



## Speaker Line-Up - September 11 - 13, 2015

### Friday, September 11, 2015

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**2:00 PM - 4:30 PM - Registration**

**5:00 PM - 6:00 PM - John McDougall, MD - Introduction**

**6:00 PM - 7:00 PM - Dinner**

**7:15 PM - 8:30 PM - Kim Williams, MD - Diet and CV Disease:  
What is the Evidence?**

### Saturday, September 12, 2015

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**6:30 AM - 7:00 AM - Optional Lab Tests - Lobby Boardroom**

**6:30 AM - 7:45 AM - Breakfast**

**8:00 AM - 9:15 AM - Garth Davis, MD - Proteinaholic: How Our  
Obsession with Protein is Killing Us**

**9:30 AM - 10:45 AM - Joel Kahn, MD - The Miracle of Heart  
Disease Reversal with Diet**

**11:00 AM - 12:15 PM - Michael Greger, MD - Food as Medicine:  
Preventing and Treating Disease with Diet**

**12:15 PM - 1:30 PM - Lunch**

**1:45 PM - 3:00 PM - Chef AJ - From Fat Vegan to Skinny Bitch**

**3:15 PM - 4:30 PM - Luigi Fontana, MD - Promoting Health and  
Longevity through Diet: Metabolic and Molecular  
Mechanisms**

**4:45 PM - 6:00 PM - Dan Buettner - Blue Zones: Secrets of a  
Long Life**

**6:00 PM - 7:00 PM - Dinner**

**7:15 PM - 8:15 PM - Dan Piraro - What's Funny About Food**



## **Sunday, September 13, 2015**

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**6:30 AM - 7:45 AM - Breakfast**

**8:00 AM - 9:15 AM - Michael Klaper, MD - Thriving on a Plant-Based Diet: Avoiding Nutritional Pitfalls While Optimizing Your Health**

**9:30 AM - 10:45 AM - Michael Wilkes, MD - Clinical Decisions and Shared Decision Making**

**11:00 AM - 12:15 PM - Hans Diehl, PhD - Forks and Knives: Weapons of Mass Destruction, or Instruments of Hope, Health and Healing?**

**12:15 PM - 1:15 PM - Lunch**

**1:30 PM - 2:30 PM - John McDougall, MD - The Extremes of Human Nutrition**

**2:45 PM - 3:45 PM - Doug Lisle, PhD - Esteem Dynamics: The Happiness Business, the Guru, and the Grit Mine**

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