



CURRICULUM VITAE

Hans A. Diehl, DrHSc, MPH, FACN, CNS



Lifestyle Interventionist, Researcher, Author, Educator, Founder of CHIP

Described as a "Dynamic, thought-provoking, life-changing speaker."

Chosen as "One of America's 20 Superheroes of the health movement" (*Vegetarian Times*).

EXPERIENCE SUMMARY

Offering more than 25 years of leadership experience in the emerging field of lifestyle medicine through positions with diverse and comprehensive functions with added post-doctoral fellowship in cardiovascular epidemiology. Experience and proven abilities in advancing the concepts of personal health and applying the science and art of its evaluation, maintenance, restoration, and promotion, through high-level educational curriculum development, research, program delivery, administration, seminars and consultations, writings, publications and media activities, video and film productions, and clinically-oriented research activities.

PERSONAL DATA

Business Lifestyle Medicine Institute, Inc.

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Born: January 25, 1946

Family: Wife, Lily, music educator & pianist
Children: Byron (1975), orthodontist
Carmen (1976), psychologist

Active in civic and church affairs. Loves challenging jobs involving important results and requiring imaginative solutions worked out through persistent effort, attention to details and team effort.

EMPLOYMENT RECORD	Lifestyle Medicine Institute, Inc.	Since 1981	Director
	Loma Linda University School of Medicine	Since 2008	Clinical Professor of Preventive Medicine
	Univ of IL, College of Medicine at Rockford, IL	Since 2006	Lecturer, Dept of Medicine
	Weimar College	1995-98	Adj. Professor Health Education
	National Institutes of Health	1979-81	Post-Doctoral Research Fellow in Cardiovascular Epidemiology
	UCLA, Center for Health Enhancement	1978-79	Research Associate Post-Doctoral Scholar CVD Epidemiology
	Pritikin Longevity Center Santa Barbara-Santa Monica	1976-78	Director of Research Director of Education
	Center for Dependent Behavior Loma Linda University School of Health	1975-76	Teaching Staff Health Education Coordinator Asst. Director of Research

FORMAL EDUCATION	Krupps Corp., Germany	Jr. Executive	1962-66	Marketing/Business
	Andrews University, MI		1968-70	Modern Languages
	La Sierra University	BA (<i>cum laude</i>)	1970-72	Pre-Medicine
	Loma Linda University, CA	MPH DrHSc Health Science	1971-75	Nutrition Lifestyle Medicine/Epidemiology

AWARDS & HONORS	2009	Plenary Speaker, Annual National Conference of the American College of Preventive Medicine. "Prevention Intensivists: Is there a Place for Aggressive Lifestyle Medicine?" Speaker, <i>Annual Healthy People Conference</i> , Loma Linda University, School of Public Health. "Best Practices in Lifestyle Medicine Interventions: The CHIP Program." Keynote Address: National Wellness Conference, Steven's Point, WI "Lifestyle Medicine: Its Time has Come!" 3 Plenary Addresses: Vegetarian Summerfest of the North American Vegetarian Society, Johnstown, PA "Best of Rockford 2009 Award for Wellness Program Consultants." 2nd year in a row. US Local Business Association, Rockford, IL.
	2008	Keynote Address: Lifestyle Medicine Symposium, Carilion Clinic, Roanoke, VA. "The Impending Healthcare Crisis and the Imperative for Lifestyle Medicine." Keynote Address: CHIP Summit, Brisbane, Australia and Rotarua, New Zealand. "Best of Rockford Award for Health and Fitness Consultants" US Local Business Association, Rockford, IL. April 13, proclaimed as "Dr. Hans Diehl Day" by the Mayor of City of Rockford, IL
	2007	Plenary Speaker: World Congress on Obesity, Chicago. "Behavioral Strategies to Affect Healthier Lifestyles and Weight Loss." Panel Discussion: World Congress on Obesity, Chicago. "Rational Weight Reduction--A Public Health Perspective."

AWARDS & HONORS

(Con'd . . .)

- Keynote Address: Florida Dietetics Association. "CHIP: Using Diet Change to Reverse Disease."
- 2006 Plenary Speaker at World Congress on Obesity, Chicago. "Behavioral Change of Co-Morbid Overweight With Coronary Artery Disease: The CHIP Program."
- 2005 Plenary Speaker, Annual Symposium of the American College of Lifestyle Medicine
- 2002 Plenary Speaker for World Vegetarian Congress at Edinburgh, Scotland (4 topics).
- 2000 Plenary Speaker for Vegetarian World Congress at Toronto, Canada (4 topics).
- 1999 Plenary Speaker for European Vegetarian Congress at Widnau, Switzerland: "Reversing Heart Disease with Fork and Knife;" "Reversing Diabetes with Fork & Knife."
- 1997 Fellow of American College of Nutrition (FACN)
Addressing "World Congress Smoking or Health," Plenary Session, Beijing (China), "Smoking and Goethe."

Selected to be one of 16 speakers addressing "Summit on Cholesterol & Coronary Disease," Plenary Session, The Cleveland Clinic Foundation.
- 1996 Certified Nutrition Specialist (CNS)
- 1995 Co-authored Bestselling Book—"Dynamic Living" with "Workbook" (more than 1.5 million copies sold in 16 languages.)
- 1994 Commissioned to write 80-page chapter *Reversing Coronary Heart Disease* by Denis Burkitt and Norman Temple, (eds.) in *Western Diseases: Their Dietary Prevention and Reversibility*, Humana Press.

Keynote address: "Reversing Coronary Heart Disease" at World Vegetarian Congress, Holland.
- 1987 Authored Bestselling Book—"To Your Health."
- 1985 Keynote Address for 72nd Annual National Orthopedic and Traumatology Convention of West Germany: "Cardiovascular Disease—Nutritional Induction and Regression."
- 1983 Special Paper for U.S. Federal Council on Aging: "Cost Containment of Medical Care Through a Behavioral-Educational Approach to Chronic Diseases."
- 1981 Commissioned to write chapter *Regression of Hypertension, and Coronary Heart Disease* with Hugh Trowell and Denis Burkitt (eds.) in *Western Diseases: Their Emergence and Prevention*, Harvard University Press.
- 1979 Best presentation: "Short-Term Results of a Residential Multiple Risk Factor Modification Program for the Treatment of CVD, Hypertension, and Diabetes," 12th Annual Meeting, Society of Nutrition Education, S.F., CA.

