GSEM 648

NATURAL INTERVENTIONS FOR LIFESTYLE DISEASES AND HYDROTHERAPY WORKSHOP

May 2018

Andrews University
GSEM 648
WORKSHOP IN NATURAL INTERVENTION
FOR LIFESTYLE DISEASES AND
HYDROTHERAPY
MAY 2018

GENERAL CLASS INFORMATION

Class acronym: GSEM 648
Class name: Workshop: Natural Interventions for Lifestyle Diseases and Hydrotherapy
Semester & year: Summer Semester: May 7-11, 2018
Class location: Seminary N150
Class time/day: Monday – Friday 8:00 am – 3:30 pm
plus evening hydrotherapy lab
Credits offered: 2

DIRECTOR CONTACT DETAILS

Class Facilitator: Evelyn Kissinger, MS, RDN
269.930.0505
evelynk@andrews.edu

BULLETIN CLASS DESCRIPTION

The Natural Intervention for Lifestyle Diseases and Hydrotherapy Workshop is a one-week workshop that provides practical cutting-edge, evidence-based science combined with the Seventh-day Adventist health message for natural interventions for lifestyle diseases like obesity, diabetes, heart disease, hypertension, and some forms of cancer. Hydrotherapy hands-on labs show practical hot/cold treatments and massage.
Prerequisite: None

PRELIMINARY CONSIDERATIONS

A. Medical missionary work is a pioneer work.
   Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God's people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. The purest unselfishness is to be shown by our workers as, with the knowledge and experience gained by practical work, they go out to give treatments to the sick. As they go from house to house they will find access to many hearts. Many will be reached who otherwise never would have heard the gospel message. A demonstration of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless all who thus seek to impart the truth for this time. (Counsels on Health, p. 497)

B. It is to be a part of every church.
   The medical missionary work should be a part of the work of every church in our land.—(Testimonies, vol. 6, p. 289.)

C. Every church member is to be involved in medical missionary work.
   We have come to a time when every member of the church should take hold of medical missionary work.—(Testimonies, vol. 7, p. 62)

CLASS OBJECTIVES

The primary objectives of this class are:

The area of knowledge.

1. To understand the role of evidence-based natural interventions for lifestyle diseases as it relates to the Seventh-day Adventist Health Message.
2. To provide an understanding of physiology and the use of hydrotherapy
3. To show the relevance of simple natural health interventions in community outreach.

The area of being

1. To inspire respect & appreciation for natural interventions in the disease process.
2. To understand the potential for health outreach/medical missionary work in a community.
The area of doing

1. To provide interactive classroom discussions on natural interventions for lifestyle diseases.
2. To provide hands-on experience in applying natural remedies via food lab, exercise labs, coaching sessions, and hydrotherapy/massage labs.
3. To demonstrate how to share this message in the community and home.

### TEXTBOOKS, RECOMMENDED READINGS AND CLASS BIBLIOGRAPHY

**Required:**

1. White, E. G., *The Ministry of Healing*
3. *Balanced Living PowerPoint Series*: [www.lifestylematters.com](http://www.lifestylematters.com) Features 26 wellness topics, each with a short version (5 min) and a longer version (20 min). Also available are 5 to 7 minute plug n’ play’s. (available in class)
4. Janiak, Carola. *Hydrotherapy*. (available in class)
5. Kissinger, MS, RDN, Evelyn. 2018. *Change Your Body One Bite at a Time*. [evelynkissinger@gmail.com](mailto:evelynkissinger@gmail.com) (available in class)

**Resource List:**


Dail, Clarence and Charles Thomas, *Simple Remedies for the Home or Hydrotherapy-Simple Treatments for Common Ailments*. Teach Services, Inc.


