



MCDUGALL INTENSIVE WEEKEND

FRIDAY, MARCH 8

3:00 PM to 5:00 PM: Registration

5:00 PM to 6:30 PM: Anthony Lim, MD, JD - *Learning Valuable Life Lessons from the Blue Zones & The McDougall Program*

6:30 PM to 7:30 PM: Dinner

7:30 PM to 8:45 PM: Doug Lisle, PhD - *The Pleasure Trap*

SATURDAY, MARCH 9

6:45 AM to 8:00 AM: Breakfast

7:00 AM to 7:30 AM: Optional Blood Tests

8:00 AM to 9:30 AM: Jeff Novick, MS, RDN - *Lighten Up: Weighing In On the Weight Debate*

9:45 AM to 11:15 AM: Anthony Lim, MD, JD - *Reversing Heart Disease - Food vs. Pills and Procedures*

11:30 AM to 1:00 PM: John McDougall, MD: *The Starch Solution*

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:30 PM: Jeff Novick, MS, RDN - *Calorie Density: How to Eat More, Weigh Less and Live Longer*

3:45 PM to 5:00 PM: Doug Lisle, PhD - *Getting Along Without Going Along*



5:15 PM to 6:45 PM: John McDougall, MD - *The Intestine: From Halitosis to Hemorrhoids*

6:45 PM to 8:00 PM: Dinner

8:00 PM to 9:00 PM: Anthony Lim, MD, JD, Jeff Novick, MS, RDN & Doug Lisle, PhD - Q & A

SUNDAY, MARCH 10

6:45 AM to 8:00 AM: Breakfast

8:00 AM to 9:30 AM: John McDougall, MD - *Dairy: Marketing Milk and Disease*

9:45 AM to 11:15 AM: Jeff Novick, MS, RDN - *Should I Eat That? How to Choose the Healthiest Foods - Label Reading*

11:30 AM to 12:30 PM: Doug Lisle, PhD - *The Willpower Paradox*

12:30 PM to 1:30 PM: Lunch

1:30 PM to 2:45 PM: Anthony Lim, MD, JD - *Diabetes - Prevention and Reversal*

2:45 PM to 3:00 PM: Anthony Lim, MD, JD - *Concluding Remarks*