2-Year Post-Doctoral Research Fellowship (National Institutes of Health).
- 1978 Elected Member of Delta Omega Society, an honorary Public Health society.

PROFESSIONAL RESPONSIBILITIES

- Member, Board of Directors (2005-2010), Lifestyle Medicine Institute
- Member, Board of Advisors (2005-2010), American College of Lifestyle Medicine

Clinical Professor of Preventive Medicine, Loma Linda, University (2008-)
Lecturer, Dept. Medicine, College of Medicine, University of Illinois at Rockford (2006-)
Member of Board of Directors, The American College of Lifestyle Medicine (2005-)
International Nutrition Research Foundation, Member of Board of Directors (1996-)
American Academy of Nutrition, Faculty Member (1995-2000)
Chairman of Nominating Committee, German Medical Association, Goethe Trophy for Non-Smoking (1993-2008)
American Heart Association, Riverside County Chapter (1980-86)
Board Member, Vice-President and Member Scientific Research Committee
Loma Linda University, School of Public Health (1982-83).
Executive Director, Alumni Association

PUBLICATIONS
Scientific:

Aldana SG, Greenlaw RL, Diehl HA, Merrill RM, Salberg A, Englert H.
"A Video-based Lifestyle Intervention and Change in Coronary Risk."
Health Education Research, 2008, 23(1): 115-124

Merrill RM, Aldana SG, Greenlaw, RL, Diehl HA.
"The Coronary Health Improvement Project's Impact on Lowering Eating, Sleep, Stress, and Depressive Disorders."
American Jnl Health Education, 2008; 39(6): 337-344

Merrill RM, Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Englert H.
"Can Newly Scientific: Acquired Healthy Behaviors Persist? An Analysis of Health Behavior Decay." Preventing Chronic Disease (Centers for Disease Control and Prevention), January 2008, 5(1): A13-28

Merrill RM, Massey MT, Aldana SG, Greenlaw RL, Diehl HA, Salberg A.
"C-Reactive Protein Levels According to Physical Activity and Body Weight for Participants in the Coronary Health Improvement Project (CHIP)".
Preventive Medicine, 2008; 46(4): 425-430

Englert HS, Diehl HA, Greenlaw RL, Willich SN, Aldana S.
"The Effect of a Community-based Coronary Risk Reduction: The Rockford CHIP."
Preventive Medicine, June 2007; 44(6):513-519

Merrill RM, Aldana SG, Greenlaw RL, Diehl HA, Salberg A.
"The Effects of an Intensive Lifestyle Modification Program on Sleep and Stress Disorders."
J Nutr Health Aging, May 2007, 11(3): 242-248

Diehl HA, Vedro P, Greenlaw RL, Burden H, Guthrie D, Demas A, Stitt B, Lund L, Davis C.
"The CHIP Prescription for Health."
Absolute Advantage--the Corporate Wellness Magazine, WELCOA 3(8):1-64

Aldana SG, Greenlaw, RL, Diehl HA, Salberg A, Merrill RM, Ohmine S, Thomas C:
"The Behavioral and Clinical Effects of Therapeutic Lifestyle Change on Middle-aged Adults."
Preventing Chronic Disease (Center for Disease Control and Prevention). January 2006;
3(1): A05-18.

Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S:
“The Effects of a Worksite Chronic Disease Prevention Program.”
Journal Occupational & Environmental Medicine; June 2005; 47(6): 556-564

Aldana SG, Greenlaw RL, Diehl HA, Salberg A, Merrill RM, Ohmine S, Thomas C:
“Effects of an Intensive Diet and Physical Activity Modification Program on the Health
Risks of Adults.”
Journal of American Dietetic Assn., Mar 2005; 105(3): 371-381

Englert HS, Diehl HA, Greenlaw RL:
“Rationale and Design of the Rockford CHIP, a Community-based Coronary Risk Reduction
Program: Results of a Pilot Phase.”
Preventive Medicine, April 2004; 38(4): 432-441

Aldana SG, Greenlaw RL, Diehl HA, Englert H, Jackson R
“The Impact of the Coronary Health Improvement Project (CHIP) on Several Employee
Populations.”
Journal Occupational & Environmental Medicine, Sept. 2002; 44(9): 831-839.

Diehl HA
“Changing the Paradigm in Communities: Coronary Risk Reduction Through an Intensive
Community-based Lifestyle Intervention Program—The CHIP Experience.”
American Journal of Cardiology, Nov. 11, 1998; 82(T): 83-87T

Esselstyn CB, Diehl HA, Demas A, Brickner A:
“Improving Our Goals in the Treatment of CAD Through a Paradigm Shift.” (abstract),
Annual APHA Convention, Indianapolis, IN, November 10, 1997.

Williams AM, Diehl HA:
“Coronary Artery Disease—an Update on the Potential for Prevention and Reversal.”
Journal American Osteopathic Assn., October 1995, 95(10): 511-514.

Diehl HA
“Reversing Coronary Heart Disease.”
In: Western Diseases: Their Dietary Prevention and Reversibility (Temple, N. and Burkitt, D.,
eds.). Totowa, NJ, 1994. Humana Press, pp. 237-317.

Krick EH, Dietzel MA, Diehl HA, Petersen F. “The Impact of Lifestyle Change including Diet,
Exercise and Stress Reduction on the Course of Rheumatoid Arthritis: a Prospective,
Double-blind, Randomized Trial.” (Abstract) 57th Annual Scientific Meeting, Nov. 7-11 '93,
San Antonio, TX.

Blank RP, Diehl HA, et al.: “Calcium Metabolism and Osteoporotic Ridge
Resorption: A Protein Connection.” *Journal of Prosthetic Dentistry*, November 1987.

