeply indebted to all of the speakers: Drs. Nejla and Alec Burton, Dr. Stephan and Tiffany Esser, Dr. Paul Goldberg, Dr. Michael Greger, Joy Gross, Dr. Susan Smith Jones, Dr. Michael Klaper, and Dr. Frank Sabatino, who have given so generously of their time and expertise.

We want to thank everyone who helped to make this Conference a truly special event: our Sponsors (*see back page*), the NHA Board of Directors, Nick Dejnega, Chef John Nowakowski and the entire staff of the Regency Spa.

Best wishes for a memorable Conference!

Jerry Deutsch
NHA President

Lynn Grudnik
NHA Executive Director

National Health Association Conference Program

September 22-26, 2011 • Regency Health Spa • Hallandale Beach, Florida

Thursday, September 22

2:00-5:00 Registration and Check in

EVENING

5:30-7:00 Dinner

7:30 President's Welcome
Jerry Deutsch, NHA President

The Latest in Human Nutrition 2010
Michael Greger, M.D.

Friday, September 23

MORNING

7:00 Fitness Walk on the Hollywood Beach
Broadwalk
(Meet in parking lot by the vans at 7:00 am)

8:00-9:00 Breakfast

9:15-10:00 The Latest in Human Nutrition 2011
Michael Greger, M.D.

10:15-11:00 What Happens When You Fast?
Alec Burton, M.Sc., D.O., D.C.

11:15-11:45 Question & Answer Session I
Alec Burton, M.Sc., D.O., D.C.
Michael Greger, M.D.

or

11:15-12:00 Aqua Fit and Fun in the Pool
Maria Ward
(Meet by the pool)

AFTERNOON

12:00-1:45 Lunch

2:00-2:45 Exploiting Your Biological Clock
Nejla Burton, M.Sc., D.O., D.C.

3:00-4:00 Food Demo Presentation
Chef John Nowakowski
featuring Raw Avocado Gazpacho Soup, Gluten-Free Tabbouleh and Watermelon Birthday Cake

4:00-4:15 Stretching Exercises
Tiffany Esser, CPT

4:30-5:15 Stroke: Is It All in Your Head?
Stephan Esser, M.D.

EVENING

5:30-7:00 Dinner

7:30 Discover the Fountain of Youth:
The Science of Healthy Aging – Part I
Frank Sabatino, Ph.D., D.C.

Saturday, September 24

MORNING

7:00 Fitness Walk on the Hollywood Beach
Broadwalk
(Meet in parking lot by the vans at 7:00 am)

or

7:30 Yoga by the Pool
Tiffany Esser, CPT
(Meet by the pool)

8:00-9:00 Breakfast

9:15-10:00 Discover the Fountain of Youth:
The Science of Healthy Aging – Part II
Frank Sabatino, Ph.D., D.C.

10:15-11:00 Oh, Those Aching Joints:
Knee and Back Pain
Stephan Esser, M.D.

11:15-11:45 Question & Answer Session II
Stephan Esser, M.D.
Frank Sabatino, Ph.D., D.C.

or

11:15-12:00 Heart Happy Aerobics in the Pool
Alexandra Leifschutz
(Meet by the pool)

AFTERNOON

12:00-1:45 Lunch

2:00-2:45 The Power of Choice: Surefire Steps to
Live a Balanced and Joyful Life
Susan Smith Jones, Ph.D.

3:00-3:45 All-Women's Panel
Tiffany Esser, CPT
Joy Gross
Susan Smith Jones, Ph.D.

4:00-4:45 Connect to the Earth
Paul Goldberg, M.P.H., D.C., D.A.C.B.N.

5:00-5:45 Tai Chi
Frank Sabatino, Ph.D., D.C.
(Meet by the pool)

EVENING

5:30-7:00 Dinner

7:30 Sense and Nonsense in
Current Nutritional Ideas
Michael Klaper, M.D.

Special Tribute

A Salute to Life and Century Club Members

Each year at this time, we salute this very special group of people, without whose support and dedication NHA could not have accomplished many of its vitally important educational projects.

