

## **Advanced Study Weekend Schedule\***

### **September 10 to 12, 2010**

LECTURES WILL BE HELD IN THE FLAMINGO ROOM  
MEALS WILL BE SERVED IN THE EMPIRE ROOM

Friday, September 10, 2010

2:00 – 4:30 PM – Registration.  
5:00 – 6:00 PM – John McDougall, MD – Welcome and Introductory Remarks.  
6:00 – 7:00 PM – Dinner.  
7:00 PM – Keynote Speaker – Hans Diehl, DrHSc – Lifestyle Medicine: Its Time Has Come!

Saturday, September 11, 2010

6:00 AM – Optional Lab Tests (results will be back by lunch today)  
6:30 – 8:00 AM – Breakfast.  
8:00 – 9:15 AM – John McDougall, MD – Diet and Multiple Sclerosis.  
9:30 – 10:45 AM – Michael Greger, MD – Latest in Clinical Nutrition 2009.  
11:00 AM – 12:15 PM – Daphine Miller, MD – The Jungle Effect: The Healthiest Diets from Around the World.  
12:15 PM – 1:15 PM – Lunch.  
1:15 – 2:30 PM – Stephanie Roston, RD – Savory South Indian Breakfast Foods.  
2:45 – 3:00 PM – John McDougall, MD – Review of Laboratory Tests.  
3:15 – 4:30 PM – Jeff Novick, RD – Nuts & Health: What The Science Really Says.  
4:45 – 6:00 PM – Michael Greger, MD – Latest in Clinical Nutrition 2010.  
6:00 – 7:00 PM – Dinner.  
7:00 PM – Dan Piraro – Funny Food.

Sunday, September 12, 2010

7:00 – 8:00 AM – Breakfast.  
8:00 – 9:15 AM – Hans Diehl, DrHSc – CHIP: Facilitating Disease Reversal.  
9:30 – 10:45 AM – Dean Ornish, MD – The Ornish Program for Heart Disease and Prostate Cancer.  
11:00 – 12:15 PM – Doug Lisle, PhD – The Perfect Personality.  
12:15 PM – 1:15 PM – Lunch – Check out of hotel rooms (leave baggage at front desk).  
1:15 – 2:45 PM – Jeff Novick, RD – Calorie Density.  
3:00 – 4:15 PM – John Robbins – Eating As If We Were Part of the Earth Community.  
4:15 – 4:30 PM – John McDougall, MD – Concluding Remarks.

\* Schedule is Subject to Change and Improvement.