

Dr. John Westerdahl, PhD, MA, MPH, RDN, FAND, DipACLM

Dr. John Westerdahl, is a Past President of the Adventist Nutrition and Dietetics International Association (ANDIA) , and Past Chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. A graduate of Loma Linda University School of Public Health, his Bachelor of Science (BS), Master of Public Health (MPH), and Doctorate (PhD) degrees are in the fields of food, nutrition, and health education. With an interest in spiritual wellness, Dr. Westerdahl also holds a Master of Arts (MA) degree in Religion. Dr. Westerdahl, previously served as the Director of Wellness, Lifestyle Medicine and Nutritional Services for Adventist Health Castle Medical Center in Hawaii. He also served as the Health Director for the Hawaii Conference of Seventh-day Adventists. As a nutritionist and health scientist, Dr. Westerdahl has two decades of research and product development experience in formulating a wide range of nutritional formulas and plant-based natural foods for different health product companies. Dr. Westerdahl, currently is in private practice as a nutrition consultant, specializing in Lifestyle, Longevity, and Anti-Aging Medicine. His weekly national radio talk show, HEALTH, LONGEVITY, is broadcast of the LifeTalk Radio Network.