



TRUENORTH HEALTH CENTER

## The TrueNorth Health Story

The TrueNorth Health Center was founded in 1984 by the husband-and-wife team of Dr. Alan Goldhamer and Dr. Jennifer Marano. Beginning with the concept that health was the result of healthful living, the focus of the Center was teaching patients healthful living practices. This involved encouraging an exclusively whole plant-food diet without the addition of SOS (salt, oil and sugar), as well as respecting the need for sleep and exercise.

Clinical psychologist Dr. Doug Lisle played a foundational role in the Center's development from the very beginning. As principal author of *The Pleasure Trap* and lifelong friend of Alan Goldhamer, Dr. Lisle has been a critical force in the conceptual development of the Center's alternative approach to the restoration and maintenance of health and happiness.

Peter Sultana, MD, originally completed an internship after medical school at TrueNorth Health in 1996 and has since been serving as its medical director for over 20 years.

Many of the doctors and staff have worked at the TrueNorth Center for fifteen to twenty-five years, including staff doctor Dr. Erwin Linzer and his wife Carolyn Linzer, who works as TrueNorth Health's billing manager.

Executive chef Ramses Bravo has been with TrueNorth Health Kitchen for over a decade. Some of the organization's staff, including Maria and Augie, have been with TrueNorth for over 20 years.

TrueNorth Health moved from its original location in Penngrove, CA, in 2006 to a new larger campus in Santa Rosa, CA, dramatically expanding its initial capacity of serving up to 20 patients with a staff of 12, to its present staff of 70 dedicated employees and contractors serving up to 75 patients.

Over the years, TrueNorth has published several books including *Can Fasting Save Your Life?*, *The Pleasure Trap* and *The Health Promoting Cookbook*, as well as numerous papers and case reports published in peer-reviewed medical literature.

In conjunction with the [TrueNorth Health Foundation](#), its nonprofit affiliate whose focus is scientific research and education, the TrueNorth Health Center has expanded its internship and residency training program that has trained hundreds of doctors in the use of our approach with diet and fasting.

TrueNorth Health is a media-friendly company. We welcome the opportunity to work with journalists and authors to spread the word that health results from healthful living.

Dr. Alan Goldhamer is available for interview requests. Please contact [dracg@truenorthhealth.com](mailto:dracg@truenorthhealth.com) or (707) 586-5555, ext. 1142.