

Lifestyle Medicine for the 21st Century

The Wellness Challenge

TUESDAY – September 22, 2009

- 3:30 – 4:00 p.m.
Registration
- 4:00 – 4:10 p.m.
Welcome & Introduction to Seminar
Rick Mautz, Director of Lifestyle Medicine, FRH
Mr. Wayne Ferch, President & CEO, FRH
- 4:10 – 4:15 p.m.
CME Procedures, Chair, CME Committee, FRH
- 4:15 – 4:20 p.m.
Introduction of Speaker
Fred Spruell, Seminar Director
- 4:20 – 5:10 p.m.
“Drug Therapy”
Dr. John McDougall
- 5:10 – 5:15 p.m. **Break**
- 5:15 – 6:05 p.m.
“Heart Surgery”
- 6:05 – 7:00 p.m. **Break for Dinner**
- 7:00 p.m. – 7:50 p.m.
“Cancer Therapy”
- 7:50 – 7:55 p.m. **Break**
- 7:55 – 8:45 p.m.
“Diet Therapy”
- 8:45 – 9:00 p.m.
Questions and Answers – Seminar Evaluations

Feather River Hospital is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. Feather River Hospital takes responsibility for the content, quality and scientific integrity of this CME activity.

Feather River Hospital designates this educational activity for a maximum of **4 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.



About the Speaker

John McDougall, M. D.
Internist, Author, Educator

John McDougall was born in Detroit, Michigan. He graduated from Michigan State University in 1968 with a Bachelor of Science degree, continuing to the College of Human Medicine at Michigan State University, graduating in 1972. He did his Internship at Queen’s Medical Center in Honolulu, Hawaii in General Surgery, and followed that with a three year Internal Medicine Residency at the University of Hawaii. He is Board Certified by the National Board of Medical Examiners and the Medical Board of Internal Medicine, and has his license in Hawaii, California, Minnesota, and Florida. His Curriculum Vitae contains a wide variety of health related accomplishments and activities.

Dr. McDougall’s national recognition as a nutrition expert earned him a position in the Great Nutrition Debate 2000 presented by the United States Department of Agriculture. He is author of 10 national best-selling books, the international on-line “McDougall Newsletter”, host of the nationally syndicated television show “McDougall, MD”, and medical director of the 10-day, live-in McDougall Program in Santa Rosa, California. Other McDougall activities include seminars and other health-oriented adventure vacations.

He and his wife, Mary, have three children, and reside in Santa Rosa, California. His personal interests include windsurfing, scuba diving, flying and sailing.

The Wellness Challenge: SEMINAR TOPICS AND LEARNING OBJECTIVES

DRUG THERAPY

1. Identify and define the origin of chronic diseases: obesity, type-2 diabetes, arthritis, vascular disease, osteoporosis, etc.
2. Explain why our patients stay fat and sick after the best medical therapy (drugs and surgery).
3. Analyze and question why intensive therapy really means dying sooner with better looking numbers.
4. Assess ways to treat the root causes of underlying diseases like type-2 diabetes, atherosclerosis, multiple sclerosis, osteoporosis, and arthritis and cure patients with these disorders.

HEART SURGERY

1. Recognize the unifying concept of how impaired circulation causes a multitude of problems, such as hearing loss, heart attacks, stroke, back pain, hypertension, and impotence.
2. Review the best kept secret of bypass surgery called “pump head.”
3. Explain why angioplasty and bypass surgery fail to save lives.
4. Question whether or not statins should be put in the drinking water.
5. Explain how to prevent a cardiovascular event and to reverse atherosclerosis.

CANCER THERAPY

1. Explain the underlying cause of common cancers.
2. Analyze and demystify the failure of “early detection” screening.
3. Examine why aggressive therapy with surgery, radiation, and chemotherapy results in little, if any, survival benefit.
4. Appraise and validate diet-therapy for cancer patients.

DIET THERAPY

1. Explain that the human diet is a starch-based diet and how this prevents and cures common diseases.
2. Prescribe and assess in-office and hospital-based methods for changing patients’ diets.
3. Propose a business model so that “general” doctors can make more money than bypass surgeons and cardiologists with diet-therapy.
4. Illustrate case examples of the benefits of diet-therapy.
5. Recommend ways to get satisfaction out of practicing medicine.

REGISTRATION Seminar price – \$150, spouses free

Name and Title

Physician

Mailing Address

City, State, ZIP

Telephone

Include name of spouse, if attending

PAYMENT INFORMATION

To register by phone: **(530) 876-7154**

Check enclosed payable to: **Physician’s Seminar**

Mail to: Feather River Hospital
Lifestyle Medicine Department
5974 Pentz Road, Paradise, CA 95969

Charge to: **Mastercard** **AmEx** **Visa** **Discover**

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