Thompson, PhD, Susan. 2017. *Bright Line Eating.*

White, Ellen

*A Call to Medical Evangelism and Health Education.*

*Counsels on Health*

*Healthful Living*
Selected Messages, Vol 2
Medical Ministry
Counsels on Diet and Foods
Youngberg, DrPH, MPH., Wesley. Goodbye Diabetes. Hello Healthy. www.dryoungberg.com

Websites:
Academy of Nutrition & Dietetics: www.eatright.org
General Conference Health Ministry: www.healthministries.com
Lifestyle Matters: www.lifestylematters.com
Michigan Conference Health Ministry: www.lifestylematters.com
NAD Health Ministry: http://www.nadhealthministries.org/
Physicians Committee for Responsible Medicine. www.perm.org
Positive Choices: www.positivechoices.com
Weimar Health Institute. www.newstartclub.com
Dept of Disease Prevention & Health Promotion: https://www.healthypeople.gov/

Popular Videos on Plant-based Diets:
Forks Over Knives
SuperSize Me
Fed Up
Cowspiracy
What the Health
In Defense of Food
Plant Pure Nation
Food, Inc
Newstart http://store.newstart.com/the-newstart-lifestyle/

Health Fair Banners:
Health Education Resource: www.healthexpobanners.com

Community Health Seminars:
Adventist Recovery Ministries: Journey to Wholeness. Overcoming addictions with the 12-step model. www.adventistrecovery.org
Balanced Living PowerPoint Series: Features 26 wellness topics, each with a short version (5 min) and a longer version (20 min). Also available are 5 to 7 minute plug n’ play’s. www.lifestylematters.com
CHIP: Community Health Improvement Program: www.adventistchip.org
Depression Recovery: http://depressionthewayout.com
Diabetes: www.diabetesundone.com
Full Plate Diet: Weight Control: www.fullplateliving.org
WIN! Wellness. John and Millie Youngberg: www.winwellness.org
Cookbooks:
tvchefmarkanthony@gmail.com
Bermeo, LuAnn. 2005 Amazing Meals. 700 + pages of exciting, innovative, delicious, plant-based recipes. luann6@msn.com
Howard, Stephanie. Give Them Something Better and Kidlicious. ridzomom@gmail.com
Kissinger, MS, RDN, Evelyn. 2018. Change Your Body One Bite at a Time. evelynkissing@gmail.com

GRADING CRITERIA AND COURSE ASSESSMENT ITEMS

Criteria for Grades
Letter Grades are calculated on a percentage basis

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>95-100%</td>
</tr>
<tr>
<td>A-</td>
<td>90-94%</td>
</tr>
<tr>
<td>B</td>
<td>80-84%</td>
</tr>
<tr>
<td>B-</td>
<td>75-79%</td>
</tr>
<tr>
<td>C</td>
<td>65-69%</td>
</tr>
<tr>
<td>C-</td>
<td>64-60%</td>
</tr>
<tr>
<td>B+</td>
<td>85-89%</td>
</tr>
<tr>
<td>C+</td>
<td>70-74%</td>
</tr>
<tr>
<td>D</td>
<td>45-59%</td>
</tr>
</tbody>
</table>

Factors That Influence Grading

Late submissions of assignments
1. Work done (or handed in) late generally does not receive full credit. Late work caused by illness must be verified in writing by the campus health center, with the student assuming the initiative in obtaining the certificate and handing it to the course instructor within one week of returning to class. Bona fide major emergencies unrelated to illness may be discussed with the instructor personally before the due date of the assignments.
2. Any student who will not be able to do the labs at the scheduled time due to illness, or other emergency is required to notify the instructor prior to the labs. The student must also submit a signed medical statement from the doctor’s office. Failure to make such arrangements may will have a negative effect on the grade.
3. All work submitted on time will be rewarded extra points as indicated under each assignment. Late assignments will not receive these points.

Class Attendance
Regular and punctual attendance is required at all classes so students can fully benefit from the enrichment provided by the lectures and class dynamics. In case of absence(s) the student must notify the instructor. When an emergency arises which requires that the absences exceed 10 percent of the class periods, or 4 class periods for the course, the dean’s approval should be secured. In that case the student can choose between additional written work to make up for the loss of enrichment through class dynamics or a lowering of the final letter grade. No enrichment

SEVENTH-DAY ADVENTIST THEOLOGICAL SEMINARY

6
bonus will be given for excessive absenteeism and lateness. *Andrews University Bulletin 2010, page 29-30*

**Do not disrupt classroom dynamics:**  
Be on time! **Three times late for class counts as one class hour absent.** Turn off cell phones. Class disruptions may forfeit attendance credit for class.

