

# 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
7:10	<b>What Starts Here Changes The World</b>	Some motivation to get started (while you get settled in with your coffee)
7:30	<b>Doug Reynolds</b>	Opening remarks
8:00	<b>Prof Tim Noakes, MBChB, MD, PhD</b>	The Diet Heart Hypothesis: How Harvard Health washed carbs (and vegetable oils) while still vilifying meat *
9:00	Q&A	*
9:30	Break	
9:20	<b>Nasha Winters, ND, FABNO</b>	The Calm Before the Storm: Making Sense of the Cytokine Storm in the Face of COVID*
10:05	Q&A	*
10:35	Break	
10:40	<b>Tony Hampton, MD</b>	Incorporating Root Cause Analysis Into Your Low Carb Clinical Practice*
11:25	Q&A	*
12:00	Lunch	Breakouts Start - 12:15
13:45	<b>Brian Lenzkes, MD</b>	Physician Burnout: The Silent Epidemic in Healthcare*
14:30	Q&A	*
15:00	Break	
15:05	<b>Joan Iffland, PhD, MBA</b>	Immersion Recovery For Processed Food Addiction*
15:50	Q&A	*
16:20	Break	
16:25	<b>Amy Berger, MS, CNS</b>	A Rationale for Ketogenic Therapies in Neuro-degenerative Disorders*
17:15	Q&A	*
17:45	Day 3 End	

## Day 2 - Friday August 28

Time	Speaker	Topic
7:30	<b>No Human Is Limited</b>	Some motivation to get started (while you get settled in with your coffee)
7:55	<b>Doug Reynolds</b>	Kicking off Day 2
8:00	<b>Maria Emmerich</b>	Why you aren't losing weight on Keto*
8:45	Q&A	*
9:15	Break	
9:20	<b>Gurpreet Padda, MD, MBA</b>	Metainflammation as a driver of most chronic disease states*
10:05	Q&A	*
10:35	Break	
10:40	<b>Dr. Ben</b>	The Power Of The Muscle System In The Management Of Metabolic Dysfunction*
11:25	Q&A	*

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12:00	Lunch	Breakouts Start - 12:15
13:45	<b>Tro Kalayjian, DO</b>	Reversal of severe hypertriglyceridemia with intermittent fasting and a very-low carbohydrate ketogenic diet*
14:30	Q&A	*
15:00	Break	
15:05	<b>Steven Tucker, MD, FACP, FAMS</b>	Breast Cancer Treatment and Prevention: The Role of Fasting, Diet, and CGMs*
15:50	Q&A	*
16:20	Break	
16:25	<b>Robert Cywes, MD, PhD</b>	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	<b>Fat or Fiction</b>	Some motivation to get started (while you get settled in with your coffee)
7:55	<b>Doug Reynolds</b>	Kicking off Day 3
8:00	<b>Peter Ballerstedt, PhD</b>	When is "Protein" not Protein? (and other ruminations)*
8:45	Q&A	*
9:15	Break	
9:20	<b>Bret Scher, MD</b>	Myths of Preventive Cardiology*
10:05	Q&A	*
10:35	Break	
10:40	<b>Dave Feldman</b>	Hidden in Plain Sight – New Insights on How Fasting Research Connects Keto, Glycogen Stores, and Cholesterol*
11:25	Q&A	*
12:00	Lunch	Breakouts Start - 12:15
13:45	<b>Gary Taubes</b>	Obesity's "No There There" Problem: a history of causal thinking in the science*
14:30	Q&A	*
15:00	Break	
15:05	<b>Shawn Baker, MD</b>	The Carnivore Diet: Lesson from the field*
15:50	Q&A	*
16:20	Break	
16:25	<b>Paul Mason, MD</b>	What Your Doctor Doesn't Know About Nutrition*
17:15	Q&A	*
17:45	Day 3 End	

## Day 4 - Sunday August 30

Time	Speaker	Topic
6:40	<b>Run on Fat</b>	Sami Inkenen Rows across the Pacific with his wife on virtually zero carbs
7:55	<b>Doug Reynolds</b>	Kicking off Day 4
8:00	<b>Antonio C. Martinez II</b>	Low Carb Action Network – Agenda for Nutrition and Health Policy Reform in 2020-2021*
8:45	Q&A	*
9:15	Break	

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9:20	<b>Ariel Ortiz, MD</b>	Ketogenic Diet Before Weight Loss Surgery*
10:05	Q&A	*
10:35	Break	
10:40	<b>Eric Westman, MD, MHS</b>	Update on the Science and Practice of Carbohydrate-restricted Diets*
11:25	Q&A	*
12:00	Lunch	Breakouts Start - 12:15
13:45	<b>Telemedicine - New Frontiers</b>	Dorian Greenow moderates a discussion about with Nasha Winters and others about where this is all going.*
14:45	Break	
15:00	<b>Final Panel</b>	Paul Mason, Robert Cywes, Shawn Baker, Dave Feldman, Steven Tucker
17:00	Closing	Doug Reynolds