



**Hans Diehl**, DrHSc, MPH, FACN

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Best-selling Author, Lifestyle Interventionist  
Clinical Professor of Preventive Medicine  
Dynamic Speaker

## Profile

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.

He serves as a consultant to the Complete Health Improvement Project (CHIP) now owned by the Lifestyle Medicine Institute, LLC, headquartered in Redlands, CA. He is a Clinical professor of Preventive Medicine at Loma Linda University, School of Medicine.

Dr. Diehl is much in demand as a stimulating speaker. His message is that people don't have to die of Western killer diseases. His Complete Health Improvement Project (CHIP) has been conducted in several countries affecting entire cities, either "live" or via a HD video set with trained CHIP facilitators. More than 85,000 graduates have learned how they can turn disease processes around. His research has been published in more than 45 articles, mostly in peer reviewed 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 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." (*Vegetarian Times*)

He was inducted into the Vegetarian Hall of Fame of the North American Vegetarian Society (2015). The Plantrician Project "Luminary Award" was presented to him in 2018.

His books *Health Power* and *Dynamic Living* (co-authored with Dr. Aileen Ludington) have sold over two million copies and have been translated into 36 languages.