

Breakout Room Schedule: LowCarbUSA® - San Diego 2019

Day 1 - Thursday July 25

Time	Embarcadero	Porthole	Harbourside	BayRoom
9:30	Carol Freeman: Keto Chat: Personal Success Stories			
18:15	Gillian Szollos - Ketogenic Diet for Adults with Epilepsy	Ross Taylor - Why the heck would you want to start a keto food business?	Kellie Logsdon - What's For Dinner? - How to Feed Your Family from a Delicious Low Carb Kitchen	Ben Bocchicchio and Jeff Kotterman - !5 Minutes twice a week - Workshop

Day 2 - Friday July 26

Time	Embarcadero	Porthole	Harbourside	BayRoom
6:00	Meditation		Yoga ()	
12:45	Mark Goros & Lisa Van Herik - Transition to Low Carb Livin' the easy way; through delicious desserts!	Tyler Cartwright & Luis Villasenor - Change for Good!	Rachel Gregory - Keto 101; Just the basics and how to get started.	Ben Bocchicchio and Jeff Kotterman - !5 Minutes twice a week - Workshop
18:15	John Burd - Glucose Toxicity – The Worldwide Problem and the All-natural Solution	Logan Sneed - Author of the Book "Thank You Cancer" and a 3 year Brain Cancer Survivor	Hassina Kajee - The changing nature of healthcare	Ben Bocchicchio and Jeff Kotterman - !5 Minutes twice a week - Workshop

Day 3 - Saturday July 27

Time	Embarcadero	Porthole	Harbourside	BayRoom
6:00	Meditation		Yoga ()	
12:30	Jess Dudley - Lowcarb Small groups = BIG! Success!	Carol Freeman - Keys to sustainable Keto	Dorian Greenow (Keto-Mojo) - Bio-individuality – Managing what You Measure	Ben Bocchicchio and Jeff Kotterman - !5 Minutes twice a week - Workshop
18:15	Gillian Szollos - Respecting Bio Individuality When Choosing Your Low Carb Path	Steve Ottersberg - Endocannabinoid System (ECS), dietary influences on the ECS, influence of the ECS on fat metabolism and mitochondrial function.	Antonio C. Martinez II - Townhall Meeting: Translating Low Carb Into Healthcare and Food Policy	Ben Bocchicchio and Jeff Kotterman - !5 Minutes twice a week - Workshop

Day 4 - Sunday July 28

Time	Embarcadero	Porthole	Harbourside	BayRoom
6:00	Meditation		Yoga ()	
12:45	Guillermo Rodríguez Navarrete - Talk on Spreading the Keto Message to the Latino Community	Thomas DeLauer - The Targeted Ketogenic Diet: Practical Applications for Athletes, First Responders and Military	Daniel Schulof -Why "Big Kibble" Loves Carbs: The Role of Dietary Carbohydrate in the Science and Business of Pet Food in the 21st Century	Ben Bocchicchio and Jeff Kotterman - !5 Minutes twice a week - Workshop