Crane MG, Diehl HA, et al.: “Effect of Vegan Diet on Unrefined Foods on
Hypertension” (abstract), First International Congress on Vegetarian Nutrition,
Washington, DC, March 18. 1987.

Diehl HA, Blank R: “Calcium Metabolism and Osteoporosis—A Protein Connection” (abstract),
Annual Alumni Convention, Loma Linda University, School of Public Health, Loma Linda, CA,
March 4, 1987.

Diehl HA: “Ernaehrung als Wohlstands-Killer” (A Killer Called Dietary Excess), *Zeitschrift
für Orthopaedie*, Enke Verlag, Stuttgart. 1986, 124:372-376.

Diehl HA, Mannerberg D: "Regression of Hyperlipidemia, Hypertension, and Coronary Heart Disease." In: *Western Diseases: Their Emergence and Prevention* (Trowell, H.C., Burkitt, D., eds.). Cambridge, Mass., 1981 Harvard University Press.

Diehl HA, Abbey DE: "Short-term Effects of a Residential CVD Intervention Program of Diet and Exercise" (*abstract*), Annual Convention of Society for Nutrition Education, San Francisco, 1979.

Abbey DE, Zollinger T, Diehl HA: "Methodological Issues in Evaluation an Inpatient Program in the Absence of a Control Group" (*abstract*), Annual APHA Convention, Los Angeles, CA, 1978.

Diehl HA, Abbey DE, Zollinger T: "Statistical Evaluation of an Inpatient Program for the Dietary Treatment of CHD, Hypertension, and Diabetes" (*abstract*), Annual APHA Convention, Los Angeles, CA, 1978.

Books:

Blaney D, Diehl HA: "*The Optimal Diet Cookbook*," Autumn House Publishing, Hagerstown, MD. 176 pp book, 2009.

Ludington AL, Diehl HA: "*Health Power—Health by Choice, Not Chance.*" Review & Herald Publishing Assn., Hagerstown, MD. 256 pp. book, 2000, updated 2006.

Diehl HA, Ludington AL: "*Dynamic Health!*" Siloam; a Strang Company, Lake Mary, FL. 244 pp. book, 2003.

Ludington AL, Diehl HA: "*Take Charge of Your Health!*" GC Book of the Year. Review & Herald Publishing Assn., Hagerstown, MD. 160 pp. book, 2001.

Ludington AL, Diehl HA: "*Dynamic Living—How to Take Charge of Your Health.*" Review and Herald Publishing Association, Hagerstown, MD. 208 pp. book, 1995. (Sold over 1.5 million copies, translated into 16 languages.)

Diehl HA, Ludington AL, Dumbeck L: "*Dynamic Living Workbook.*" Review and Herald Publishing Association, Hagerstown, MD. 112 pp. book, 1995.

Diehl HA: "*To Your Health!—How to Eat More and Live Longer and Better.*" The Quiet Hour Publishers, Redlands, CA. 208 pp. 1987 [also published and distributed in Philippines, India, and Tanzania].

Columnist:

Leben und Gesundheit, monthly column, Swiss Health Magazine (1995-2000).

Lifestyle Capsules, *Signs Magazine*, monthly column, international syndication (1989-94) (with Aileen Ludington, MD).

Lifestyle Capsules, *Alive Magazine*, monthly column, Canadian syndication (1990-93).

Articles:

Articles have appeared regularly in health magazines published in North America, Germany, Switzerland, England, Thailand, India, Indonesia, Philippines.

Health Letter:

Lifeline Health Letter, published by Better Health Productions, quarterly 24 pp. health letter (1986-2003). [Editor]

Films:

Medical Consultant to *Second-Hand Smoke*, Pyramid Films, Santa Monica, CA. (1986)

Medical Consultant to *Change of Heart*, with Brooke Shields, Walter Mathau, Nathan Pritikin, Pyramid Films, Santa Monica, CA. (1985)

Videos:

Conceptualizer, Medical Director and Host to the following:

The CHIP 30-Days Program— A series of twenty 60-minute DVDs covering the CHIP program (2006).

Healthy Beginnings— A 4-hour video series that has helped tens of thousands to rediscover their health by reversing their diseases. Shot on Australia's Gold Coast and illustrated by state-of-the art graphics. Discovery TV, Australia (2004), updated and re-released in DVD format (2006).

Live With All Your Heart— Home School of Health. A four-part series (30 minutes each) hosted by Don Mackintosh, 3 Angels Broadcasting Network (1994).

Change and Live!— A 30-min. documentary of changed lives as a result of Ottawa CHIP program; LMI, Loma Linda, CA. (1994).

Wonderfully & Fearfully Made!— series of 10, 30-min. videos dealing with dietary relationships to Western diseases. Three Angels Broadcasting Network, Frankfort, IL (1992)

Lifestyle of the Hale and Hearty!— 15-min. video dealing with how to reverse heart disease. Morningstar Films, Agoura, CA (1991).

Dinner With Andrew— 15-min. video dealing creatively with how to lose weight and keep it off. Morningstar Films, Agoura, CA (1991)

Reversing Disease—Overweight, Diabetes, Hypertension and Heart Disease (5 hrs). Canadian Rockies Symposium, Gimbel Eye Found., Continuing Med. Ed. (1990).

To Your Health— a creative education series: (1) The Silent Disease: How to Improve Family Communication; (2) The Brain: Overfed and Undernourished; 3) Problems: Benefits in Disguise; 4) Nathan Pritikin: Proven in Death. Search Telecast, The Quiet Hour, Redlands, CA (1987)

To Your Health— a creative medical/educational series: (1) Reversing Hypertension; (2) Reversing Diabetes; (3) Reversing High Cholesterol; (4) Reversing Overweight. Morningstar Films, Agoura, CA (1987)

Audio Tapes:

"Diet For a New Century" (2 hours), Better Health Productions (1996)

"Eat More for Better Health" (6 hours), Better Health Productions (1991)

**Lectures/
Seminars:**

A list of selective speaking appointments is available upon request.

