

# Schedule: Low Carb USA - Boca Raton 2020

Sessions marked with a \* qualify for CME credit

## Day 0 - Thursday Jan 16

17h00 - 19h00: Early Registration

## Day 1 - Friday Jan 17

Time	Speaker	Topic
9:00	Registration / Expo	
10:00	15 Minutes to Fitness	Workout demos in the Oasis A with Dr. Ben Bocchicchio
12:00	<b>Doug Reynolds *</b>	Opening Remarks
12:30	<b>Ben Azadi *</b>	Toxins, Obesity & Diabetes: What's The Link?
13:15	Q&A *	
13:30	Break	
13:45	<b>Adele Hite, PhD *</b>	Clinical protocols and standards of care for therapeutic carbohydrate restriction: Past, present, and future
14:30	Q&A *	
15:00	Break	
15:15	<b>Tro Kalajian, MD *</b>	The efficacy of low carb approaches for athletic performance
16:00	Q&A *	
16:30	Break	
16:45	<b>Dr. Ben Bocchicchio *</b>	"Unraveling the Low Carb Lexicon" What do the latest "Buzzwords" actually mean to Doctors and Patients?
17:30	Q&A *	
18:00	Dry Farm Wines Tasting / Expo	
19:30	Low Carb Dinner	
21:30	End Day 1	

## Day 2 - Saturday Jan 18

Time	Speaker	Topic
7:30	Late Registration / Expo	
8:00	<b>Franziska Spritzler, RD, CDE *</b>	Carbohydrate Restriction for Type 1 Diabetes
8:45	Q&A *	
9:15	Break	
9:30	<b>Joan Iffland, PhD, MBA, CEO *</b>	Processed Food Addiction: Hidden Impact on Mental Health
10:15	Q&A *	
10:45	Break	
11:00	<b>Steven Tucker, MD, FACP, FAMS *</b>	Re:Mission - Integrating Nutrition, Fasting, and Glucose Meters Into Cancer Treatment & Prevention
11:45	Q&A *	
12:15	Lunch / Expo	

13:45	<b>Christian Assad, MD *</b>	Low Carb and its Synergistic Allies in the Management of Heart Disease: The Heroes of Intervention
14:30	Q&A *	
15:00	Break	
15:15	<b>Bret Scher, MD, FACC *</b>	How Do We Evaluate Cardiac Risk with a LCHF Lifestyle
16:00	Q&A *	
16:30	Break	
16:45	<b>George Stella</b>	Low Carb Cooking Demo
17:30	Food Sampling	
18:00	Dry Farm Wines Tasting / Expo	
19:30	Low Carb Dinner	
21:30	Day 2 End	

## Day 3 - Sunday Jan 19

Time	Speaker	Topic
7:30	Expo	
8:00	<b>Antonio C. Martinez II *</b>	Low Carb Medical Education Reform - The Intersection at State Level
8:45	Q&A *	
9:15	Break	
9:30	<b>Chris Palmer, MD *</b>	The Ketogenic Diet in Psychiatry
10:15	Q&A *	
10:45	Break	
11:00	<b>Brian Lenzkes, MD *</b>	Deprescribing: Ending the Prescription Cascade
11:45	Q&A *	
12:15	Lunch / Expo	
13:45	<b>Robert Cywes, MD, PhD *</b>	Dopamine Fasting – Serotonin Loading
14:30	Q&A *	
15:00	Break	
15:15	<b>Ignacio Cuaranta, MD *</b>	KetoPsy. Keto advantage on Stress Adaptation
16:00	Q&A *	
16:30	Break	
16:45	<b>Cywes, Palmer, Lenzkes, Cuaranta, Martinez, Ifland *</b>	Open Q&A
17:45	<b>RAFFLE DRAW</b>	Free LCUSA Tickets and great prizes from our vendors
17:55	Closing	Doug Reynolds & Pam Devine

## Breakout Talks

Time	Speaker	Topic
		Friday
18:15	<b>Dorian Greenow (Mr. Mojo)</b>	Test - Assess - Address: A Practical Guide to the Ketogenic Lifestyle
		Saturday
12:30	<b>Dorian Greenow (Mr. Mojo)</b>	Bio-Individuality – How to Keep on Track by Managing What You Measure
18:15	<b>Joan Ifland, PhD</b>	Training in Treating Addiction
		Sunday
12:30	<b>Tekla Back, D.Phil (ex-PepsiCo exec)</b>	Nutrition Facts & Opinions <sup>II</sup> - How to read a Nutrition Label