

Speaker Schedule: LowCarbUSA® - San Diego 2019

This schedule is subject to change.

Wednesday July 24

17h00 - 19h00: Early Registration

Day 1 - Thursday July 25

| Time | Speaker | Topic |
|-------|--|---|
| 9:00 | Registration / Expo | Great to visit the Expo when it is fresh and not too crowded |
| 11:30 | Doug Reynolds | Welcome* |
| 12:00 | Belinda Fettke | An investigation into the vested interests and Ideology shaping our 'Plant-based' dietary guidelines * |
| 12:45 | Q&A | * |
| 13:00 | Break | |
| 13:15 | Hassina Kajee | Communication in Health Education: How well do you know your patient? * |
| 14:00 | Q&A | * |
| 14:15 | Break | |
| 14:30 | Joan Ifland | Food Addiction Recovery Strategies * |
| 15:15 | Q&A | * |
| 15:30 | Break | |
| 15:45 | Peter Ballerstedt | Ruminant Agriculture: The Foundation for Reclaiming Our Metabolic Health * |
| 16:30 | Q&A | * |
| 16:45 | Break | |
| 17:00 | Dr. Ben Bocchicchio | The Synergistic Effects of Low Carbohydrate Eating and High Intensity Exercise in the Regulation of Metabolic Dysfunction and Aging * |
| 17:45 | 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 | End Day 1 | |

Day 2 - Friday July 26

| Time | Speaker | Topic |
|-------|-------------------------|---|
| 6:00 | Yoga / Meditation | TDB yogi / Jenny Opdycke |
| 7:30 | Expo | |
| 8:00 | Maria Emmerich | Oxidation Priority: Leveraging our Biology to Promote Weight Loss and Healing |
| 8:45 | Q&A | * |
| 9:15 | Break | |
| 9:30 | Andreas Eenfeldt | Maintaining Weight Loss and Remission of Diabetes: How Sustainable Is It? * |
| 10:15 | Q&A | * |
| 10:45 | Break | |
| 11:00 | Dr. Robert Cywes | Keto For Kids – Autism, ADHD and Mental Health * |

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| 11:45 | Q&A | * |
| 12:15 | Lunch / Expo | Breakouts - 12:30 |
| 13:45 | Nasha Winters, | How Going Hungry Can Heal: Practical Applications of Intermittent Fasting * |
| 14:30 | Q&A | * |
| 15:00 | Break | |
| 15:00 | Jake Kushner, MD | Low carbohydrate nutrition for type 1 diabetes: best practices, knowledge gaps, and research opportunities * |
| 16:00 | Q&A | * |
| 16:30 | Break | |
| 16:45 | Low Carb In Practice (Dr. Robert Cywes) | This session will be more in the form of a workshop led by Dr. Robert Cywes . He will teach people how he is so successful in implementing this in his practice and solicit input from others on their methods. * |
| 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 3 End | |

Day 3 - Saturday July 27

| Time | Speaker | Topic |
|-------|--|--|
| 6:00 | Yoga / Meditation | TDB yogi / Jenny Opdycke |
| 7:30 | Expo | |
| 8:00 | Nina Teicholz | Saturated fats: good or bad? And will official guidelines on fat ever change? * |
| 8:45 | Q&A | * |
| 9:15 | Break | |
| 9:30 | Dr. Bret Scher | How Do We Evaluate Cardiac Risk with a LCHF Lifestyle * |
| 10:15 | Q&A | * |
| 10:45 | Break | |
| 11:00 | Dave Feldman | A Deep Dive into Cholesterol and Risk* |
| 11:45 | Q&A | * |
| 12:15 | Lunch / Expo | Breakouts - 12:30 |
| 13:45 | Steve Phinney, MD, PhD | Diabetes Reversal* |
| 14:30 | Q&A | * |
| 15:00 | Break | |
| 15:15 | Jacqueline Eberstein | Improving Women's Metabolic Health with LC Keto * |
| 16:00 | Q&A | * |
| 16:30 | Break | |
| 16:45 | Low-carb Women's Health (Nina Teicholz) | Nina Teicholz will moderate a panel with Hassina Kajee, Maria Emmerich, Joan Ifland and Jacqueline Eberstein .* |
| 17:30 | Vinnie Tortorich | Vinnie to talk about his movie and show an exclusive promo clip |
| 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 3 End | |

Day 4 - Sunday July 28

| Time | Speaker | Topic |
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| 6:00 | Yoga / Meditation | TDB yogi / Jenny Opdycke |
| 7:30 | Expo | |
| 8:00 | Ken Berry, MD | Why doctors give bad nutritional advice * |
| 8:45 | Q&A | * |
| 9:15 | Break | |
| 9:30 | Gary Fettke | Medical education has failed you and your patient. Do you want the red or the blue pill? * |
| 10:15 | Q&A | * |
| 10:45 | Break | |
| 11:00 | Gary Taubes | The numbers game: a quantified understanding of obesity, diabetes and heart disease risk * |
| 11:45 | Q&A | * |
| 12:30 | Lunch / Expo | Breakouts - 12:45 |
| 13:45 | Steve Phinney | The Pros and Cons of Fasting * |
| 14:30 | Q&A | * |
| 14:45 | Break | |
| 15:00 | Final Panel | Open ended Panel Discussion: Gary Fettke, Steve Phinney, Robert Cywes, Ken Berry and Nina Teicholz and Gary Taubes! * |
| 17:00 | RAFFLE DRAW | Tickets for future LCUSA events and great prizes from the Vendors |
| 17:30 | Closing | Doug Reynolds |