**COMMUNITY
MEDICINE
PROJECTS**

The Coronary Health Improvement Project (CHIP) is a community-based four-week intensive education (40 hours) program. It aims at markedly improving the lifestyle patterns of the participants and with that the level of their coronary risk factors. These are assessed before the program begins, directly after the 4-week daily education phase has been concluded, and then after 3-months and 1-year. The clinical results of a Randomized Clinical Trial have been published in 16 peer-reviewed articles.

The CHIP program has been conducted in *Canada*—in Creston, B.C. (1988), Vernon, B.C. (1988), Kelowna, B.C. (1989, 1990, 1993), Ottawa, Ont. (1990, 1991), Cornwall, Ont. (1992, 1993, 1994), in *India*—in Bangalore (1989, 1993), and in the *USA*—in Kalamazoo, MI, (1995-8 totaling more than 4,000 graduates, co-sponsored by Borgess Medical Center), in

PROFESSIONAL REFERENCES

Denis Burkitt, MD:

“Dr. Diehl is a well-qualified, widely experienced, and in my view, altogether wise nutritionist. Dr. Trowell, who has co-edited several books on diet with me, chose him to write the culminating chapter on the reversal of chronic diseases through dietary means in a very important book, *Western Diseases: Their Emergence and Prevention*. Subsequent to this, Dr. Norman Temple and I have asked Dr. Diehl to write a fairly comprehensive chapter on *Reversibility of Coronary Heart Disease* for our compendium *Western Diseases: Their Dietary Prevention and Reversibility*. I can recommend Dr. Diehl as a thoroughly reliable person in the field of diet and health.”

“You deserve the highest possible commendation for the wonderfully successful way you and your co-workers carry out the CHIP programs. You have shown in a quite magnificent way, how tremendously improved in health people can be by alterations to lifestyle rather than by drugs, high technology and surgery. I have nothing but boundless admiration for what you have accomplished. I know of no one who has accomplished more in the field of disease prevention and health promotion than you.”

—Denis Burkitt, MD, London, England
Discoverer of Burkitt's Lymphoma and 1993 Bower Award Laureate
November 17, 1992

William Castelli, MD; former Director Framingham Heart Study, Framingham, MA. Ph: (508)480-8319; (508) 485-7308

William Gorski, MD, President and CEO, SwedishAmerican Health System, Rockford, IL. Ph: 815-489-4003

Roger Greenlaw, MD, Clinical Prof. of Medicine, University of Illinois, College of Medicine at Rockford. Ph: 815-397-7340; 484-7810

Caldwell B. Esselstyn, MD; Preventive Cardiology Consultant, Cleveland Clinic, Cleveland, OH. Ph: 216-831-1925

T. Colin Campbell, PhD, Cornell University, NY. Ph: 607-533-9156

Neal Barnard, MD, President, Physicians Committee for Responsible Medicine, Washington, DC. Ph: 202-686-2210

“Dear Dr. Diehl,

I want to express my appreciation for your outstanding efforts to improve the health of Canadians, especially in my district, which includes Cornwall.

I'm enclosing the speech I made before the Canadian Parliament regarding the Cornwall CHIP project. You are obviously plowing new territory, and I'm eager to be kept abreast of your health initiative as the research data emerges.”

“Mr. Speaker,

The Cornwall Coronary Health Improvement Project is an innovative community health project that has obtained fascinating results.

During the four-week intensive intervention program, 500 participants lost a total of one and one-half tons of excess fat. Those with an elevated cholesterol level obtained an average drop of 16%. In addition, 36

smokers quit, the group collectively walked 12,000 miles and many participants had marked reductions in medications for the control of angina, hypertension and diabetes.

The projected 62% reduction in coronary risk was accomplished without any government funds used as the participants themselves paid nominal fees for the 40-hour educational program. An alumni organization remains to carry on the program.

Given the positive results of the Cornwall Coronary Health Improvement Project, I believe it may well hold the key to improving the health of Canadians through a lifestyle medicine approach and, at the same time, reduce the financial burden that is being placed today on Canada's healthcare system. Thank you, Mr. Speaker.”

--Bob Kilger
Member of Canadian Parliament

**PROFESSIONAL
REFERENCES**

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TO WHOM IT MAY CONCERN:

"I would like to take this opportunity to recommend Dr. Hans Diehl, who throughout his life has been a keen worker in the health maintenance side of medicine. Through his writings and seminars he has brought a very powerful message to all who would listen in how to use diet and exercise, and reflection on the more important things in life, to prevent the number one killers in our society—atherosclerotic diseases (heart attacks, strokes, peripheral vascular diseases), and cancer.

"As much as any other person I know, and this includes the likes of Dean Ornish and Nathan Pritikin, he has brought the message of a saner diet based on vegetarian principles, to the attention of countless people in need of this message. After all, the vegetarians of this world outlive the rest of us by seven years. But better than out-living us is the fact that they don't stop in their 50s, 60s, 70s, 80s, 90s, for their heart attack or stroke. They run less than one-half our cancer rate as well. Dr. Diehl has taught many of the practical ways people can incorporate such dietary principles into a regular way of life.

"We live in a country where almost three-fourths of us die from a disease process that could be controlled or stopped. We would still die, eventually, but we would all live a lot longer. Consider also the fact that when you have a heart attack you most likely will not die. In Framingham, 15% died and 85% lived on. But those who live, damaged by their heart attack, live at a much lower quality of life. All of this is preventable."

—William Paul Castelli, MD, Director
Framingham Heart Study, National Heart, Lung, and Blood Institute

TO WHOM IT MAY CONCERN:

"Of all the comprehensive lifestyle intervention programs in the U.S., the CHIP program stands out for several reasons:

"First, I am consistently struck by the positive tone among the staff, volunteers and participants of CHIP. There is an air of optimism, enthusiasm and comradery at every program.

"Second, in observing Dr. Diehl's style of presentation and relating to the participants, CHIP is doing an excellent job of translating complex issues into practical terms that are meaningful to the participants.

