The McDougall Health Center

Advanced Study Weekend Schedule*
February 2 to 4, 2007

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

Friday, February 2

2:00 – 4:30 PM – Registration
5:00 – 6:00 PM – John McDougall, MD – The Truth about Fish
6:00 – 7:15 PM – Dinner
7:15 PM – Keynote Speaker – John Abramson, MD – The Misdirection of American Medicine: The Biomedical/Commercial Juggernaut

Saturday, February 3

6:30 AM – Optional Lab Tests (results will be back by lunch today)
6:30 – 8:00 AM – Breakfast
8:00 – 9:00 AM – John McDougall, MD – The Truth about Soy Foods
9:15 – 10:30 AM – Lorna Sass – Whole Grains for Breakfast, Lunch, and Supper
10:45 AM to 12:00 PM – Andrew Wagner, MD – Guided Imagery
12:00 – 1:00 PM – Lunch
1:00 – 1:15 PM: John McDougall, MD – Risk Factors and What Your Lab Tests Really Mean
1:30 – 3:00 PM – John Abramson, MD – Evidence-based Medicine vs. Epidemiologically-based Medicine
3:15 – 4:30 PM – Doug Lisle, PhD – Losing Weight without Losing Your Mind
4:45 – 5:45 PM – Clarence Ing, MD – Food Borne Disease or Do Cows Make People Mad?
6:00 – 7:15 PM – Dinner

Sunday, February 4

7:00 – 8:00 AM – Breakfast
8:00 – 9:00 AM – Lorna Sass – Great Vegetarian Cooking Under Pressure: the Basics and Beyond
9:15 – 10:15 AM – John Abramson, MD: National Cholesterol Education Program Guidelines: Pushing Statins or Preventing Heart Disease
12:00 – 12:45 PM – Clarence Ing, MD – Cancer - Good News and Bad News
12:45 – 1:45 PM – Lunch – Check out of hotel rooms (leave baggage at desk)
1:45 – 2:45 PM – Dr. Doug Lisle, PhD – The Psychology of Superb Performance
3:00 – 4:00 PM – John McDougall, MD – The Truth about Eggs
7:15 PM -- Howard Lyman, The Mad Cowboy -- The Journey of a Mad Cowboy
* Schedule is Subject to Change and Improvement