Life Members

A Sharon Aardema; Jack D. Abadi; Mrs. Ruth W. Achauer; Sue Claire Alexander; Vartkess Alexanian; Pam, Bob & Olivia Allen; Andrew I. Anderson; Henry L.N. Anderson, Ed.D.; Fran Anzelmo; April A. Arena; Gerald L. Asher; John & Kathleen Audretsch; Zarin Azar, M.D.

B William & Arlene Baasel; Maryse Bader Smith; Michel Bader; Katherine Baker; Larry & Elizabeth Baker; Rosalind Baker & Patrick Mahoney; Keith & Phyllis Baldwin; S. Joseph Bankoff; Arthur Barr; Donald F. Barrett; Hy & Wes Barrett; Karen Barron; Gerald Bartiromo; Zigmund & Eileen Barton; Mary Bean; Judy Becker; Everard F. Belfon; Sherry Berger; Veda C. Berryhill; Lois Bertani; Janet Bertman; Rodolfo C. Feijoo Bertolino; Richard M. Binder; Bill Biratsis; Simon Bloom; Seymour & Kathy Bonem; Glory E. Borgeson; Irene Boscoe; Lois J. Bowman; Mrs. Luise Braunmueller; Patti Breitman & Stan Rosenfeld; Darryl Briscoe; Sondra Brody; Harry A. Bromley; Nathaniel Bronner; Nathaniel Bronner III; Larry Brooks; Dorothy Brosious; H.B. Brown, Jr.; Wilson H. Brownell; J. Robert Buckley; Steve & Virginia Buttermore; Drs. Alec & Nejlá Burton

C Jeff Caldwell; Mike Calhoun; Donald Capone; Guy Carbone; L.J. Carnuccio; Lori & Robert Carone; Adele Carson; Cory Carson; Arax Charkoudian; Keith Christensen; Ralph C. Cinque, D.C.; Gerry Coffey; Debbie Cogan; Patricia and Chris Coleman; Dorothy Combs; Karen Cote; Drs. Peter

& Theodora Coumentakis; Anton Curl; Susan Curnow; Fred A. Cynar

D Michael Davis; Patricia Davis, Ph.D.; Val De Feo, D.C.; Fortune Debbah; Sheri L. Dennison; Chris Deutsch; Gerald & Lynne Deutsch; Murray Deutsch; Jack & Mary deVille; Agnes M. DeYoung; Harvey Diamond; Marilyn Diamond; David Diamondstein & Anita Laukkanen; Jean F. Doherty; Jeanne Dolan; Joscelyn Donnelly; Sander H. Dorfman; Stuart Douglas; Karin M. Duersch; Bill Dunn; Paula & Gregg Duvall; Arthur Dworin; Chris Dzury; Stefan Dzwonnik

E Carreen Eade; Allan Eisenkraft; Martha Eldred; Craig R. Ellis; Roy B. Ellis; Dr. & Mrs. Bernard Epstein; Diana Epstein; Lianne Epstein; Mark & Julia Epstein; Max Epstein; Nikolas Epstein; Rosalind Epstein; Dr. Stephan and Tiffany Esser; Jim & Maxine Evans; Joseph R. Everett

F Dr. & Mrs. Robert Feinberg; Lois Felder; Gai L. Fernelius; Margaret Mary Filon; Arthur Fingerman; Barry Fishman; Dr. & Mrs. Greg Fitzgerald; Kate Florio; Dorothy Ford; Edward E. Ford; Sam Formicola; Eleanor Fox; Dean Fraley; Morton Friedland; Ben & Patsy Frizzell; C. Christopher Fuerst

G Carmela Gallucci; Frederick Gasser; Douglas & Pamela Gerry; Sheri Diane Glazier; Alan Goldhamer, D.C. & Jennifer Marano, D.C.; Irene S. Goodkind; Nancy Goodman; Maggi Gough; Doug Graham, D.C.; Murray Gray; Joan Grealis; Michael Griffith;

Joy Gross; Bruce Grower; Nelya Groob; Bud & Lynn Grudnik; Melvin J. Guthman; Geri Guwang; Marianne H. Gymer

