



Dr. Jesson Manukonda Biography

Dr. Jesson Manukonda is an accomplished public speaker and the author of his top selling book, Overcome Diabetes Naturally. As a medical doctor he practices CAM (Complementary and Alternative Medicine). CAM is conventional medicine with a natural twist. The focal point of his practice is to promote natural treatments for everyday diseases and reduce the use of prescription drugs. As Director of the Stay Healthy MD foundation, he supports the research and development of new natural treatments for everyday diseases. The foundation's primary goals are to educate the general public on how to treat, or prevent, obesity, common diseases and stay healthy naturally. For more information please go to stayhealthymd.com

Seminar Topic:

Body and Mind Reconditioning

How to lose weight and stay healthy naturally in a chemically toxic world

The seminar is a guide to healthy diet and exercise practices that can prevent the most prevalent diseases such as diabetes, heart disease, high cholesterol, blood pressure disease, cancer and obesity.

Speech outline:

- Major contributing factors for weight gain and disease.
 - Everyday foods that play havoc on metabolism, immune system; cause weight gain and disease.
 - Natural foods that combat disease, keep you healthy, and help you stay slim.
 - Exercises best for combating disease, losing weight, and feeling energetic.
 - Steps for positive thinking.
 - A 20-minute exercise routine you can do in your home and stay healthy.
 - A demo of how to exercise correctly using house hold items – [optional!](#)
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Professional Practices

- Behavioral Assessment.
 - Stress Management.
 - Addiction Therapy.
 - Weight Training.
 - Weight Loss Coaching.
 - Body Sculpting.
 - Behavioral Self-Control Therapy.
 - Meditation Therapy.
 - Health Care Products Consulting.
 - Nutritional Counseling.
 - Group Therapy
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Projects

- Community Outreach Health Affairs.
 - Health Seminars
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Professional Experience – Health Seminars 2011-2012

- Hanson Place SDA Church** *Oct 13, 2012*
88 Hanson Place, Brooklyn, NY 11217 Tel. 718-230-0410 *Pr. Melwyn A. Bob Mounter 718-230-0410*
- Ephesus SDA Church** *Sept 15, 2012*
101 West 123st, New York, NY 10027 Tel. 718-465-1784 *Pr. Dedrick L. Blue 212-662-5536*
- Bethel SDA Church** *July 21, 2012*
457 Grand Ave. Brooklyn NY 11238 Tel. 718-783-3875 *Pr. Allen C. Martin 718-276-6855*
- Macedonia SDA Church** *June 2, 2012*
475 South Franklin St, Hempstead NY 11550 Tel. 516-483-8532 *Pr. Kevin Brown 347-446-1640*
- Tampa First SDA Church** *May 5, 2012*
822 W Linebaugh Ave, Tampa, FL 33612 Tel. 813-933-7505 *Pr. Brad Cassell 404-273-3849*
- Dunamis SDA Church** *April 21, 2012*
461 Montauk Avenue, Brooklyn, NY 11208 Tel. 718- 272-7346 *Pr. Russell 516-489-2809*
- Mount Sinai SDA Church** *March 31, 2012*
21710 93rd Ave, Jamaica, NY 11428 Tel. 718-465-1784 *Pr. Ucall Harris 718-751-5629*
- Voice of Hope SDA Church** *February 4, 2012*
346 Newport St, Brooklyn NY 11212 Tel. 718-385-3484 *Pr. Dwayne Turner 917-443-9221*
- Jamaica SDA Church** *January 28, 2012*
96-28 163rd St, Jamaica NY 11638 Tel. 718-297-1113 *Pr. Winston Stephenson 718-978-4717*
- Shiloh SDA Church** *November 5, 2011*
449 Eastern Pkwy, Brooklyn NY 11216 Tel. 718-778-2527 *Pr. Richards 718-723 6604*
- Business Today/ BCAT34 Time Warner cable** *August 16, 2011*
Host: Sandy Pope, Topic: Genetics of Diabetes
- Link up Radio/ 93.5 FM** *August 13, 2011*
Host: David Annakie, Topic: Diabetes Tel. 212-571-4526
- Queens Central Library** *July 16, 2011*
89-11 Merrick Blvd, Jamaica NY 11432 Tel. 718-990-0700
- Iglesia Adventista de Worcester/ Spanish** *May 7, 2011*
886 Main St, Worcester MA 01609 Tel. 508-753-1602
- Southern Asian S.D.A Church** *January 22, 2011*
2001 East Randolph Road, Silver Spring MD 20904 Tel. 301-879-7222
- Astoria Yugoslavian SDA Church** *January 15, 2011*
3089 32nd St, Astoria NY 11102 Tel. 718-932-5390
- Christian Television Network/ WCLF TV22** *May 9, 2012*
Host: Arthelene Rippy, Topic: Overcome Diabetes Tel. 727-535-5622
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Community Health Outreach Programs

- "Mind-Body Reconditioning: How to Stay Healthy Naturally." Flushing Park, Health Services, Annual Meeting, Nov 20, 2010.
- "Disease Prevention and Health Monitoring." Community Health Services 89st and Park Ave, NYC, June 26, 2010.
- "Natural Treatments for Everyday Diseases and Health Monitoring." Community Health Services and Social Support, 93st and Park Ave, NYC, Aug 14, 2011.

Publications

- Manukonda Jesson, M.D. "Overcome Diabetes Naturally", Year 2010.
- Manukonda Jesson, M.D. "Yes, You Can Overcome Diabetes", *ACT Reading, Preparation Manual 5th ed*, Year 2010.

Achievements and Awards

- Top selling book "Overcome Diabetes Naturally" Author.
- Research in Medical Products Development "Reducing Metals in Food".
- Official Airline Guide (OAG) Outstanding Service Award, Iberia Airlines.

What Audience, Groups and Patients Are Saying About Dr. J's Seminars

Maria Ortiz staff, Jamaica Center, NY: "Your presentation was enlightening and highly motivating...one of our best ever..."

Flushing Community Center, NY: "Thanks for starting health week with a grand seminar! You were terrific..."

Queens Community Center, NY: "Everyone benefited from your presentation...All of the feedback was highly favorable."

SAC, Silver Spring, MD: "An overwhelming turn out! A standing room only crowd!...It was a timely message and much needed."

Community Health Center, NYC:

"Your knowledge and expertise contributed greatly to the professional and personal development of each of us in attendance."

"Thanks for a terrific presentation; I learned something new about food addiction."

"Everyone I spoke with thought you did an excellent job and your seminar was very informative."

Lake Nelson SDA School: "I was afraid to turn away for even a minute because I did not want to miss anything"... That was an enlightening health seminar."

Queens Senior Center, NY: "Over and over again for the last few weeks, I have heard positive comments about your presentation..."

References

Dr. Ruth Johnson
Genesis Medical
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Projects:
Community outreach health
fairs and health seminars

Pastor-Paul Korac
Astoria SDA Church
3089 32 St, Astoria NY
Koracp@aol.com
Tel. 646-331-9061

Projects:
Health Seminar

Pastor-Todd Stout
Advent Hope SDA Church
111 E 87th St, NYC
Toddstout@adventhope.org
Tel. 317-750-5100

Projects:
Community outreach health
fairs