



MCDOUGALL INTENSIVE WEEKEND

FRIDAY, MARCH 6TH

3:00 PM - 5:00 PM: Registration

5:00 PM - 6:30 PM: Anthony Lim, MD, JD - *Reversing Heart Disease - Food vs. Pills and Procedures*

6:30 PM - 7:30 PM: Dinner

7:30 PM - 9:00 PM: John McDougall, MD - *Practical Approaches to Surviving Upcoming Pandemics & The Starch Solution*

SATURDAY, MARCH 7TH

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

7:30 AM - 8:30 AM: Breakfast

9:00 AM - 10:30 AM: John McDougall, MD - *The Dietary Treatment of Cancer: A Challenging Second Opinion*

10:45 AM - 12:15 PM: John McDougall, MD - *The GI Tract: From Halitosis to Hemorrhoids*

12:15 PM - 1:15 PM: Lunch

1:15 PM - 2:30 PM: Anthony Lim, MD, JD - *Calorie Density: A Simple Yet Powerful Concept*

2:45 PM - 4:15 PM: John McDougall, MD - *Dairy: Marketing Milk and Disease*



4:30 PM - 6:00 PM: Doug Lisle, PhD - *The Pleasure Trap*

6:00 PM - 7:00 PM: Dinner

7:00 PM - 8:30 PM: Anthony Lim, MD, JD - *Osteoporosis:
An Ounce of Prevention is Better Than a Pound of Cure*

SUNDAY, MARCH 8TH

7:30 AM - 8:30 AM: Breakfast

9:00 AM - 10:30 AM: Anthony Lim, MD, JD - *Diabetes - Prevention
and Reversal*

10:45 AM - 12:15 PM: Jack Dixon, NSCA, CPT - *The Benefits of
Functional Fitness*

12:15 PM - 1:15 PM: Lunch

1:15 PM - 2:15 PM: Doug Lisle, PhD - *The Willpower Paradox*

2:15 PM - 2:45 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.