H Lauren Hacker & Mike Speedling; Elfa Holloway; Carole B. Hamlin; Dr. & Mrs. Thomas Hand; Gregory R. Hantak; Jill Harrington; Wendy & Bill Harris; Daisuke Hayashi; Joan Heins; Marcelle Helfenstein; Helena Henn; Ken Hennessy; Patrick Henry, III; Carole Herbon; Ana B. Herrera; Linda Hiebert; Linda Hiemstra; Carmen R. Higginson; Jan Hill; David Hirai; Martin & Vera Hirschhorn; Harold Hoffman; Barbara & Bill Hoogerwerf; Catherine A. Horne; Julie & Linzy Hotz; Richard M. Howard; Patricia A. Howley; Heather Huberman; Lisa Huberman; Mark & Wanda Huberman; Ruth Huberman; Charlie & Carol Huff; Scott Hunter

I Juana M. Infante
Lorne Iverson

J Charles D. Jaffee; Sandy Jarrett; Irene C. Johanson; Cathy Jones; Susan Smith Jones, Ph.D.; Johannes Jorgensen

K Elaine Kane; Milton Katz; James J. Kay; Marilyn Kellar; Virginia Kelleher; Barbara & Tim Kennedy; Jennifer Kepner; Murray Kessin; Claire & Jonas Kessler; George & Kathy Kiehn; Ann Marie Kim; David & Dawn Kimble; Scott & Shari Kissane; Dan Kittrell; Gordon Koller; Zinnia Konviser; Ron Koory; Oscar & Eileen Kopew; Marta M. Koven; Benno Krachler

L Georges N. Lacroix; Peter Laroche; Dr. Boo Law;

Mrs. Lea Lax; Gertrude Laxer; James Leahy; Charlotte Leib; James Michael & Susan Taylor Lennon; Barbara T. Lewis; Charles Lewis; Mary Liro; David Livingstone; Bill & Ruth Lobdell; Beverly & Walter Lomax; Mrs. Mary Longner; Cesar Lopez; Bob & Suzanne Louden; Cheri Lynne; Howard Lyman

M Casimer Macewicz; Dr. Gerard & Susan MacPhee; William J. Maier; Dr. Eugene I. Majerowicz; Michele M. Makrucki; Bob Markus; Natalie & William Mauskopf; Jim & Jody Martin; Elvio Mase; Mamiko Matsuda; Patricia Mau; Omi Oehme May; Bill Mayhugh; John Mayo; Brad McDonald; Bertram McFarlane; Michael & Shaun McLean; Eion & Jean McRae; Rosslyn McLeod; Joseph J. Mellon; Neal Mermall; Martin & Anne Meyer; Rajko Milic; Bernice G. Miller; Doris B. Miller; Helen B. Moore; Christopher Moran, D.C.; Ralph L. Morgan; Barbara L. Mueller; Richard & Lynn Murdock

N Robert B. Naft; Mrs. Deborah Nash; Sharon Neumann; Koidula Neville; Cliff & Shirley Nibbelin; David Norman; Jeff Novick; O.H. Nowotny; Annemarie Nussli

O Margaret O'Leary; Jules Oaklander, D.O.; Jeanna D. Ochsner; Elisabeth Oldaker; Larry Oliphant; Russell Olson; Jodi O'Neill; Stu Ostler & Ronn Gladwin; Jean & Bradley Oswald

P Lisa & Steven Palamar; Joseph E. Panos; Hali & Ellana Panzak; Joseph A. Panzera; Dr. & Mrs. James S. Panzetta; Mrs. Margie Parks;

Life Members *(continued)*

Nicholas Pastor; Lawrence E. Patrick; Martha Peach; Al Pedersen; Michele Lynn Perez; Mr. & Mrs. Richard Perl; Ms. Daryl Perry; Nancy Peterson; Georgia Phelts; Polly Phipps; Wayne Pickering; Martin Pochedly; Grace Poliner; William A. Poole; Hank & Mary Ann Poor; Margaret A. Porcelli; Danny Poscoliero; Trina Post; Cynthia Price-Glynn; Helen Prokop; Lori Pruden

