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Dr. Neil Nedley authored Proof Positive, which promoted nutritional and lifestyle therapies to treat and prevent heart disease, cancer, hypertension, diabetes, kidney failure, high cholesterol and many other diseases. He is President of Weimar Center of Health and Education, which runs a residential lifestyle center, academy and college outside of Sacramento, California, and also the owner of...

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He is the author of Proof Positive, Depression—the Way Out, The Lost Art of Thinking, and Optimize Your Brain. Dr. Nedley pioneered the comprehensive Depression and Anxiety Recovery Programs, with options for home-based versions, community facilitator coached programs, and the ten-day live in residential therapeutic program.

[About Dr. Neil Nedley](#)

Nedley Health Solutions leads holistic mental health education with the latest evidence-based information. Our educational materials are based on solid, documented scientific research and presented in an interesting and understandable way for both the professional and the lay-person.

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He has also given numerous health education seminars to general public audiences worldwide. Dr. Nedley is author of the book Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle, now in its fourth printing.

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Dr. Neil Nedley is the President of Weimar Institute and a full-time practicing physician in Internal Medicine with emphasis in Gastroenterology, Mental Health, Lifestyle Medicine, and the difficult to diagnose patient. Dr. Nedley is the author of Proof Positive, Depression: the Way Out and the Lost Art of Thinking.

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