"Third, I am truly amazed at how much CHIP is able to offer for so little money. This is a top quality program at a price that excludes no one—public health intervention at its best. *Consumer Reports* undoubtedly would rate CHIP #1—a very good value; an excellent program."

—Suzanne Havala Hobbs, PhD, RD, FADA
Chapel Hill, NC

FROM T. COLIN CAMPBELL, PhD (Author of "The China Study")

"I have often told audiences around the U.S. that this is the premier community based program in the country. I have observed the program first hand on several occasions and I could hardly be more positive. Every community in the country should know about the CHIP program and give it a try."

—Cornell University
June 12, 2008

PROFESSIONAL REFERENCES

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TO WHOM IT MAY CONCERN:

“As Chief Medical Officer of Borgess Health Alliance, I have had many opportunities to work with Dr. Hans Diehl—a cardiovascular epidemiologist and lifestyle interventionist—and his Coronary Health Improvement Project (CHIP) at our flagship hospital, Borgess Medical Center in Kalamazoo, Michigan.

“It has been gratifying for me to not only attend his condensed CHIP *FastTrack* program, but to also see many of the clinical results accomplished by the intensive four-week CHIP program.

- Patients no longer suffering anginal pain;
- Type II diabetics having their blood sugars return to normal with reduced, or discontinued use of medication;
- Hypertensives have their blood pressures return to normal with reduced medication requirements;
- Weight loss while actually eating more.

“Many of these remarkable short-term results have been published in the *American Journal of Cardiology*. In addition, a thesis paper, supervised by Western Michigan University, looking at compliance levels after one and two years, found that the majority of the CHIP graduates followed the lifestyle guidelines to a rather remarkable degree. More than 4,000 people in Kalamazoo alone have graduated from the 40-hour educationally-oriented CHIP program over the past three years. The CHIP program has integrated itself well into the medical and business community; actually, CHIP has become the talk of the town. More than 20 restaurants are now serving CHIP menus, and many food outlets and even hospital cafeterias are now offering CHIP-approved choices.

“Many of us, as physicians, are becoming increasingly aware of some of the limitations of certain “high tech” procedures in medicine in dealing with common Western killer diseases, such as coronary heart disease, stroke, hypertension, diabetes, cancer, and obesity. The challenge of medicine today is to educate, motivate, and inspire patients and public alike to replace their health-erosive lifestyle with one that enhances health.

“Dr. Diehl has done much through his community-based CHIP program (which augments traditional medical care) to give tens of thousands of people a clearer understanding of how they can contribute to their own health. He has provided them with motivation and education to get started on the road to health recovery and disease reversal. His training has given him a unique perspective of how best to work on the health maintenance side of medicine. Through his research, writings and seminars, and now through the videotaped CHIP program, he is bringing a powerful message to people and countries around the world. His CHIP program is uniquely suited to improve the level of health of many patients and the community-at-large, while, at the same time, reducing the financial burden on the healthcare system.

“Having worked closely with Dr. Diehl and his CHIP program during the past three years, it gives me great pleasure to fully endorse his approach and work. His message of intelligent and responsible self-care needs to become part of our culture the sooner the better.”

—Sanford F. Tolchin, MD
Chief Medical Officer, Borgess Health Alliance
Kalamazoo, MI

PROFESSIONAL REFERENCES

(cont'd...)

Dear Dr. Tolchin:

“As I flew home, I thought about the CHIP program and several of its implications for the medical care system—and the unusual opportunities, if this were to be extended on a national level.

1. The genius about Dr. Diehl’s program is that it is:
 - community-based with the hospital as the principal catalyst;
 - very affordable to ‘everyday folks’ (similar programs conducted by Pritikin and Ornish run about \$4000/week).
 - with almost daily meetings, sufficiently long so that new habits are established in a supportive peer-related environment;
 - highly motivational, since participants make lifestyle changes that cause almost immediate clinical improvement of symptomatology., thus providing the needed documentation for physicians to become more aware about these important diet-lifestyle-chronic disease relationships.
2. The program is conceptually sound. The scientific data for the program components are well established. I am delighted that Dr. Diehl is collecting follow-up data, measuring coronary risk factor levels after one year. As a academician and researcher, I am pleased that Dr. Diehl involves the medical community, such as physicians and medical students, in an effort to broaden the understanding of the pivotal role of lifestyle issues in reversing many of our modern diseases.
3. The CHIP program would be an excellent program for any hospital to judge the reactions of the medical community to a health and wellness program, which is comprehensive in scope and specific in its effect on a large number of ailments.

“May I compliment you and your hospital staff for being so progressive and community-oriented in bringing this most innovative health improvement project to your city. This program, to my way of thinking, can potentially affect the treatment of Western diseases in a more cost-effective and outcome-effective manner better than any other strategy that I know.

“Thank you, once more, for inviting me to be part of such an exciting program at your fine medical center.”

—T. Colin Campbell, PhD
Jacob Gould Schurman Professor of Nutritional Biochemistry
Cornell University.

**PROFESSIONAL
REFERENCES**
(cont'd...)

TO WHOM IT MAY CONCERN:

“This letter is in support of the CHIP (Coronary Health Improvement Project) programs of Dr. Hans Diehl. In cooperation with local medical authorities, the CHIP program is designed to educate people about the close relationship between lifestyle factors and our Western killer diseases, particularly coronary heart disease and cancer, and then, to motivate and facilitate better lifestyle choices so as to prevent and reverse some of these disease processes. In working with him, I’ve found him to be a thoughtful, sincere person, with an engaging personality, who carries convictions of what must be done to improve the health of our Western culture. His CHIP program is a most unique attempt to put these convictions into practice on a community-wide basis. The clinical results from his Randomized Clinical Trial with some 11 peer reviewed publications validate his approach. Dr. Diehl has been supported by an extremely reputable group of physicians and scientists, including the late Dr. Denis Burkitt, and Dr. William Castelli (former director of the Framingham Heart Study).

