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Best-selling Author, Lifestyle Interventionist
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Abbreviated Resume

Chosen as “One of America’s 20 Super-Heroes of the Health Movement” (*Vegetarian Times*), Dr. Hans Diehl is the founder of the Lifestyle Medicine Institute in Loma Linda and a Clinical Professor of Preventive Medicine at the School of Medicine of Loma Linda University, Loma Linda, CA.

Offering more than 30 years of leadership in the fast-growing field of Lifestyle Medicine, his pioneering efforts as an epidemiologically trained lifestyle interventionist with the Complete Health Improvement Project (CHIP) and its more than 85,000 graduates have consistently shown how simple lifestyle changes can prevent, arrest, and facilitate the reversal of many of our largely lifestyle related chronic diseases. The clinical results of his research (including two Randomized Clinical CHIP Trials) have been published in more than 45 peer-reviewed medical journals.

His books *Health Power*, *Dynamic Living*, *Take Charge of Your Health*, and *You-Turn* (co-authored with Aileen Ludington) and the *Optimal Diet Cookbook* (co-authored with Darlene Blaney) have been translated into 36 languages with more than two million copies in circulation.

He earned his doctorate in Health Science and an MPH in Public Health Nutrition from Loma Linda University. Prior to founding the Lifestyle Medicine Institute 30 years ago, Dr. Diehl was the Director of Education and Research at the Pritikin Longevity Center. He contributed to the development of the UCLA Cheer Center and was awarded a post-doctoral research fellowship in cardiovascular (CV) epidemiology (National Institutes of Health).