R Margie Ragan; Rita I. Rainwater; Suresh Rath; Helen Reed; Daniel Regan; Irving & Marion Reinbold; Roslyn Reynolds-Brescia & William Brescia; Don M. Richard; Jack & Hazel Ring; Dorothy G. Robinson; Sally Robyn; Hector O. Rodriguez; Ruby Romesburg; Lauren Rosenstadt; Florence Roth; Tawnya Rowden; Clarice Rule; Sinda Ruzio-Saban

S Trevor K. Salloum, N.D.; Melvin Salwasser; Mrs. Joyce P. Sanders; Peter R. Sanders; Michael Sawyer; Donald Schmitz; Ruth Schoenfeld; Mona Schonbrunn; Elaine Schuler; Dr. D.J. Scott; Sidney Secular; Virginia F. Sender; Judith Shuter; Keki Sidhwa, N.D., D.O.; Terry Siemens; Natividad Casado Sierra; Suzanne Silver; Blanche Singer; John R. Singleton; Rosemarie Sinsheimer; Louis E. Siravo; Harriet Skapinsky; Ina Sky; Ann Smagaj; Patricia L. Smith; Warren E. Smith; Glenn E. Snyder; Judith Solomont; Barbara & Donald Songer; Ralph & Susan Staffier; Hannah Stafford; Henri Steenaart; Domenica Steinbaugh; Josh Steinhauer; Hartmut Stelling; Mildred Julius Stevens, M.D.; Dale M. Stewart; Linda Sticco; Larry & Mary Alice Stoops; Edith Storch; Marlene Stry; Betty

Styer; Christina, Andreas, & Kalina Suter; Dr. Abraham & Bobette Szyller

T Thomas & Grace Tate; Pat Taylor; Chris Thayer; Elke Thuerling & John Bartlett; Max Thum; Velma Tinkler; Mary S. Townsend Young; Rita Trouton; Angeline Rose Troy; Mrs. Elaine Troy; Jeffrey Tucker

U Lesley Urquhart

V Esther Van Der Werf, Joan van Heyningen; Richard L. Vance; Margaret Vitch

W Earl & Ellen Walker; Helmut Wandmaker; Mr. & Mrs. James Wankum; Jack & Anne Warfield; Herb Weinstein; Barbara Wellbeloved; Margaret E. West; Pamela Sue West; Valerie West; E.P. White;

Holly & Craig Whitman; Carl Wilson; Eleanor & Edgar Wilson; Luci Wing; William Wolf; Ed Woods; Bill Woytowich; Robert E. Wynman, D.D.S.

Y Ted & Doris Yoder; Mr. & Mrs. J.L. Young; Alexander Yuan, D.C., N.D.

Z Brian and Renee Zimick; Philip Zuckerman; Louis Zweig

Century Club Members

A Mr. & Mrs. David Alexander; W.G. Anthony

B Dr. Karen Bates; Bon Secours Hampton Roads

C Eleni L. Carter; Mark D. Chesnut; Carol Collins

D Myra Delzeit; Joyce Ann Demorest; Diane Denney, Ph.D.; Pamela Doubleday

E Regina & James Eldred; Ayhan Eyikan

F Dorothy Fox; Jacqueline French

G Jan Grillos

H Marilyn Haggerty; Amber Harris; Sebecha Henry; John Hung

K Bernice Kinsler; Jim Kowalski

L James Douglas Lamont; David A. Leffel; Dr. Kevin L. Lenahan; Karyn Levana

M Joan & Terry Maples; Carol Tara Melzer

N Margi Napoli; John Nowakowski

O Harold Odom; Teresa Ohmit

P Mary Papavasiliou; Al & Lori Perry

R Gail Roberts; Paula Russell

S Andreas Sadil; Barbara Seltzer; Rose Ann Skirha; Trudy Spangler; Daniel H. Spatz, Jr.; Bernadette Stech

T Kathleen Terhune

U Chaya Unger

V Danielle Vakoutis; Diane Valente; Dr. Albert & Christine Vick

W Michael & Rachel Weaver; Will Weber; David Weston; Alva C. Williams; Lynda Williams

Y R.A. Young

Members who become Life and Century Club members at the 2011 Conference will be listed in the Life and Century Club Tribute in the Fall 2011 issue of Health Science magazine.

