

Advanced Study Weekend Schedule*
September 9 to 11, 2011

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

Friday, September 9, 2011

2:00 – 4:30 PM – Registration.
5:00 – 6:00 PM – John McDougall, MD – Welcome and What's New.
6:00 – 7:00 PM – Dinner.
7:00 PM – Keynote Speaker – Nathaniel Dominy, PhD – Starchy Plants and Early Human Ancestors.

Saturday, September 10, 2011

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, Drugs, and Diabetes, One Hundred Years of Missed Opportunities.
9:30 – 10:45 AM – Robert Vogel, MD – Pritikin: the Original Healthy Lifestyle Revisited.
11:00 AM – 12:15 PM – Dennis Bourdette, MD – Multiple Sclerosis: The Challenge of Blending Old and New Treatments.
12:15 PM – 1:15 PM – Lunch.
1:15 – 2:30 PM – Colleen Patrick-Goudreau – Eating Deliciously, Compassionately, and Seasonally.
2:45 – 3:00 PM – John McDougall, MD – Review of Laboratory Tests.
3:15 – 4:30 PM – Nathaniel Dominy, PhD – Diet in the Evolution of the Pygmy Body Size.
4:45 – 6:00 PM – Robert Rosati, MD – Walter Kempner and the Era of Lifestyle Disease.
6:00 – 7:00 PM – Dinner.
7:00 PM – Jeff Novick, RD – Nuts & Health: What The Science Really Says.

Sunday, September 11, 2011

7:00 – 8:00 AM – Breakfast.
8:00 – 9:15 AM – Robert Rosati, MD – A Healthy Way of Life, Based on the Rice Diet Program.
9:30 – 10:45 AM – Neal Barnard, MD – Government Food Policies and How You Can Change Them.
11:00 – 12:00 PM – John McDougall, MD – The Starch Revolution Diet.
12:00 PM – 1:00 PM – Lunch – Check out of hotel rooms (leave baggage at front desk).
1:00 – 2:15 PM – Jeff Novick, RD – Calorie Density.
2:30 – 3:30 PM – Doug Lisle, PhD – The Perfect Personality.
3:30 – 4:00 PM – John McDougall, MD – Concluding Remarks.

* Schedule is Subject to Change and Improvement.