“Dr. Diehl has extremely unique skills which enable him to mobilize significant parameters of a community to become engaged in a effort to promote healthier lifestyle choices. It is very gratifying to see first hand the results of what actually is accomplished by the CHIP program: patients with angina lose their anginal pain; type II diabetics have their blood sugars return to normal with either reduced medication use, or discontinued altogether; hypertensive patients have their blood pressures return to normal while their medications requirements are significantly reduced, or totally eliminated; and overweight people lose weight while eating more and extend their clinical gains over time.

“While there are some who may feel that his educationally-oriented approach is in conflict with traditional medical treatment approaches, I could find no evidence for this in any one of these research projects. The CHIP program serves mainly as a supplement to the medical care provided in the community. The CHIP program actually augments medical services by educating the masses in what they need to know. This makes it easier for physicians to be more efficient and effective in their approaches. Since we as physicians usually lack the expertise and time to educate the masses, the CHIP program provides these educational services by enrolling from 50 to 1,000 people at a time in the four-week intervention program with risk factor assessments “before” and “after” the program and with subsequent follow-ups at three months and one year.

“Most of us, as clinicians, recognize that prevention is an orphan. Is a physician, who practices and teaches preventive medicine, ever praised by a patient, who as a result, may never develop the disease? With coronary heart disease, however, the situation is somewhat different in that the clinical results can be rather immediate and especially gratifying, particularly if the patient adheres to the prescribed lifestyle medicine program. Dr. Diehl personifies a unique talent that is completely committed to this type of activity. This is probably the only way to effectively lower the exorbitant costs that are the result of our unfortunate Western lifestyle. I unhesitatingly endorse his work, and I am looking forward to working with him in the future.”

“In summary, I would unhesitatingly support Dr. Diehl in his work designed to reduce the burden of disease in our population, and to contribute to better health and to a higher level of well-being.”

—Caldwell B. Esselstyn, Jr., MD
Preventive Cardiology Consultant, Cleveland Clinic, Cleveland, Ohio

**PROFESSIONAL
REFERENCES**

(cont'd...)

TO WHOM IT MAY CONCERN:

“The Coronary Heart Improvement Project (CHIP) has reached tens of thousands of people, dramatically changing their lives and improving their health. Although it focuses on cardiovascular health, its benefits extend to many other areas, bringing improvements in weight, blood pressure, diabetes, and other serious conditions. The results in cities in Canada, USA, and India have shown it to be a highly effective, low-risk program.

“Having spoken at CHIP programs, I have great respect for the program’s structure, content, detailed guidance, and practical focus. Our organization feels privileged to be a co-sponsor of this program, and I am pleased to highly recommend the CHIP program to any community.”

—Neal Barnard, MD, President
Physicians Committee for Responsible Medicine
Washington, DC.

TO WHOM IT MAY CONCERN:

“I know of no other health-inducing program that can match the changes that Dr. Diehl’s CHIP program brings about. He is an outstanding presenter, a reservoir of sound information about his topics, and he has a most intriguing way of persuading people to follow the rules.

“Having several years of experiencing his presence and the impact he has on the attendees has convinced me that this is one of the finest and most successful health promotion programs that is available.

As a result of his many sessions and his influence on this community, a number of our major restaurants have changed their presentations to include CHIP-approved menus, thus indicating how broadly he has impacted the entire community.

“I would give my unconditional endorsement to the CHIP program and recommend it to any organization or community that is interested in altering the health status of their population.

“I would be happy to respond to any inquiries from people with interest in having Dr. Diehl share his program and join the many in this area that have benefited from his teachings.”

—Robert A. Henry, MD, FACPE
Former President/CEO
SwedishAmerican Hospital
Rockford, IL

APPENDIX

A FEW SELECTED PRESENTATIONS

"Effects of a Residential Lifestyle Modification Intervention Program in Patients Suffering from Coronary Heart Disease, Diabetes, Hypertension, Obesity, Gout." State Department of Health, Sacramento, California. (2 hours)

"Riskfactors in Coronary Heart Disease and Their Successful Modification." Annual S. California Dental Convention, Los Angeles, California. (8 hours)

"Longevity Center's Diet-Exercise Program—a Descriptive Analysis of 893 Primary Patients." American College of Cardiology, Anaheim, California, with Nathan Pritikin. (30 minutes)

"Some Short-Term Results of the Pritikin Longevity Center." Loma Linda University School of Public Health, Alumni Convention. (1 hour)

"You Are What You Eat." Annual Meeting of California Food Distributors, San Diego, California. (3 hours)

"How to Die Younger Later in Life." California State University, San Diego, California. (4 hours)

"Multiple Risk Factor Modification—Challenge and Opportunity." Mayo Clinic, Rochester, MN. (2 hours)

"A Residential MRFIT Experiment." University of Minnesota, Minneapolis, School of Public Health, Laboratory of Physical Hygiene. (1 hour)

"Lifestyle and Health." Keynote address—National Wellness Convention, University of Wisconsin and Society of Prospective Medicine, Stevens Point, Wisconsin. (4 hours)

"Evaluation of an Inpatient Multiple Riskfactor Modification Program." Society of Prospective Medicine National Convention, Tampa, Florida. (1 hour)

"Evaluation Methodology for an Inpatient Diet Therapy Program." American Public Health Association Convention, Los Angeles, California. (30 minutes)

"Riskfactors in Cardiovascular Disease—and How to Modify Them Successfully." State Convention of Oregon Pharmacists, Eugene, Oregon. (4 hours)

"Occlusive Disease—Another Look." Loma Linda University, Annual Alumni Convention, School of Dentistry. (7 hours).

"Cardiovascular Disease and Lifestyle Change—Challenge and Opportunity." Yakima County Medical Society, Yakima, Washington. (2 hours)

"A Non-Pharmaceutical Treatment Approach to Circulation Related Diseases." State Convention of Idaho Pharmacists, Boise, Idaho. (4 hours)

"Short-Term Results of a Residential Multiple Riskfactor Modification Program for the Treatment of CVD, Hypertension, and Diabetes." 12th Annual Meeting, Society of Nutrition Education, San Francisco, California. Selected as *"presentation of special merit."* "One Year Follow-up Study Report on Pritikin Patients." (1 hour)

"Regression of Atherosclerosis—State of the Art." (1 hour). National Wellness Promotion Strategies Workshop, Society of Prospective Medicine, University of Wisconsin, Stevens Point, Wisconsin.

