

Distinguished Achievement Citation

Jean E. Carper

Class of 1953

It is with great pleasure that Ohio Wesleyan University recognizes Jean Carper for her accomplishments as a leading authority in the area of health and nutrition.

A prolific author, Ms. Carper has written eighteen books. The ground-breaking best-selling book The Food Pharmacy published in 1988 discusses new evidence for the pharmacological activity of common foods. Another groundbreaking best-selling book Food – Your Miracle Medicine published in 1993 details specifically which foods have been found to help prevent and treat more than 100 disease symptoms. Stop Aging Now!, published in 1995, details the importance of food and supplements in influencing the aging process as determined by cutting-edge research from leading scientists around the world. It received the American Aging Association's excellence in Journalism award for the year 1995 and appeared on the best seller lists on of the New York Times, Wall Street Journal, Publisher's Weekly and USA Today.

A nationally syndicated newspaper columnist, Ms. Carper has been published weekly in newspapers nationwide for the Gannett chain and King Features with her columns "Eat Smart" and "Your Food Pharmacy." In addition, she has contributed over 100 articles for national publications as well as a column in the Washington Post.

From 1980-1983, Ms. Carper was a medical on-air correspondent for CNN in Washington, D.C. and which time she received the Prized ACE award from the cable TV industry for excellence in investigate reporting for a series on brain cancer.

A crusading and pioneering journalist, mostly in the field of health and nutrition, Ms. Carper has been a major force in enlightening the public about the latest scientific discoveries involving diet, food and vitamins as causes and cures of our modern epidemic of chronic diseases, including heart disease and cancer.

With this Distinguished Achievement Citation, we proudly honor and applaud Jean Carper.

February 6, 1999

