



**HANS DIEHL**, DrHSc, MPH, FACN

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Best-selling Author, Lifestyle Interventionist

Clinical Professor of Preventive Medicine

Dynamic Speaker, Founder of CHIP



## *Profile*

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As a National Institutes of Health supported research fellow in cardiovascular epidemiology at Loma Linda University, Dr. Diehl evaluated the impact of the Pritikin Longevity Center where he directed the research and health education departments.

As a post-doctoral scholar at the School of Public Health of the University of California at Los Angeles, he contributed to the establishment of the UCLA Center for Health Enhancement. He holds a doctorate in Health Science with emphasis on Lifestyle Medicine, and a master's degree in Public Health Nutrition from Loma Linda University.

Dr. Diehl is a world-class speaker. His message is that people don't have to die of Western killer diseases. His Coronary Health Improvement Project (CHIP) has been conducted in several countries affecting entire cities, either "live" or via a sophisticated video set with certified CHIP facilitators. More than 50,000 graduates have learned how they can turn disease processes around. His research has been published in peer review journals and medical textbooks showing that most people with essential hypertension, type 2 diabetes, elevated cholesterol, and with heart disease can reverse these diseases and often become drug-free within weeks by simplifying their customary lethal American diet. In addition, overweight people learn how to eat more and lose weight on a permanent basis.

He was recently chosen by a national health magazine as one of America's 20 super-heroes in the health movement. "These scientists, through research, education, advocacy and public relations, have brought intelligent, well-reasoned new voices into the discussion of health care."

Dr. Diehl is much in demand as a stimulating, dynamic and entertaining speaker. His books, *Health Power* and *Dynamic Living* (co-authored with Dr. Aileen Ludington), have sold over 2 million copies and have been translated into 17 languages.

Dr. Hans Diehl and his wife, Dr. Lily Diehl, a concert pianist, live in Loma Linda, California.