



# Dr. James Proodian

*President and Founder, Natural Healthcare Center  
Health Educator • Chiropractic Physician*

## *Health Literacy is the Key to Longevity*

**Dr. James Proodian believes health literacy – having the knowledge required to make smart health and lifestyle choices – is critical to improving public health, overcoming the chronic illness epidemic in our country, boosting workplace productivity, and reducing the cost of healthcare in terms of both dollars and human life.**

For more than 25 years, Dr. Proodian has been offering free health education programs throughout the tri-state area.

**More than 20,000 people from hundreds of businesses, local organizations and schools have attended Dr. Proodian's dynamic, interactive presentations.**

In 2008 and 2017, Dr. Proodian was recognized by NJBIZ as a Healthcare Hero for his contributions to the quality of healthcare in New Jersey.

Since 2014, Dr. Proodian has served as Health Educator for CityWell, a free educational and clinical resource created to help employees of the City of Long Branch, NJ and their families lead healthier lives. He is also a regular contributor of health and wellness articles to the Asbury Park Press and former host of the By Design radio program on The Bridge FM.

### **PRESENTATIONS AND WORKSHOPS:**

- Helping Children Make Smart Food and Exercise Choices
- Reducing Pain and Inflammation Through Proper Nutrition
- Containing Health Insurance Costs
- Immune Systems: Heightening Your Defenses Naturally
- Women's Hormonal Health and the Prevention of Cancer
- Tired to Inspired: Helping Your Employees Get Healthy

#### **TO LEARN MORE ABOUT DR. PROODIAN:**

[www.NaturalHealthcareCenter.com](http://www.NaturalHealthcareCenter.com)  
[www.drproodian.com](http://www.drproodian.com)

 [www.linkedin.com/in/drjamesproodian](http://www.linkedin.com/in/drjamesproodian)

 [www.facebook.com/ProodianHealthcare](http://www.facebook.com/ProodianHealthcare)

**Secure Dr. Proodian  
for your event today:**

**732-222-2219**

**[info@naturalhc.com](mailto:info@naturalhc.com)**

# Feel Better. Function Better. Live Longer.

An advocate of functional medicine and integrative care long before they became buzzwords, Dr. James Proodian has been in practice since 1994 and founded Natural Healthcare Center in 2003. His mission is to drive change in our broken, fragmented healthcare system.

The current “sick care” model does a fine job treating acute illness and injury, but a terrible job dealing with chronic illness, which is often preventable and reversible. Instead of acting on warning signs and attacking them at the source, various specialists working in silos will reactively treat disease with prescription drugs at the symptom level.

Dr. Proodian believes in “health care.” When warning signs of chronic illness are detected, action is taken. Through examination, testing and collaboration, a team of clinicians diagnose and treat the root cause of the problem, using natural methods that stimulate the body’s natural healing powers and restore balance. Throughout the process, patients are educated to make better lifestyle choices and take control of their health.

## TESTIMONIALS

*Dr. Proodian provided an engaging and informative program on workplace stress and the benefits of stress management, nutrition and exercise. His energetic and often humorous presentation kept our associates absorbed as he encouraged them to become knowledgeable of their personal and professional health.*

*Michael A. Mendillo, Wentworth Property Management*

*The response from our associates was overwhelmingly positive. They enjoyed the interaction with the doctor and appreciated having the opportunity to ask questions and explore new ideas.*

*Betty Palmisano, Health Net*

*Our company has experienced cost reductions to our health plan as a direct result of the Lunch & Learn health programs that you have presented. Our employees are now much more aware of what can be done with just a little effort on their part to begin a program of health and fitness.*

*Joyce Rudolph, Wheelock Inc.*

*The facts and statistics you gave on what we do and eat, and how it relates to our physical health, were eye-opening. As a result of your common-sense talk, we all have a better understanding of how the choices we make every day influence the way we feel and how we age.*

*Helga Britton, First Financial Federal Credit Union*

## PARTIAL CLIENT LIST:

- Asbury Park Press
- CDW
- CPC Behavioral Healthcare
- First Financial Credit Union
- HealthSouth Rehabilitation Hospital
- Monmouth University
- Morgan Stanley Smith Barney
- National Assoc. of Women Business Owners
- New Jersey Education Assoc.
- International Foods and Fragrances
- Wentworth Property Management
- New Jersey Education Association



## TO LEARN MORE ABOUT DR. PROODIAN:

[www.NaturalHealthcareCenter.com](http://www.NaturalHealthcareCenter.com)  [www.linkedin.com/in/drjamesproodian](https://www.linkedin.com/in/drjamesproodian)

[www.drproodian.com](http://www.drproodian.com)

 [www.facebook.com/ProodianHealthcare](https://www.facebook.com/ProodianHealthcare)

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