**Academic Integrity**  
Andrews University takes seriously all acts of academic dishonesty. Academic dishonesty includes (but is not limited to) falsifying official documents; plagiarizing; misusing copyrighted material; violating licensing agreements; using media from any source to mislead, deceive or defraud; presenting another’s work as one’s own; using materials during a quiz or examination other than those specifically allowed; stealing, accepting or studying from stolen examination materials; copying from another student; or falsifying attendance records.

“Consequences may include denial of admission, revocation of admission, warning from a teacher with or without formal documentation, warning from a chair or academic dean with formal documentation, receipt of a reduced or failing grade with or without notation of the reason on the transcript, suspension or dismissal from the course, suspension or dismissal from the program, expulsion from the university or degree cancellation. Disciplinary action may be retroactive if academic dishonesty becomes apparent after the student leaves the course, program or university.” *Andrews University Bulletin 2010, page 30*

To avoid involvement in academic dishonesty, in this course any cheating, plagiarism (copying from others), or dishonesty will result in an “F” for that part of the course. The work for this class should be entirely your own, thus no cooperation in doing assignments.

**Assignment Submissions**  
All assignments are due July 27, 2018. All assignments must be uploaded to Moodle and a hard copy submitted.

**Distribution of Points**

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perfect attendance</td>
<td>100</td>
</tr>
<tr>
<td>Labs (hydro &amp; food)</td>
<td>100</td>
</tr>
<tr>
<td>Project</td>
<td>400</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>600</strong></td>
</tr>
</tbody>
</table>

**Time Budget**

A. Class Enrichment/Attendance: **(100 points)** Perfect attendance is required.

B. Lab Sessions: **(100 points)** All labs are required. For each missed lab a 5-page type-written report dealing with missed lab.
C. Project: A Natural Intervention Seminar (May use Balanced Living Materials).  **400 points.**
87 hours outside of class is required for this class.
(33 hours was spent in classwork time)

a. Develop a seminar with 4 sessions on Natural Interventions for Lifestyle Diseases
b. Prepare handouts for the audience. This can take the form of a short syllabus, seminar booklet with your outlines and space to fill in the blanks, charts, short articles, and other illustrative materials you are providing for your audience. Prepare PowerPoint/Keynote presentations.
c. Content:

<table>
<thead>
<tr>
<th>Contents</th>
<th>Estimated Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. A detailed description of the seminar</td>
<td>6</td>
</tr>
<tr>
<td>ii. Prepare handouts for all 4 presentations (10 points)</td>
<td>10</td>
</tr>
<tr>
<td>iii. <strong>One presentation typed out in full—see below</strong> (100 points)</td>
<td>10</td>
</tr>
<tr>
<td>iv. Provide detailed typed outlines of presentations (120 points)</td>
<td>25</td>
</tr>
<tr>
<td>v. Reference list of all the sources you have used (30 points)</td>
<td>5</td>
</tr>
<tr>
<td>vi. Grade yourself based on the grade distribution points (10)</td>
<td>1</td>
</tr>
<tr>
<td>vii. Hard copy only submitted on time (10)</td>
<td></td>
</tr>
</tbody>
</table>

**One presentation typed out in full:**
The typed presentation will be 9-10 typewritten, double-spaced pages. Use information obtained from the class lectures and readings. The presentation will be evaluated according to the following aspects:

<table>
<thead>
<tr>
<th>Aspects</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Context of the lecture (time, place, audience)</td>
<td>5</td>
</tr>
<tr>
<td>ii. Outline (10 points)</td>
<td>10</td>
</tr>
<tr>
<td>iii. Main text (30 points)</td>
<td>30</td>
</tr>
<tr>
<td>iv. The spirituality of the presentation (10 points)</td>
<td>10</td>
</tr>
<tr>
<td>v. Illustration(s) (10 points)</td>
<td>10</td>
</tr>
<tr>
<td>vi. Closing appeal that led to a commitment to healthful living (10 points)</td>
<td>10</td>
</tr>
<tr>
<td>vii. Neatness, but no cover required (5 points)</td>
<td>5</td>
</tr>
<tr>
<td>viii. Double space typed (5 points)</td>
<td>5</td>
</tr>
<tr>
<td>ix. Correct number of pages (5 points)</td>
<td>5</td>
</tr>
<tr>
<td>x. Grammar and spelling (5)</td>
<td>5</td>
</tr>
<tr>
<td>xi. List of sources you have consulted. Use your required/resource books</td>
<td>5</td>
</tr>
<tr>
<td>ii. Correct number of pages (5 points)</td>
<td>5</td>
</tr>
</tbody>
</table>

Total possible points for the typed report: 100

d. Implement Natural Intervention Seminar with 4 session.

