

Charles K. Bens, Ph.D.  
*Health education you can trust*

**Education**

- B.A.- Political Science (Education and Psychology minors)
- Masters Degree- Public Sector Decision Making
- Ph.D.- Nutrition

**Teaching Experience**

- Penn State University- Altoona Campus
- York University- Toronto, Canada
- Florida International University- Miami, Florida
- Studie Centrum- Almstelveen, **The Netherlands**

**Publishing**

- Nine books and over 300 articles
- Most recent publications
  1. Healthcare Costs Could Bankrupt America (article)
  2. Breast Cancer: The Less Told Story (article)
  3. Cholesterol and Heart Disease: A Surprising Second Opinion (article)
  4. Health in Your Pocket (book)
  5. Rebecca Sues Her Mother: You Caused My Diabetes (book)
  6. The Beginning of the End of the War on Medicine

**Wellness Clients**

- \* Citigroup
- \* Sarasota Memorial Hospital
- \* Hillsborough County Government
- \* Florida Department of Health
- \* Hospital Disposable Curtain, **Scotland**
- \* Long Island University-Pharmacy
- \* Florida Heart Research Institute
- \* Goodwill Industries
- \* Vistage International-US/**Canada**
- \* Bouchard Insurance

**Client comments**

- “Oh my word, this Dr. Bens was so informative. I think my mouth hung open for most of it, with information I had never heard before. Great seminar.”
- “This is by far and best class I have ever attended; better than one I went to by Dr. Andrew Weil.”
- “Dr. Bens is a magnificent lecturer. It is no exaggeration to say that many of the listeners were just enraptured by him”. **Estonia** Minister of Environment
- “This workshop was more than excellent; I would not change anything”
- “Your article on Functional Medicine is a godsend to me. I will send it to the Prime Minister to change medicine in my country **Sri Lanka**.”

**Awards and recognition**

- Presentation Florida legislature Impact of Nutrition on the State Budget.
- Man of the Year in a Canadian community
- Man of the Year in two US communities in New York and Florida
- Presentation at the United Nations Habitat Conference (Istanbul, **Turkey**)
- Letter of Commendation from the President of the United States
- Vail Visiting Professorship of the Ottawa Regional Cancer Foundation
- Keynote speaker-**Swiss** Holistic Health Summit, Preventative Medicine