

**C.H.E. SADAPHAL**  
[chesadaphal@chesadaphal.com](mailto:chesadaphal@chesadaphal.com)



Charles Haddon Elijah Sadaphal is the son of physicians and has been healing through the practice of medicine since 2005. He finished college at the University of Pennsylvania at 20, and finished medical school at Drexel U. College of Medicine at the age of 24. He had worked in several Emergency Departments throughout the Northeast before hearing the inner call to extend his service into other outlets. While still working full-time, he discovered a passion for writing, founded CHESadaphal.com, and started his first novel, *Epoch Dawning*.

The inspiration for the book came from a conversation with a co-worker who asked, “If Adam and Eve *knew* they were Adam and Eve, and also had knowledge of the future, what would they choose to do?” This simple question sparked the first few pages of his novel, and Elijah has not put his pen down since.

In the quest for overall long-term health and wellness, Elijah has adopted a more holistic approach to the practice of healing, recognizing that the world we live in is very toxic, and many of the illnesses people suffer from tend to have a neglected common origin. He has successfully used this philosophy to lose (and keep it off!) more than 100 pounds while never dieting or starving. He treasures the opportunity to share such insights with others.

Sadaphal is a classic introvert, a black belt in Tae Kwon Do, and a dedicated weightlifter. He enjoys family, world travel, quiet time, and is a lifetime member of Mensa. He is also a voracious reader and some of his favorite authors include Ralph Ellison, C.S. Lewis, Murray Rothbard, Michael Crichton, Isaac Asimov, Arthur C. Clarke, Jonathan Franzen, and Henry Hazlitt.

Sadaphal lives with his wife, Channele, and his son, Elisha, in NYC, where he is currently a student at New York Theological Seminary. He expects to obtain the distinction of Master of Divinity in 2016.