<table>
<thead>
<tr>
<th>Aspects</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Advertising (create advertising, distribute advertising)</td>
<td>5</td>
</tr>
<tr>
<td>ii. Making arrangements for place/set-up</td>
<td>5</td>
</tr>
<tr>
<td>iii. <strong>4 Live Presentations</strong> 4 session X 5 hours for each session</td>
<td>20</td>
</tr>
<tr>
<td>(preparation for class/set-up/class/ clean-up)</td>
<td></td>
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</tbody>
</table>

Total 87

**Seminar assignments (hard and soft copy) are due by July 27, 2018.**
CLASS POLICY

Disability Accommodations
Students, who qualify for accommodations under the American Disabilities Act, should see the instructor as soon as possible for referral and assistance in arranging such accommodation.

CLASS SCHEDULE

<table>
<thead>
<tr>
<th>GSEM 648</th>
<th>Monday May 7</th>
<th>Tuesday May 8</th>
<th>Wednesday May 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am – 8:30 am</td>
<td>Registration</td>
<td></td>
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</tr>
<tr>
<td>8:30 am – 9:00 am</td>
<td>Engineered for Success Vicki Griffin, MS, MPA</td>
<td>Mind Body Connection Vicki Griffin, MS, MPA</td>
<td>Who Can I Trust? Vicki Griffin, MS, MPA</td>
</tr>
<tr>
<td>9:00 am – 9:05 am</td>
<td>Stretch</td>
<td>Stretch</td>
<td>Stretch</td>
</tr>
<tr>
<td>9:05 am – 9:35 am</td>
<td>Fit &amp; free! Building Brain &amp; Body Health From Wanting to Winning Vicki Griffin, MS, MPA</td>
<td>Change Your Mindset: Change Your Life Vicki Griffin, MS, MPA</td>
<td>Creating Connections: Why Relationships Matter Vicki Griffin, MS, MPA</td>
</tr>
<tr>
<td>9:35 am – 9:45 am</td>
<td>Move</td>
<td>Move</td>
<td>Move</td>
</tr>
<tr>
<td>9:45 am – 10:15 am</td>
<td>Epigenetics: Your Genes are Not Your Destiny Evelyn Kissinger, RDN</td>
<td>How to Stay Out of the ER Jason Hamel, MD Quenching the Fires of Heart Disease</td>
<td>Hurried. Worried. Buried (Stress) Dr. Judith Fischer</td>
</tr>
<tr>
<td>10:15 am – 10:20 am</td>
<td>Stretch</td>
<td>Stretch</td>
<td>Stretch</td>
</tr>
<tr>
<td>10:20 am – 10:50 am</td>
<td>The Vegetarian Edge Adventist Health Study Dr. Sherine Brown-Fraser, RDN</td>
<td>Digestion: A Churning Question Gut-Brain Connection Carol Burtnack, RDN</td>
<td>Eating &amp; Ecology The Footprint of Food Dr. Max Mejia, RDN</td>
</tr>
<tr>
<td>10:50 am – 11:00 am</td>
<td>Move</td>
<td>Move</td>
<td>Walk to Marsh Hall</td>
</tr>
<tr>
<td>11:00 am – 11:30 am</td>
<td>Lifestyle Links: Hope for the Diabetic Evelyn Kissinger, RDN</td>
<td>Healthy Weight Helps Gretchen Krivak, RDN Sherri Isaak, RDN</td>
<td>11:10 am – 12:45 pm Food Is Medicine Lab Health in a Hurry</td>
</tr>
<tr>
<td>11:30 am – Noon</td>
<td>Q &amp; A and Coaching</td>
<td>Q &amp; A and Coaching</td>
<td>Lunch</td>
</tr>
<tr>
<td>Noon – 1:00 pm</td>
<td>Lunch</td>
