



MCDOUGALL 3-DAY INTENSIVE WEEKEND

FRIDAY, SEPTEMBER 13

3:00 PM - 5:00 PM: Registration

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

6:30 PM - 7:30 PM: Dinner

7:30 PM - 9:00 PM: Jeff Novick, MS, RDN - *Lighten Up: Weighing in On the Weight Debate*

SATURDAY, SEPTEMBER 14

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

6:45 AM - 8:00 AM: Breakfast

8:00 AM - 9:30 AM: Anthony Lim, MD, JD - *Reversing Heart Disease - Food vs. Pills and Procedures*

9:45 AM - 11:15 AM: Jeff Novick, MS, RDN - *Calorie Density: How to Eat More, Weigh Less and Live Longer*

11:30 PM - 1:00 PM: Doug Lisle, PhD - *The Pleasure Trap*

1:00 PM - 2:00 PM: Lunch

2:00 PM - 3:30 PM: Jeff Novick, MS, RDN - *Should I Eat That? How to Choose the Healthiest Foods - Label Reading*



3:45 PM - 5:00 PM: Doug Lisle, PhD - *The Willpower Paradox*

5:15 PM - 6:45 PM: John McDougall, MD - *The Starch Solution*

6:45 PM - 8:00 PM: Dinner

SUNDAY, SEPTEMBER 15

6:45 AM - 8:00 AM: Breakfast

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

9:15 AM - 10:15 AM: Anthony Lim, MD, JD - *Diabetes - Prevention and Reversal*

10:30 AM - 12:00 PM: Dean Ornish, MD - *The Power of Lifestyle Medicine*

12:00 PM - 1:00 PM: Lunch

1:00 PM - 2:30 PM: John McDougall, MD - *The GI Tract: From Halitosis to Hemorrhoids*

2:30 PM - 2:45 PM: *Concluding Remarks*