

# Speaker Schedule: LowCarb**USA**<sup>®</sup> - Boca 2021

**NOTE: Times are in Pacific Standard Time (GMT - 8)**

This schedule is subject to change.

Talks with an asterix\* qualify for CME credits

## Day 1 - Friday January 15

Time	Speaker	Topic
7:30	<b>Doug Reynolds, MHP</b>	Kickoff
8:00	<b>Adele Hite, MHP, RD, PhD</b>	The Society for Metabolic Health Practitioners: Oh, the places we'll go!*
8:45	Q&A	*
9:15	Break	
9:20	<b>Gary Fettke, MB, BS, FRACS, FAOrthA</b>	Carbohydrate: The Dose is the Poison*
10:05	Q&A	*
10:35	Break	
10:40	<b>David Diamond, PhD</b>	Is a High Level of LDL-Cholesterol on a Low Carbohydrate Diet a Risk Factor for Cardiovascular Disease?*
11:25	Q&A	*
12:00	Lunch / Expo	Breakouts - 12:15
13:30	<b>Vyvyane Loh, MD</b>	Ethnic Differences in Cardiometabolic Health*
14:15	Q&A	*
14:45	Break	
14:50	<b>Ignácio Cuaranta, MD</b>	Fasting and Ketogenic Diets - Challenges and Opportunities in Psychiatry*
15:35	Q&A	*
16:05	Break	
16:10	<b>Brian Lenzkes, MD</b>	Low Carb 101: Clinical Applications*
16:55	Q&A	*
17:30	Day 3 End	

# Speaker Schedule: LowCarbUSA® - Boca 2021

## Day 2 - Saturday January 16

Time	Speaker	Topic
8:00	<b>Jen Unwin. BSc, MSc, DPsy, C Psychol, FBPsS</b>	Is low carb a treatment for food addiction?*
8:45	Q&A	*
9:15	Break	
9:20	<b>Joan Iffland, PhD</b>	Processed Food Addiction and Workplace Impairment*
10:05	Q&A	*
10:35	Break	
10:40	<b>Ben Bikman, PhD</b>	Flipping the Switch: moving from insulin resistance to diabetes*
11:25	Q&A	*
12:00	Lunch / Expo	Breakouts - 12:15
13:30	<b>Mark Cucuzzella, MD, FAAFP</b>	Glycemic Excursion Minimization for Type 2 Diabetes Remission*
14:15	Q&A	*
14:45	Break	
14:50	<b>Tro Kalayjian, MD</b>	Dismantling Dogma: A critical need for more flexibility in clinical guidelines*
15:35	Q&A	*
16:05	Break	
16:10	<b>Robert Cywes, MD, PhD</b>	Changing Therapeutic Strategy: Principles Of Carbohydrate Addiction Management*
16:55	Q&A	*
17:30	Day 3 End	

# Speaker Schedule: LowCarbUSA® - Boca 2021

## Day 3 - Sunday January 17

Time	Speaker	Topic
8:00	<b>David Unwin, FRCGP</b>	Blood pressure: are we blaming salt for what the sugar did? An old-fashioned detective story*
8:45	Q&A	*
9:15	Break	
9:20	<b>L. Amber O'Hearn</b>	"Meat is food, plants are medicine": hormesis, bioactives, and essential nutrients*
10:05	Q&A	*
10:35	Break	
10:40	<b>Dr. Ben</b>	Describing Muscle Strength as a Driver of Metabolic Health*
11:25	Q&A	*
12:00	Lunch / Expo	Breakouts - 12:45
13:30	<b>Belinda Fettke</b>	The Demonisation of Animal Proteins and Fats - Past, Present and Future*
14:15	Q&A	*
14:45	<b>RAFFLE DRAW</b>	
15:15	<b>Final Session</b>	Open ended Panel Discussion with <b>many speakers from the weekend</b> and others!*
17:45	Closing	Doug Reynolds