<td>Lunch in Lab</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 pm – 1:30 pm</td>
<td>Lunch</td>
<td>Lifestyle Links to High Blood Pressure Dr. Max Mejia</td>
<td>The Power of Herbs The Buzz on Beverages Lee Wellard</td>
</tr>
<tr>
<td>1:30 pm – 2:30 pm</td>
<td>Hypokinetic Diseases Dr. Dominique Gummelt Exercise: It Goes to Your Head</td>
<td>Power of Motion Dr. Dominique Gummelt</td>
<td>Continue Power of Herbs</td>
</tr>
<tr>
<td>2:45 pm – 4:45 pm</td>
<td>2:30 – 4:30 The Power of Massage &amp; Hydrotherapy Carola Janiak</td>
<td>Hydrotherapy Group 1</td>
<td>Hydrotherapy Group 1</td>
</tr>
<tr>
<td>5:15 pm – 7:15 pm</td>
<td>Group 2</td>
<td>Group 2</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Thursday May 10</td>
<td>Friday May 11</td>
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<tr>
<td>8:00 am – 8:30 am</td>
<td>Life After Loss: Growth Out of Grief Vicki Griffin</td>
<td>Finding Peace in Your Crazy Busy World</td>
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<tr>
<td>8:30 am – 9:00 am</td>
<td>Stretch</td>
<td>Stretch</td>
<td></td>
</tr>
<tr>
<td>9:05 am – 9:35 am</td>
<td>Free on the Inside: Changing Bad Habits for Good Vicki Griffin, MS, MPA</td>
<td>Overcoming Addictions Dr. Duane McBride 9:05 am – 9:50 am</td>
<td></td>
</tr>
<tr>
<td>9:35 am – 9:45 am</td>
<td>Move</td>
<td>9:50 – 10:00 Move</td>
<td></td>
</tr>
<tr>
<td>9:45 am – 10:15 am</td>
<td>The Power of the Adventist Health Message Dr. Angie David, RDN</td>
<td>The Answer to Cancer Zeno Charles-Marcel, MD</td>
<td></td>
</tr>
<tr>
<td>10:15 am – 10:20 am</td>
<td>Stretch</td>
<td>Stretch</td>
<td></td>
</tr>
<tr>
<td>10:20 am – 10:50 am</td>
<td>The Power of the Adventist Health Message Dr. Angie David, RDN</td>
<td>The Power of Evidence-based Interventions with SDA Whole Body Health Zeno Charles-Marcel, MD</td>
<td></td>
</tr>
<tr>
<td>11:00 am – 11:30 am</td>
<td>The Power of the Adventist Health Message Dr. Angie David, RDN</td>
<td>Embracing &amp; Sharing the Message Zeno Charles-Marcel, MD</td>
<td></td>
</tr>
<tr>
<td>11:30 am – Noon</td>
<td>Q &amp; A and Coaching</td>
<td>Q &amp; A and Coaching</td>
<td></td>
</tr>
<tr>
<td>Noon – 1:00 pm</td>
<td>Lunch</td>
<td>Dismiss</td>
<td></td>
</tr>
<tr>
<td>1:00 pm - 1:30 pm</td>
<td>Liability Issues</td>
<td>Dr. Katia Reinert</td>
<td></td>
</tr>
<tr>
<td>1:30 pm – 2:30 pm</td>
<td>Depression: Lifestyle Links for Beating the Blues Dr. Katia Reinert</td>
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<td></td>
</tr>
<tr>
<td>2:45 pm – 4:45 pm</td>
<td>Hydrotherapy Group 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:15 pm – 7:15 pm</td>
<td>Group 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hydrotherapy Lab:**
What to wear: shorts with T-shirt or modest swimsuit
What to bring:
- 2 large towels
- 2 small towels
- 2 wash clothes
- Large sheet (preferable a queen size)