If you are a Life or Century Club member and your name does not appear, please notify us.

National Health Association Conference Program

September 22-26, 2011 • Regency Health Spa • Hallandale Beach, Florida

Sunday, September 25

MORNING

- 7:00 Fitness Walk on the Hollywood Beach Broadwalk
(Meet in parking lot by the vans at 7:00 am)
or
7:30 Yoga
Tiffany Esser, CPT
(Meet by the pool)
- 8:00-9:00 Breakfast
- 9:15-10:00 The Will to Get Well
Paul Goldberg, M.P.H., D.C., D.A.C.B.N.
- 10:15-11:00 Digestion Made Easy
Michael Klaper, M.D.
- 11:15-11:45 Question & Answer Session III
Paul Goldberg, M.P.H., D.C., D.A.C.B.N.
Michael Klaper, M.D.
or
11:15-12:00 Aqua: Strong and Lean (in the pool)
Alexandra Leifschutz
(Meet by the pool)

AFTERNOON

- 12:00-1:45 Lunch
- 2:00-2:45 Understanding Bodily Changes While Fasting
Alec Burton, M.Sc., D.O., D.C.
- 3:00 Closing Remarks
Jerry Deutsch, NHA President

EVENING

- 5:30-7:00 Dinner
- 7:30 Entertainment by Tommy Paez
Pool Area

Monday, September 26

MORNING

- 7:00 Fitness Walk on the Hollywood Beach Broadwalk
(Meet in parking lot by the vans at 7:00 am)
- 8:00-9:00 Breakfast
- 11:00 Check out

Important Information

Location of Lectures

All lectures, as well as the question and answer sessions and the food demonstration, will be held in the Regency Room.

Morning Fitness Walks

The Hollywood Beach Broadwalk offers a paved path for walking or jogging along the beach. The Regency Spa provides transportation to and from the Broadwalk every morning. Please sign up for the walk at the front desk the day prior to the walk.

Please Wear Your Name Tag

Your name tag is your pass for admittance to all Conference meals and lectures. Wearing your name tag not only makes it easier to know who is registered — it helps everyone get to know each other!

Visit the Book Table

Select books and DVDs from the National Health Association will be available for sale during the Conference in the back of the lecture room. Limited quantities are available, so visit the book table early for best selection. NHA accepts cash, personal checks in US funds and Visa, MasterCard and American Express credit cards.

Audio CDs of Conference Lectures

All of this year's Conference lectures will be professionally recorded. Please use the order form provided in your Conference folder to place your order. If you order the CDs at the Conference, you will receive a special discount, plus free shipping within the US. Give the order form and your payment to the person at the book table and your CDs will be mailed to you shortly after the Conference.

Spa Treatment

If you are registered for the full conference you should have received a \$75.00 coupon for a spa service in your Conference folder. This coupon entitles you to a free basic facial or Swedish massage. You may also use this coupon towards an upgraded service. Sign up for your spa treatment at the spa desk located in the Regency lobby.

