



The TrueNorth 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 life-long 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, M.D. originally completed an internship after medical school at TrueNorth in 1996 and has since been serving as medical director for over 20 years.

Many of the doctors and staff have worked at the TrueNorth Center for 15-25 years, including staff doctor Dr. Erwin Linzner and his wife Carolyn Linzner who works as our billing manager.

Our chef Ramses Bravo has been with us for over a decade and some of our staff, including Maria and Augie, have been with us for over 20 years.

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

Over the years we have published several books including *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](#), our non-profit affiliate whose focus is scientific research and education, we have expanded our 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 or (707) 586-5555, ext. 2022.