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**SPEAKERS PROFILE**

**Evelyn Kissinger, MS, RDN: Class Director**
Evelyn Kissinger, MS, RDN is a lifestyle consultant, registered dietitian, international speaker, author and teacher. She received her bachelor’s degree in nutrition and dietetics from the University of Tennessee and her master of science in administration from Andrews University. Her passion is to help people reach and maintain their lifestyle.
goals for vibrant health. Evelyn creates and implements wellness programs for corporations, groups, and individuals. Evelyn is currently Director of Lifestyle Matters at Work with the Michigan Conference of Seventh-day Adventist. She has co-authored 3 books. Evelyn has been an instructor in nutrition, wellness, and health ministry at Andrews University. Evelyn lives in St. Joseph, MI with her husband, Peter. They have four adult children. Contact Information: 1992 Derfla Drive, St. Joseph, MI 49085, 269.930.0505 or evelynk@andrews.edu

Sherine Brown-Fraser, PhD, RDN
Chair: Department of Public Health, Nutrition, and Wellness
https://www.andrews.edu/shp/publichealth/faculty/sherine-brown-fraser.html
Dr. Brown-Fraser is a Registered Dietitian and the Chair of the Department of Public Health, Nutrition, and Wellness at Andrews University. She received a PhD in Biological Sciences in Public Health/Nutritional Biochemistry from Harvard University. Her undergraduate degree is in Biochemistry from Oakwood University. She is a Certified Personal Trainer.

Zeno I. Charles-Marcel, MD
http://healthministries.com/users/zeno
Dr. Zeno is presently the Associate Director of Adventist Health Ministry at the General Conference of Seventh-day Adventist. He engaged in formative studies at four universities: McGill (Biophysics), Howard (Medicine) and Loma Linda (Internal Medicine residency) and the University of Arizona (Leadership and Health Diplomacy). He co-founded the first academic Lifestyle Medicine Fellowship in the US, and has served as a medical missionary in India, the Middle East, and Latin America. He is a former Dean of Health Sciences at Montemorelos University. He also served as Director of Wildwood Lifestyle Center in Wildwood, Georgia.

Angeline B. David, DrPH, MHS, RDN
Health Ministries Director, North American Division of Seventh-day Adventists
Angeline David has served as the Health Ministries Director for the North American Division of Seventh-day Adventists since 2016. She holds a Doctor of Public Health degree in Nutrition from Loma Linda University School of Public Health and a Master of Health Science in Epidemiology from the Johns Hopkins Bloomberg School of Public Health. She previously worked at the Seventh-day Adventist Guam Clinic as wellness director and dietitian, and at Johns Hopkins as a senior research assistant. Her passion is to make nutrition and healthy living practical, understandable, and enjoyable for everyone. She believes that comprehensive health work includes physical, mental, social, and spiritual wellbeing, and that all of us have a vital part to play in ministering hope and wholeness to our communities. She enjoys cooking, reading, doing various crafts, playing with her nephews, and has a love/hate relationship with running.

Vicki Griffin, MS, MPA
https://www.lifestylematters.com/content/about-lifestyle-matters
Vicki Griffin is an international speaker and author. She has her Bachelors in Social Work, a Master’s degree in Human Nutrition; a Master’s in Public Administration. She is the Director of Lifestyle Matters and Director of Health Ministries for the Michigan Conference. Vicki has authored numerous books including Living Free: Finding Freedom from Habits that Hurt, Diet & Stress: Simple Solutions, and Foods for Thought: Nutrition’s Link with Mood, Memory, Learning and Behavior. She develops teaching materials for community health education, which includes: Balanced Living Series. www.lifestylematters.com

Dominique Gummelt, PhD
Dominique Gummelt, PhD is a passionate, energetic and innovative health and fitness expert, ACE Certified Personal Trainer, NWI Certified Wellness Practitioner, ACSM credentialed EIM-1, presenter and writer. Currently, she is Director for University Health and Wellness and Faculty for Public Health, Nutrition & Wellness at Andrews University in Berrien Springs, MI. In October 2011, Dominique Gummelt was awarded ‘Top 11 Personal Trainers to Watch in the U.S.’ by Life Fitness and the American Council on Exercise. In addition to teaching at universities, she has worked as a Fitness & Programs Manager, Personal Trainer, Group Fitness Instructor and Wellness Coach at fitness centers, in the clinical wellness setting and in the corporate wellness setting since 2001. Dominique is a PhD
candidate in Health through the University of Bath, England. Her studies and research center on physical activity, motivation for exercise and behavior change strategies.

