



Advanced Study Weekend Schedule* **February 10-12, 2017**

Friday, February 10, 2017

2:00 PM - 4:30 PM - Registration

5:00 PM - 5:15 PM - John McDougall, MD - Welcome and
Introductory Remarks

5:15 PM - 6:00 PM - John McDougall, MD - Does Sugar
Feed Cancer?

6:00 PM - 7:00 PM - Dinner

7:00 PM - 8:15 PM - Mary McDougall - Planning Meals



Saturday, February 11, 2017

6:30 AM - Optional Lab Tests

6:30 AM - 7:45 AM - Breakfast

8:00 AM - 9:15 AM - Wayne Dysinger, MD - Does Your Doctor Do This? (Or How to Find One that Does)

9:30 AM - 10:45 AM - Monica Aggarwal, MD, FACC - How My Daughter Saved Me: What I Learned After Medical School

11:00 AM - 12:15 PM - Mary McDougall - Dining Out, When You Must

12:15 PM - 1:15 PM - Lunch

1:15 PM - 2:30 PM - Andrew Taylor (SpudFit) - How a Year of Eating Potatoes Changed My Life

2:45 PM - 4:00 PM - Irminne Van Dyken, MD - 10 Ways a Plant-Based Diet Will Help You Avoid the Scalpel

4:15 PM - 5:30 PM - Dustin Rudolph, PharmD, BCPS - A Lifestyle Medicine Approach to Preventing and Reversing Type-2 Diabetes

5:45 PM - 6:00 PM - Surprise Guest

6:00 PM - 7:30 PM - Dinner



Sunday, February 12, 2017

6:30 AM - 7:45 AM - Breakfast

8:00 AM - 9:15 AM - Nick Delgado, PhD, ABAAHP - Why Plant Protein is Misunderstood

9:30 AM - 10:45 AM - Kevin Hall, PhD - The Calculus of Calories: Quantifying the Feedback Regulation of Human Body Weight

11:00 AM - 12:00 PM - Anthony Lim, JD, MD - 10 Common Mistakes in Behavior Change

12:00 PM - 1:00 PM - Lunch

1:00 PM - 2:15 PM - John McDougall, MD - The Latest Scams from the Diabetic Industry

2:30 PM - 3:45 PM - Doug Lisle, PhD - Getting Along Without Going Along - Winning Arguments, Friendship Scores and the Knights that say "Ni"

3:45 PM - 4:00 PM - John McDougall, MD - Concluding Remarks

*Schedule is subject to change and improvement.