"Live Longer Now." University of Southern California, School of Dentistry, Continuing Education. (8 hours)

"Regression of Heart Disease, Hyperlipidemia, Hypertension, and Diabetes." Annual National Convention of Institute of Oral Biology, Palm Springs, California. (6 hours Continuing Education Credit)

"Short-Term Results of Pritikin's Intervention Program for the Treatment of ASHD, Hypertension, and Diabetes." —5th International Symposium on Artherosclerosis, Houston, Texas.

"Reversibility of Hyperlipidemia, Hypertension, and Angina—Short-Term Results of a Multiple Riskfactor Modification Program." Marshfield Clinic, Marshfield, WI. (Physician Education Seminar, 3 hours)

"Diet, Cardiovascular Disease and Certain Cancers." Spring Refresher of the Minnesota Academy of Family Physicians, Minneapolis, Minnesota. (4 hours CME)

"The Dentist and Coronary Heart Disease." Spring Scientific Convention, California Dental Association, Anaheim Convention Center, Anaheim, California. (6 hours)

"How Not to Kill Your Husband Slowly." Annual Lecture Seminar, Southern California Academy of General Dentistry, La Costa, California. (9 hours)

"Cardiovascular Health Update." Spring Scientific Convention, California Dental Association, Anaheim Convention Center, Anaheim, California.

"Executive Health: Key to America's Productivity." Featured Luncheon Speaker at Computer Dealers and Lessor Association, St. Francis Hotel, San Francisco, California.

"A Synopsis of Cholesterol and Diseases Related to It." (with Milton Crane, MD) 50th Annual Postgraduate Convention, Loma Linda University, School of Medicine, Loma Linda, California.

"Seminar in Health Enhancement and Lifestyle Medicine." University of California, Riverside, California. (13 hours Continuing Education for Nurses and Dietitians)

"Coronary Artery Bypass Graft Patency Rates." Loma Linda University School of Medicine, Cardiovascular Surgery Conference.

"Diet and Killer Diseases." Keynote Address, American Automotive Leasing Association National Convention, Scottsdale, Arizona.

"Results of Pritikin's Residential Treatment Program." Loma Linda University School of Health Alumni Convention, Loma Linda, California.

"Intervention Programs: Future Directions for Lifestyle Medicine." Loma Linda University, School of Public Health Alumni Convention, Loma Linda, California.

"How to Die Younger—Later in Life." Women's Auxiliary, School of Medicine Alumni Convention, Loma Linda, University, Loma Linda, California. (2 hours)

"Executive Health: Key to American Prosperity." ASI, Pacific Union Chapter, Yosemite, California. (5 hours)

"Seminar in Health Enhancement and Lifestyle Medicine." University of California, Santa Barbara, California (14 hours Continuing Education Credit)

"Cardiovascular Disease Management: Nutrition—the Missing Ingredient." "The Great American Waist: How to Handle it Successfully." "Nutritional Breakthrough: Reversibility of MO Diabetes." "Normalization of Hypertension: Drug vs. Diet Therapy." Idaho State Pharmaceutical Association. (5 hours Continuing Education Credit)

"Cost Containment of Medical Care through a Behavioral-Educational Approach to the Chronic Diseases." Federal Council on the Aging (paper presented), San Francisco Hilton Hotel, San Francisco, California.

"Heart Attack—Counter Attack: Lifestyle for the '80s. A New Era in Medicine." Edmonton Dental Society, Alberta, Canada. (7 hours Continuing Education)

"The Better Weigh to Your Husband's Heart." (Spouse Program) First International Congress on Orthopedics and Traumatology, Palm Springs, California. (8 hours)

"To Change is to Win!" Management Club, Interstate Electronics Corporation, Anaheim, California. (2 hours)

"Health Enhancement and Lifestyle Medicine Seminar for Pharmacists." Washington State Pharmacist Association, Crystal Springs, Washington. (8 hours Continuing Education)

"Healthy Diets: Yesterday, Today and Tomorrow." Keynote Speaker, Amway Corporation, Lehmann Diamond Organization (1400), Sachsenwald Congress Centrum, Hamburg, Germany. (2 hours)

"Cardiovascular Disease: A Preventable and Treatable Epidemic." Eisenhower Medical Center, Annenberg Center, Rancho Mirage, California. (8 hours Continuing Education)

"Lifestyle Medicine—A Rational Approach to Chronic Disease." University of New Mexico, School of Dentistry, Albuquerque. (8 hours Continuing Education)

"Peak Productivity Without Working Harder." National Convention Workshops for the National Automobile Dealers Association, Moscone Convention Center, San Francisco, California.

"Productivity Through Health Enhancement." Two 3-hour workshops for employees of National Automobile Dealer Association Headquarters, McLean, Virginia.

Keynote Address 72nd Annual National Orthopedic and Traumatology Convention. "Cardiovascular Disease: Nutritional Induction and Regression." Frankfurt, Germany (in German)

"You Are What You Eat." Lecture concluding "Health Week," University of Tübingen. (in German)

"Health is Wealth." American Heart Association, Riverside County Chapter, Hemet, California. (750 attendees)

"Regression of American Killer Diseases: Eat Your Way Back to Health!" (7 hours) University of California, School of Dentistry Alumni Association Annual Meeting, San Francisco, California.

