



## MCDOUGALL 3-DAY INTENSIVE WEEKEND

### FRIDAY, SEPTEMBER 7

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**3:00 PM to 5:00 PM:** Registration

**5:00 PM to 5:15 PM:** Heather McDougall - *Orientation*

**5:15 PM to 6:15 PM:** Anthony Lim, MD, JD - *Introduction to The McDougall Program - A Whole Food, Starch-Based Diet*

**6:15 PM to 7:15 PM:** Dinner

**7:15 PM to 8:45 PM:** Anthony Lim, MD, JD - *Reversing Heart Disease - Food vs. Pills and Procedures*

### SATURDAY, SEPTEMBER 8

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

**7:00 AM to 8:30 AM:** Breakfast

**8:30 AM to 10:00 AM:** Jeff Novick, MS, RDN - *Lighten Up: Weighing In On the Weight Debate*

**10:15 AM to 11:30 AM:** Doug Lisle, PhD - *The Pleasure Trap*

**11:45 AM to 1:15 PM:** Jeff Novick, MS, RDN - *Calorie Density: How to Eat More, Weigh Less and Live Longer*

**1:15 PM to 2:15 PM:** Lunch

**2:15 PM to 3:30 PM:** John McDougall, MD - *The Starch Solution*



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

**5:15 PM to 6:45 PM:** Anthony Lim, MD, JD - *Osteoporosis & Exercise: An Ounce of Prevention is Better Than a Pound of Cure*

**6:45 PM to 7:45 PM:** Dinner

**7:45 PM to 9:00 PM:** Jeff Novick, MS, RDN & Anthony Lim, MD, JD - *Nutrition Q & A*

## **SUNDAY, SEPTEMBER 9**

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**7:00 AM to 8:15 AM:** Breakfast

**8:15 AM to 9:45 AM:** Jeff Novick, MS, RDN - *Should I Eat That? How to Choose the Healthiest Foods - Label Reading*

**10:00 AM to 11:15 AM:** Heather McDougall & Jeff Novick, MS, RDN - *Meals Made Easy - Planning for Success*

**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 - *10 Common Mistakes in Behavior Change*

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

*We are a Continuing Education Provider approved by the California Board of Registered Nursing, Provider Number 15494. If you are a nurse, please provide your information on our CEU Sign-in sheet.*