

Schedule: Low Carb USA - Seattle 2019

Note: This schedule is subject to change

* A Star indicates the session is CME accredited

Thursday May 2

17h00 - 19h00: Early Registration

Day 1 - Friday May 3

Time	Speaker	Topic
9:00	Registration / Expo	Great to visit the Expo when it is fresh and not too crowded
11:45	Doug Reynolds	Welcome
12:15	Raven Bonnar-Pizzorno, MS, RD, CD	"Is my patient taking this too far?" Warning signs and treatment of eating disorders*
13:00	Q&A	*
13:30	Break	
13:45	Megan Ramos	Intermittent Fasting and Lean Mass*
14:30	Q&A	*
15:00	Break	
15:15	Gary Taubes	The Qualities of Calories: lessons from the front line of LCHF clinical practice*
16:00	Q&A	*
16:30	Break	
16:45	Ann Childers, MD	Stone Age Body, Space Age Diet: Nutrition, Metabolism and Mental Health*
17:30	Q&A	*
18:00	Low Carb Wine Tasting / Expo / Breakouts	Learn more about the wines at: https://www.dryfarmwines.com/lowcarbusa
19:30	Low Carb Dinner	Courtyard
21:00	End Day 1	

Day 2 - Saturday May 4

Time	Speaker	Topic
7:30	Late Registration / Expo	
8:00	Peter Ballerstedt, PhD	Ruminant Agriculture: The Foundation for Reclaiming Our Metabolic Health*
8:45	Q&A	*
9:15	Break	
9:30	Ted Naiman, MD	Macronutrients and Metabolism*
10:15	Q&A	*
10:45	Break	
11:00	Robert Cywes, MD, PhD	Obesity Understood, Obesity Resolved*
11:45	Q&A	*
12:15	Lunch / Expo	Breakout: Dr. Jeff Stanley - The Basics of Deprescribing: Medication Management Pearls*
13:45	David Diamond, PhD	Does an Elevation of LDL-Cholesterol with a Low Carbohydrate Diet Increase Risk for Cardiovascular Disease?*
14:30	Q&A	*
15:00	Break	
15:15	Dave Feldman	A Deep Dive into Cholesterol and Risk*
16:00	Q&A	*
16:30	Break	
16:45	Eric Westman, MD, MHS	Keto/LCHF Medicine: the Clinical Application of Carbohydrate Restriction*
17:30	Q&A	*
18:00	Low Carb Wine Tasting / Expo / Breakouts	Learn more about the wines at: https://www.dryfarmwines.com/lowcarbusa
19:30	Low Carb Dinner	
21:00	Day 2 End	

Day 3 - Sunday May 5

Time	Speaker	Topic
7:30	Expo	
8:00	Joan Ifland, PhD	Shifting from the Overeating Model to the Processed Food Addiction Model*
8:45	Q&A	*
9:15	Break	
9:30	Craig Emmerich	Oxidative Priority and Results of Over 15 Years of Keto Diets*
10:15	Q&A	*
10:45	Break	
11:00	Aseem Malhotra, MD	Lessons in Public Health Advocacy*
11:45	Q&A	*
12:15	RAFFLE DRAW	
12:15	Lunch / Expo	Breakout
13:45	Shawn Baker, MD	Carnivore Diet: Beyond the Hype*
14:30	Q&A	*
15:00	Break	
15:15	Ken Berry, MD	Why doctors gives bad nutritional advice*
16:00	Q&A	*
16:30	Break	
16:45	Ivor Cummins, BE(Chem) CEng MIEI PMP®	Lifespan & Healthspan: Evading Modern Chronic Disease*
17:30	Q&A	*
18:00	Doug Reynolds	Closing Remarks