**Jason Hamel, MD**

Jason Hamel, MD has a B.S. in Biology from Andrews University, an MD from Loma Linda School of Medicine and completed his Emergency Medicine residency at MSU/Kalamazoo Center for Medical studies in 2013. Currently he is a practicing emergency physician, emergency department medical director, and serves as a core faculty member at Lakeland Health Emergency Medicine Residency. He and his wife live in Buchanan, MI with their four children. Jason enjoys fly fishing, boating, and working on outdoor projects at home.

**Carola Janiak, MS, RN, LMT, ACSM**

Carola Janiak is the co-founder and former CEO of Hands-on Medical Massage School located in Redlands, California. Hands-on Medical Massage School teaches evidence-based methods of therapeutic massage and hydrotherapy in a Christian environment. The school received national accreditation in June of 2010. Carola graduated from Southwestern Adventist College with a degree in nursing, specializing in cardiac rehabilitation and diabetes. She worked at the Weimar Institute incorporating natural diet, exercise, massage, and hydrotherapy in the healing process. She later studied massage and hydrotherapy with Dr. Charles Thomas. She then taught at Banning Massage School in Desert Hot Springs. Her undergraduate degree is in Health Education and her Master’s Degree is in Health Administration from Cal State, San Bernardino.

**Duane McBride PhD, MA**

[https://www.andrews.edu/cas/behavioral/faculty/mcbride_duane.html](https://www.andrews.edu/cas/behavioral/faculty/mcbride_duane.html)

Director, Institute for Prevention of Addictions, Research Professor of Sociology

Dr. McBride joined the Department of Behavioral Sciences in 1986. His areas of expertise are criminology and drug abuse, and he has been published in the American Journal of Psychiatry, Journal of Drug Issues, Journal of Health and Social Behavior, Criminology, Journal of Criminal Justice, International Journal of Criminology and Penology, Youth and Society, Human Organization, Addictive Diseases: An International Journal, British Journal of Addiction, Chemical Dependencies: Behavioral and Biomedical Issues, and Bulletin of the New York Academy of Medicine. Dr. McBride has also authored two books: *Legal and Illicit Drug Use: Determining Drug Abuse Treatment Needs* and *Drug Use and the Courts*. His current research is in the areas of juvenile delinquency and the AIDS virus infection of IV drug-users. He has membership in the American Sociological Association and the American Public Health Association. Currently he is co-principal investigator on a Health Services Research Center funded by the National Institute on Drug Abuse, and chairs a grant review committee for the National Institute on Drug Abuse. Dr. McBride currently teaches courses in Criminology, Introduction to Sociology, Drug Use in American Society, Theories of Addictive Behavior, Juvenile Delinquency and more. He has received a variety of awards for his teaching, research, and contributions to Andrews University including 23 years as Chair of the Behavioral Sciences Department.

**JoAnn Rachor, Certified Wellness Coach**

JoAnn Rachor is a national board certified health and wellness coach who works with individuals and groups. She has a degree in Home Economics with an emphasis in nutrition. She is the best-selling author of two heart-healthy cookbooks, *Of These Ye May Freely Eat* and *Fast Cooking in a Slow Cooker Every Day of the Year*. She has been teaching plant-based cooking classes and helping people make advances in their lifestyle for 40 years. JoAnn loves it when she can help someone reach his or her life goals.

**Lee Wellard, Master Herbalist**

[https://www.americanherbshoppe.com/](https://www.americanherbshoppe.com/)

Lee Wellard is a Master Herbalist and has had extensive training as a Health Practitioner in Natural remedies. He graduated from the Institute of Medical Ministry at Wildwood Lifestyle Center & Hospital, served as Wildwood's Health Emphasis coordinator, and taught applied physiology and nutrition. He has been featured on 3ABN, other TV networks, radio and in the Health & Healing Journal. Lee is the owner of American Herb Shoppe’s.