

Speaker Schedule: LowCarbUSA® - Virtual San Diego 2020

NOTE: Times are in Pacific Daylight Time (GMT - 7)

This schedule is subject to change.

Talks with an astirix* qualify for CME credits

Day 1 - Thursday August 27

Time	Speaker	Topic
7:08	What Starts Here Changes The World	Some motivation to get started (while you get settled in with your coffee)
7:30	Doug Reynolds	Announcing the Society of Metabolic Health Practitioners
8:00	Prof Tim Noakes, MBChB, MD, PhD	The Diet Heart Hypothesis: How Harvard Health washed carbs (and vegetable oils) while still vilifying meat *
9:00	Q&A	*
9:30	Nasha Winters, ND, FABNO	The Calm Before the Storm: Making Sense of the Cytokine Storm in the Face of COVID*
10:23	Q&A	*
10:40	Tony Hampton, MD	Incorporating Root Cause Analysis Into Your Low Carb Clinical Practice*
11:25	Q&A	*
12:00	Lunch	Breakouts Start - 12:15
13:45	Brian Lenzkes, MD	Physician Burnout: The Silent Epidemic in Healthcare*
14:22	Q&A	*
15:00	Joan Ifland, PhD, MBA	Immersion Recovery For Processed Food Addiction*
15:41	Q&A	*
16:15	Amy Berger, MS, CNS	A Rationale for Ketogenic Therapies in Neuro-degenerative Disorders*
17:16	Q&A	*
17:45	Day 3 End	

Day 2 - Friday August 28

Time	Speaker	Topic
7:30	No Human Is Limited	Some motivation to get started (while you get settled in with your coffee)
7:55	Doug Reynolds	Kicking off Day 2
8:00	Maria Emmerich	Why you aren't losing weight on Keto*
8:45	Q&A	*
9:15	Break	
9:20	Gurpreet Padda, MD, MBA	Metainflammation as a driver of most chronic disease states*
10:00	Q&A	*
10:30	Dr. Ben	The Power Of The Muscle System In The Management Of Metabolic Dysfunction*
11:20	Q&A	*
12:00	Lunch	Breakouts Start - 12:15
13:45	Tro Kalayjian, DO	Reversal of severe hypertriglyceridemia with intermittent fasting and a very-low carbohydrate ketogenic diet*
14:15	Q&A	*
14:50	Break	

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14:55	Steven Tucker, MD, FACP, FAMS	Breast Cancer Treatment and Prevention: The Role of Fasting, Diet, and CGMs*
15:40	Q&A	*
16:10	Break	
16:15	Robert Cywes, MD, PhD	Exposing the conflict between mental health, nutritional biology and the 2020 US Dietary Guidelines for children*
17:15	Q&A	*
17:45	Day 3 End	

Day 3 - Saturday August 29

Time	Speaker	Topic
7:35	Fat or Fiction	Some motivation to get started (while you get settled in with your coffee)
7:55	Doug Reynolds	Kicking off Day 3
8:00	Peter Ballerstedt, PhD	When is "Protein" not Protein? (and other ruminations)*
8:38	Q&A	*
9:15	Break	
9:20	Bret Scher, MD	Myths of Preventive Cardiology*
10:05	Q&A	*
10:35	Break	
10:40	Dave Feldman	Hidden in Plain Sight – New Insights on How Fasting Research Connects Keto, Glycogen Stores, and Cholesterol*
11:10	Q&A	*
12:00	Lunch	Breakouts Start - 12:15
13:45	Gary Taubes	Obesity's "No There There" Problem: a history of causal thinking in the science*
14:40	Q&A	*
15:10	Shawn Baker, MD	The Carnivore Diet: Lesson from the field*
15:45	Q&A	*
16:15	Paul Mason, MD	What Your Doctor Doesn't Know About Nutrition*
17:25	Q&A	*
18:00	Day 3 End	

Day 4 - Sunday August 30

Time	Speaker	Topic
6:55	Run on Fat	Sami Inkenen Rows across the Pacific with his wife on virtually zero carbs
7:55	Doug Reynolds	Kicking off Day 4
8:00	Antonio C. Martinez II	Low Carb Action Network – Agenda for Nutrition and Health Policy Reform in 2020-2021*
8:40	Q&A	*
9:10	Break	
9:15	Ariel Ortiz, MD	Ketogenic Diet Before Weight Loss Surgery*
9:40	Q&A	*
10:10	Break	
10:15	Eric Westman, MD, MHS	Update on the Science and Practice of Carbohydrate-restricted Diets*
11:15	Q&A	*
12:00	Lunch	Breakouts Start - 12:15

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13:45	Telemedicine - New Frontiers	Dorian Greenow moderates a discussion about with Eric Westman, Nasha Winters and others about where this is all going.*
14:45	Break	
15:00	Final Panel	Paul Mason, Robert Cywes, Shawn Baker, Dave Feldman, Steven Tucker
17:00	Closing	Doug Reynolds