"The American Way of Life Does Not Need to be Dangerous to Your Health." National Annual Convention of American Association of Endodontists, Boston, Massachusetts. (3 hours Continuing Education)

"The American Diet: Suicide on the Installment Plan." "How to Reverse Western Diseases through Diet Therapy." Fall Scientific Session of the California Dental Association, Moscone Convention Center, San Francisco, California (5 hours)

"The American Diet: Suicide on the Installment Plan." "Action Plan for Reversal of America's Killer Diseases: Eat Your Way Back to Health!" Academy of General Dentistry, Hyatt Regency, Dearborn, MI. (6 hours)

"Live With All Your Heart." National Convention of ASI, Glorieta, New Mexico. (7 hours)

"Dietary Fiber in the Treatment and Prevention of Disease." Magic Mill, Inc., National Distributors Convention, Salt Lake City, Utah. (6 hours)

"Osteoporosis: Disease of Excess not Deficiency!" Greater New York Dental Meeting (State Convention), Jacob Javits Convention Center, New York.

"Reversing Chronic Diseases." Gimbel Eye Foundation: Rocky Mountain Symposium for Cataract and Refractive Surgery, Banff, Alberta. (5 hours Continuing Medical Education)

"The 'Good' Life, or the 'Best' Life?" Banquet speech at International Symposium for Cataract Surgery, Aruba, West Indies.

"Battle Creek Revisited"—Keynote address commemorating 125th anniversary of the founding of the Battle Creek Sanitarium, Battle Creek, MI.

"Living Healthy Lifestyles"—Dr. John Lakins Memorial Lecture, Lloydminster Regional Hospital Foundation, Lloydminster, Sask, Canada.

"Nutritional Medicine Overlooked and Overdue," University of California at San Francisco, School of Dentistry Alumni Association Annual Meeting, Sheraton Palace Hotel, S.F. (6 hours continuing Dental Education).

"Reversing Coronary Heart Disease with Dietary Lifestyle Changes"—Keynote address, World Vegetarian Congress: Den Hague, Netherlands.

"Smoking and Goethe"—9th World Congress, International Commission for the Prevention of Alcoholism & Drug Dependency, Hamburg, Germany.

"Nutritional Breakthrough: Live Longer and Better,"—20th Yankee Dental Congress, Boston, MA. (3 hours CEU).

"Reversing Coronary Heart Disease"—Harvard Medical School, Massachusetts General Hospital.

"Reversing Type 2 Diabetes"—Harvard Medical School, Massachusetts General Hospital.

"Western Diseases: Their Emergence, Treatment and Reversibility"—University of California at San Francisco, School of Dentistry Alumni Assn. Annual Meeting, Sheraton Palace Hotel, San Francisco, CA. (6 hours CDE)

"CHIP: God's Right Arm in Action," National ASI Convention, Spokane, Washington.

"Nutritional Atherogenesis of Western Killer Diseases" and "Nutritional Reversal of Western Killer Diseases"—132nd Midwinter Meeting, Chicago Dental Society, Chicago McCormick Convention Center. (6 hours CDE)

"Smoking and Goethe"—10th World Congress, Smoking or Health, Beijing, China.

"Dietary Prevention of Western Killer Diseases"—National Academy of Preventive Medicine, Beijing, China (6 hours)

"Coronary Risk Reduction Through an Intensive Community-based Lifestyle Intervention Program—the CHIP Experience." Plenary session, a Summit on Cholesterol & Coronary Disease, 2nd National Conference on Lipids in the Elimination and Prevention of Coronary Artery Disease, The Cleveland Clinic Foundation.

"Primary Prevention Through Marked Cholesterol Lowering—Community and Physician-based Nutrition Education Intervention Programs." Caldwell Esselstyn, MD; Hans Diehl, DrHSc; Antonia Demas, PhD; Abraham Brickner, PhD. National Meeting of the American Public Health Association, Food and Nutrition Section. Indianapolis, IN

"Nutritional Atherogenesis of Western Killer Diseases" and "Reversing Diseases with Fork and Knife."--Yankee Dental Congress, Boston, MA (6 CEUs).

"Nutritional Regression of Western Killer Diseases"—National Academy of Preventive Medicine, Beijing, China (6 hours)

"Reversing Coronary Heart Disease with Fork and Knife"—European Vegetarian Congress at Widnau, Switzerland, Plenary Session.

"Reversing Western Killer Diseases"—Vegetarian World Congress, Toronto, Canada. Plenary Session.

"Reversing Coronary Heart Disease," "Reversing Essential Hypertension," "Reversing Type II Diabetes." —Vegetarian World Congress, Toronto, Canada. Plenary Session.

"Reversing Western Diseases Through Lifestyle Medicine"—Annual Session of the National Dental Association, Kansas City, MD (5 hours).

"Reversing Coronary Artery Disease—A Lifestyle Perspective," Annual National Nutrition Congress of Belgium, Brussels..

"Rebuilding the Temple—Optimizing Health and Fitness," APC 2004—Loma Linda University, School of Medicine, National Auxiliary to the Alumni Association (3 hours).

The Doctor of Health Science

A Professional Degree Program

The Doctor of Health Science (DrHSc) is a professional degree program designed to provide a broad preparation in the fundamentals of public health, together with an understanding of personal health and the science of its evaluation, maintenance, and promotion. It prepares a “preventive medicine specialist” or “Health practitioner” to serve as: health counselor, lecturer or teacher of health science, administrator of public or private health agency or program, researcher, etc.

The academic program differs fundamentally from that leading to a Doctor of Public Health. It is patterned more after the training program leading to the professional degree in medicine. Prerequisites for entry into the program include subjects in the biological and physical sciences, behavioral sciences, business administration and accounting, and a Bachelors Degree.

The period of training covers 12 consecutive quarters taken in three calendar years. The program is divided into three parts:

1. Basic training in Public Health, qualifying student to obtain Masters in Public Health along with his Doctorate.
2. Training and practical experience in health evaluation, including physical, nutritional, emotional health; understanding of and methodology required to promote behavioral change so that people will be motivated to change undesirable health habits to those that are conducive to a higher level of health.
3. Training in Basic Areas of Health Science (similar to that of Medicine).

Multiphasic health testing will attempt to find subjects at high risk of disease and provide them appropriate counseling to modify lifestyle. An understanding of communities, their organization and health needs can be better understood when actual experience is gained in evaluating a community and organizing a program to meet such needs.