

Peter Brodhead CN, D.Hom, ETMS

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Health Support Questions questionspeterbrodhead@gmail.com

Graduated from Mercer University, Macon GA 1976 BA Economics
Moved to Savannah, GA 1978 with his wife Janie to open Brighter Day Natural Foods on the south end of Forsyth Park at the corner of Bull and Park, now celebrating its 45^h year in business. Peter and Janie recently sold Brighter Day on 12/31/19 to Kristin Russell and Brad Baug of the Sentient Bean Coffee shop. Peter will be establishing a private Nutritional Counseling practice July 2023

Nutritional Education:

Certified Nutritionist CN - American Health Sciences University, Aurora Colorado 1985
Certificated in Homeopathic Medicine CHom. 2003 Robin Murphy ND
ETMS - Eclectic Tri-Phasic Medical System - Nutrition and botanical support in Oncology 2009 - Donald Yance CN, MH (AHG)
Medicines from the Earth - Botanical Medicine conferences: 1996 - 2022

Peter has worked directly with thousands of customers on the vitamin isle 20 hours a week for 41 years as the nutritionist and co-owner of Brighter Day - Peter frequently lectured on many topics related to health and wellness in the community usually at least bi-monthly for hospital support groups, churches, clubs and organizations. He also conducts medicinal plant walks – 1x a year at the Ogeechee canal. He also has conducted in store lectures on: Hypertension, Diabetes, Cardiovascular Health, Weight Loss, Unlocking the power of Tea and ADD. He is a regular radio guest for the Highway to Health Radio show - Parkersburg WV.

Lectures for organizations:

Georgia Southern University - Nursing Program - Understanding Medicinal Herbs - a primer - 1992 - 1998
State Nurse Practitioners conference Weston Hotel – Savannah 8/2007
State Educators conference – 2006
He has lectured for Georgia Southern University – Nursing Department 1995 - 2000
Armstrong Atlantic University – Nursing Department 1995 - 2004
The United States Army Rangers on Nutrition and Peak Performance - Hunter Army Airfield - 1996
Sports Nutrition - Savannah Striders running club - 5/1997
University of Georgia – Pharmacist Conference – Athens, Ga 1998
Georgia Organic Grower's Association – Annual Conference for 2 years - Unlocking the Power of Foods 2003. Understanding GMO's 2001
NAMI – Mental Health Association – State Meeting for South Carolina 2006 Memorial Medical Center - Resident Physicians talk on integrating
Sarcoidosis support group - Candler Hospital 9/2010
nutritional and herbal supplements into standard care 10/12
Mercer University Medical School - freshman class - current hot topics in nutrition and botanical medicine 2/13

Parkinson's Disease Support Group - Candler Hospital 6/13, 6/14 - Nutritional and Botanical Support for Parkinson's Disease

IBD - Inflammatory Bowel Disease Support Group - JEA Savannah 10/13 - Nutritional Support for Inflammatory Bowel - Ulcerative Colitis and Crohn's Disease

Essential Tremors support group - 2014 - Candler Hospital 10/2015

Enmark - Better Health Series - Savannah Morning News 2/24/14 - 12 Rules for Greater Health.

Seniors Lecture - General Health Lecture - Candler Hospital 3/30/14

Life Long Learning - Hilton Head - Unlocking the Power of Foods 3/4/15

Healthy Skin Lecture - Hadassa - 6/4/15

Optimizing Health - State of the Art in Nutrition - Lecture for the Landings - 9/12/15

Unlocking the Power of Tea - Food Day - Daffin Park - 10/24/15

Menopause Lecture - Hispanic Community - Bluffton SC 3/15

Women's Health - Physicians Lunch for Medical Doctors - Memorial Hospital Family Health - 1/21/16

The Healing Power of Foods 6/15/16 - Butler Presbyterian Church - Victory Drive -Savannah

Understanding your Biome - The role of Probiotics and Fermented Foods in the Diet - 1/30/16 - Well Fed Magazine - and Food Day 10/29/16 Daffin Park

Understanding the Nutritional and Medicinal Benefits of Honey Bee Products - Honey, Bee Pollen, Royal Jelly, Propolis - Low Country Bee Keepers Association - Oatland Island - 11/15/16

Preventing the Recurrence of Breast Cancer - Live Strong Group YMCA - Habersham and Wilmington Island 4/17

Unlocking the Power of Tea - Food Day - 10/16 - Store Lecture

Multiple Sclerosis Support Group - Candler Hospital 10/17

Growing Medicinal Plants in your Garden - Trustee's Garden Club and Isle of Hope Garden Club 3/18 and 6/18

Medicinal Plant Walk 10/18 - Ogeechee Canal - with Corey Pine Shane 10/18

Optimizing Hormonal Health for Women - Holiday Inn Pooler, GA 9/18

Preventing the Recurrence of Cancer - YMCA - Live Strong Group - 9/18, 3/19,10/19

Essential Tremors Support Group - Candler Hospital 10/18

INFRA - Supplement seminar - powerpoint on how we support customer's in the vitamin isle with information using dropbox and podcast. 10/18

Optimizing Vitality, Health and Longevity - Seniors Lecture 11/18

Downtown Gardening Club - Growing Medicinals in your Garden 1/19

Isle of Hope Gardening Club - Local Medicinal Plants for your Garden 4/19

Charles Morris Center - The Morris Conference on Health - How Brighter Day has impacted community health with in store education - powerpoint 1/19

Nutrition and your Brain - NAMI (National Association of Mental Illness) 1/19

CBD and Parkinson's - Parkinson's Disease support Group - Skidaway Island 2/19

Lecture for Keto diet conference - Unlocking the power of foods with powerpoint - Savannah 2/19

CBD derived from Hemp - Understanding it's complexity - Food Day - Daffin Park - Savannah - 4/19

ADD and Hyperactivity updated Lecture - 8/19 - Store Lecture for Consumers

Post Polio support group - CBD 9/28/19

Live Strong - Post Cancer Support - 9/30/19

CBD and Essential Tremors - Essential Tremors Support Group 10/19

Wellness - How to optimize your wellness - Soulwaves studio 1/10/20

Longevity - The Ford Plantation Richmond Hill 1/25/20

Longevity Lecture pt 2 - Men's Group - Savannah 2/26/20

Thriving after Cancer - The Livestrong Group - YMCA - Witmarsh Island Y 3/4/20, Habersham Y 3/11/20

How Brighter Day Thrived against the competition - Kwanis Club - The Landings at Skidaway Island 3/5/20

Commerce Club - Desoto Hilton Hotel - Current State of Holistic Health 3/12/20

Ford Plantation, Richmond Hill - Brain Health Lecture 2/21/22

Understanding Cancer - Farmer's Natural Foods - Hinesville, GA 3/3/22

Brighter Day public lecture - Brain Health 3/29/22

Brighter Day public lecture - Understanding Cancer 6/15/22

Ford Plantation, Richmond Hill - Health Hacks lecture (newest info from 2022) 1/24/23

Islands YMCA - Cancer survivors support group - Thriving after cancer - Live strong group 3/22/23

Islands YMCA - Seniors group - Optimizing longevity - 3/29/23