Featured Speakers

- **Alec Burton, M.Sc., D.O., D.C.** (Australia) Osteopath and chiropractor; holds a master's degree in human biology; co-director of Arcadia Health Centre in Sydney; co-founder of the British Natural Hygiene Society and The Australian Natural Hygiene Society; co-founder, past president and certified member of the International Association of Hygienic Physicians.
- **Nejla Burton, M.Sc., D.O., D.C.** (Australia) Osteopath, chiropractor and psychologist; lectures extensively on health topics around the world; co-director of Arcadia Health Centre in Sydney; certified member of the International Association of Hygienic Physicians.
- **Jerry Deutsch** (North Carolina) President of the National Health Association and the Nutritional Research Project.
- **Stephan Esser, M.D.** (Massachusetts) Clinical Fellow in Physical Medicine and Rehabilitation, Harvard Medical School in Boston; resident physician at Spaulding Rehabilitation Hospital; passionate proponent for lifestyle medicine; engaged in writing, speaking and clinical care; comes from a rich heritage of Natural Hygiene.
- **Tiffany Esser, CPT** (Massachusetts) Certified personal trainer in Boston; founder of Restore Training; co-founder of RestoreHealthUSA.com, a health information website; committed to the principles and practice of lifestyle medicine.
- **Paul Goldberg, M.P.H, D.C., D.A.C.B.N.** (Georgia) Director of The Goldberg Clinic for Chronic Disease Reversal in Kennesaw, Georgia; has lectured, written and published extensively on chronic disease reversal; served for 23 years as a University Professor of Clinical Nutrition and Gastroenterology at Life University in Atlanta; certified member of the International Association of Hygienic Physicians.
- **Michael Greger, M.D.** (Washington, DC) Physician and internationally recognized speaker on a number of important public health issues; Director of Public Health and Animal Agriculture at the Humane Society of the United States; founding member of the American College of Lifestyle Medicine; taught part of Dr. T. Colin Campbell's esteemed nutrition course at Cornell University; expert witness in defense of Oprah Winfrey's meat defamation trial; author of *Carbophobia: The Scary Truth about America's Low-Carb Craze* and *Bird Flu: A Virus of Our Own Hatching*.
- **Joy Gross** (New York) Health expert who has been a pioneer in the field since the 1950s; attended her first ANHS conference in 1955; owned and operated the famous Pawling Health Manor in New York for over 30 years; author of four books including *Joy's Recipes for Living Younger...Longer!*
- **Susan Smith Jones, Ph.D.** (California) Author of over 25 books and a variety of audio programs including her latest book, *Walking on Air*; taught health and fitness at UCLA for over 30 years; health and fitness consultant who shares her wisdom and expertise on simple ways to create vibrant health and live a balanced, peaceful life.
- **Michael Klaper, M.D.** (California) Teacher, clinician and author of successful books and videos on cholesterol-free nutrition; contributed to the making of two PBS television productions, "Food for thought" and "Diet for a New America;" director of the non-profit Institute of Nutrition Education and Research; staff member of TrueNorth Health Center in California; member of the Nutrition Task Force of the American Medical Student Association; hosted the popular medical information radio program "Sounds of Healing" for over ten years.
- **John Nowakowski** (Florida) Executive Chef at the Regency Health Spa for 16 years; author of *Vegetarian Magic*; teaches healthy cooking classes at local health food stores and at the Spa; has been featured in Ft. Lauderdale's *Sun Sentinel* newspaper as well as in *Vegetarian Times* magazine.
- **Frank Sabatino, D.C., Ph.D.** (Florida) Health Director of the Regency Health Spa for 20 years; chiropractor with over 30 years of experience in wellness care; holds a Ph.D. in cell biology and neuroendocrinology; has done extensive research on brain chemistry, addiction, women's hormones and health, vegan nutrition, healthy weight loss and therapeutic fasting; taught at Life Chiropractic College and the University of Texas Medical School; certified member of the International Association of Hygienic Physicians.

The NHA would like to thank the following sponsors for their financial support of the 2011 NHA Conference:

Platinum Sponsors

(\$1000 and over)

Zarin Azar, M.D.

Nick Dejnega (Regency Spa)

Irwin A. & Robert D. Goodman Foundation

James Hervey Johnson Charitable Trust

Peter Max (Global Works, Inc.)

Nalith, Inc.

Daniel Regan

Gold Sponsors

(\$500)

Dr. D. J. Scott

Silver Sponsors

(\$250)

Everard Belfon

Cory Carson

Michael and Suzy Hoseus

Mamiko Matsuda

Mona Schonbrunn

Tom and Grace Tate

Bronze Sponsors

(\$100)

Javier Alcaraz

John and Lynne Audretsch

Bert Chong

Bernice Kinsler

Martha Peach

Mildred Julius Stevens, M.D.

2011 NHA Board of Directors

Executive Committee:

President

Jerry Deutsch
North Carolina

Treasurer

Mark Epstein
North Carolina

Secretary

John Nowakowski
Florida

Directors:

Mark A. Huberman
Ohio

Alan Goldhamer, D.C.
California

Barbara Ferguson
Kennedy
Virginia

Executive Director

Lynn Grudnik