

Speaker Schedule: LowCarb**USA**[®] - San Diego 2018

This schedule is subject to change.

For healthcare professionals, application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AAFP Prescribed Credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed credit, not as Category 1.

Wednesday July 25

16h00 - 19h00: Early Registration

Day 1 - Thursday July 26

Time	Speaker	Topic
9:00	Registration / Expo	Great to visit the Expo when it is fresh and not too crowded
11:45	Doug Reynolds	Welcome
12:00	Dr. Andreas Eenfeldt	The Food Revolution*
12:45	Q&A	*
13:00	Break	
13:15	Nicole Avena	The Science Behind Sugar Addiction *
14:00	Q&A	*
14:15	Break	
14:30	Jayne Bullen	Hopeless to Health: Creating sustainable change in underserved communities *
15:15	Q&A	*
15:30	Break	
15:45	Nasha Winters	Restoring Our Rhythm: Mistletoe, Moonbathing, Marijuana and More; Strategies for Thriving in Modern Times *
16:30	Q&A	*
16:45	Break	
17:00	Pavel Klein	The Ketogenic Diet and Epilepsy*
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	Courtyard
21:00	End Day 1	

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Day 2 - Friday July 27

Time	Speaker	Topic
6:00	5k Fun Run / Yoga	Doug Reynolds / yogi
7:30	Late Registration / Expo	
8:00	Elena Gross	Potential Mechanisms of Ketosis in Migraine Prevention (– including Preliminary Data on Ketogenic Supplements in Migraine Prophylaxis)*
8:45	Q&A	*
9:00	Break	
9:15	Ivor Cummins / Jeff Gerber	Root Causes and Solutions - for "Heart Disease and More" and "When Weight Loss Stalls" *
10:00	Q&A	*
10:15	Break	
10:30	Bret Scher, MD FACC	Low Carb Diets and Heart Health: What does the science really say?*
11:15	Break	
11:30	Dave Feldman	Decoding Cholesterol — The New Lipid Energy Model and Why It Matters *
12:15	Panel Discussion	Dr Bret Scher and Dave Feldman*
12:30	Lunch / Expo	Breakouts
13:45	Eric Westman	Clinical Experience Using LCHF *
14:30	Q&A	*
15:00	Break	
15:15	Gary Taubes	The Qualities of Calories: lessons from the front line of LCHF clinical practice *
16:00	Q&A	*
16:30	Break	
16:45	Gary Taubes / Adele Hite	Round Table - Standard of Care: A discussion session on prescribing LCHF/KD in a clinical setting *
18:00	Low Carb Wine Tasting / Expo / Breakouts	Learn more about the wines at: https://www.dryfarmwines.com/lowcarbusa
19:30	Low Carb Dinner	On the Berkeley Steamship
21:00	Day 2 End	

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Day 3 - Saturday July 28

Time	Speaker	Topic
6:00	5k Fun Run / Yoga	Doug Reynolds / yogi
7:30	Expo	
8:00	Jeff Volek	Keto-adaptation: implications on human performance *
8:45	Q&A	*
9:15	Break	
9:30	Luis Villasenor / Tyler Cartwright	Mythical Unicorns – Building Muscle on a Ketogenic Diet *
10:15	Q&A	*
10:45	Break	
11:00	Jacob Wilson / Ryan Lowery	The Effects of Ketogenic Dieting on Lifespan*
11:45	Q&A	*
12:15	Lunch / Expo	Breakouts - 12:30 - Catharine Arnston - Reclaim your Health Naturally with Algae
13:45	Robert Cywes	Diabetes Understood – Diabetes Resolved *
14:30	Q&A	*
15:00	Break	
15:15	Georgia Ede	The Perils of Plant-based and Processed Foods Diets *
16:00	Q&A	*
16:30	Break	
16:45	Robb Wolf	Metabolic Flexibility: Rosetta Stone of the Macronutrient Wars?*
17:30	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	Courtyard
21:00	Day 3 End	

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Day 4 - Sunday July 29

Time	Speaker	Topic
6:00	5k Fun Run / Yoga	Doug Reynolds / yogi
7:30	Expo	
8:00	Miriam Kalamian	Advocating for a Therapeutic Ketogenic Diet: Spotlight on Cancer and Other Metabolic Diseases *
8:45	Q&A	*
9:15	Break	
9:30	Michael Ruscio	Low Carb and Gut Health; Do's, Don'ts and Misconceptions*
10:15	Q&A	*
10:45	Break	
11:00	Steve Phinney	Inflammation, Nutritional Ketosis, and Metabolic Disease *
11:45	Q&A	*
12:15	RAFFLE DRAW	
12:30	Lunch / Expo	Breakouts
13:45	Peter Ballerstedt	Ruminant Reality: Diet, Human Health and the Environment *
14:30	Q&A	*
14:45	Break	
15:00	Kristie Sullivan	Living Keto in a SAD (standard American diet) World
15:45	Q&A	*
16:00	Break	
16:15	Final Session	Open ended Panel Discussion with Steve Phinney, Rob Cywes, Georgia Ede, Jayne Bullen and others!
17:45	Closing	Doug Reynolds