

# LCH2019

LOW CARB HOUSTON CONFERENCE

## SCHEDULE OF EVENTS

### THURSDAY, OCTOBER 24

| TIME       | LOCATION      | EVENT   |
|------------|---------------|---|
| 9:00 a.m.  | Bayou Theater | <b>Nadir Ali, M.D. &amp; William Amonette, Ph.D.</b><br>Welcome message.                            |
| 9:20 a.m.  | Bayou Theater | <b>Faisal Nabi, M.D.</b><br>Preventing Calcium Buildup in the Coronary Arteries.                    |
| 10:05 a.m. | Bayou Theater | <b>Lori Peters, M.D.</b><br>Odyssey Outcomes and Innovation in Lipid Management.                    |
| 10:50 a.m. | Bayou Theater | <b>Brenda Zorn</b><br>The Benefits of a 72 Hour Fast: How Best to Do It.                            |
| 11:15 a.m. |               | <b>Break</b>  |
| 11:45 a.m. | Bayou Theater | <b>David Diamond, Ph.D.</b><br>Cholesterol, LDL and Statins.  |
| 12:30 p.m. | Bayou Theater | <b>Panel Q &amp; A</b><br>Faisal Nabi, M.D., Lori Peters, M.D. & David Diamond, Ph.D.               |
| 12:50 p.m. | Patio Café    | <b>Lunch</b>  |
| 2:00 p.m.  | Bayou Theater | <b>Jeffry Gerber, M.D.</b><br>Metabolic Syndrome, Insulin Resistance & other Nutritional Disorders. |
| 2:45 p.m.  | Bayou Theater | <b>Priyanka Wali, M.D.</b><br>The Impact of Insulin Resistance on Sexual Dysfunction.               |
| 3:30 p.m.  |               | <b>Break</b>  |
| 4:00 p.m.  | Bayou Theater | <b>Siobhan Huggins</b><br>Exploring the Enigma: New Insights into Lipoprotein (a).                  |
| 4:45 p.m.  | Bayou Theater | <b>Panel Q &amp; A</b><br>Jeffry Gerber, M.D., Siobhan Huggins, & Priyanka Wali, M.D.               |
| 5:00 p.m.  | Bayou Theater | <b>Ramon Issa, M.D., Nancy Childress, et al.</b><br>Transformational Stories.                       |
| 6:00 p.m.  |               | <b>END OF THE DAY</b>   |

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## SCHEDULE OF EVENTS

### FRIDAY, OCTOBER 25

| TIME       | LOCATION      | EVENT  |
|------------|---------------|--|
| 8:30 a.m.  | Bayou Theater | <b>Maryanne Demasi, Ph.D.</b><br>Crestor - Time to Reassess the Evidence?  |
| 9:15 a.m.  | Bayou Theater | <b>Amy Berger</b><br>Ketogenic Therapies for Neurological & Neurodegenerative Disorders.   |
| 10:00 a.m. | Bayou Theater | <b>Brenda Zorn</b><br>Update on 72 Hour Fast.  |
| 10:15 a.m. |               | <b>Break</b>   |
| 10:35 a.m. | Bayou Theater | <b>Peter Ballerstedt, Ph.D.</b><br>No, Eating Animal Source Foods Won't Ruin the Planet.   |
| 11:20 a.m. | Bayou Theater | <b>Amber O'Hearn</b><br>Plant-Based or Carnivore: What's the Best for mTOR?  |
| 12:05 p.m. | Bayou Theater | <b>Panel Q &amp; A</b><br>Peter Ballerstedt, Ph.D., Amy Berger, Maryanne Demasi, Ph.D., Amber O'Hearn.                             |
| 12:20 p.m. | Patio Café    | <b>Lunch</b>   |
| 1:20 p.m.  | Bayou Theater | <b>Nadir Ali, M.D.</b><br>Do statins prevent or cause heart disease?   |
| 2:05 p.m.  | Bayou Theater | <b>Ivor Cummins</b><br>Myth-Busting: Cholesterol, Insulin Resistance, and Coronary Artery Disease.                                 |
| 2:50 p.m.  | Bayou Theater | <b>Dave Feldman</b><br>A New Chapter in Citizen Science Begins Now.  |
| 3:35 p.m.  |               | <b>Break</b>   |
| 4:00 p.m.  | Bayou Theater | <b>"FAT: A DOCUMENTARY" SCREENING</b>  |
| 5:45 p.m.  | Bayou Theater | <b>Panel Q &amp; A</b><br>Vinnie Tortorich, Serena Scott-Thomas, Nadir Ali, M.D., Ivor Cummins, Jeffrey Gerber, M.D., Dave Feldman |
| 6:15 p.m.  |               | <b>END OF THE DAY</b>  |

### SATURDAY, OCTOBER 26

| TIME       | LOCATION      | EVENT  |
|------------|---------------|--|
| 8:30 a.m.  | Bayou Theater | <b>Megan Ramos</b><br>Fasting for Diabetes.  |
| 9:15 a.m.  | Bayou Theater | <b>Brenda Zorn</b><br>Update on 72 Hour Fast.  |
| 9:25 a.m.  | Bayou Theater | <b>Eric Westman, M.D.</b><br>Making Keto Simple with Two Decades of Experience. What Works!  |
| 10:10 a.m. |               | <b>Break</b>   |
| 10:40 a.m. | Bayou Theater | <b>Nadia Pateguana, N.D.</b><br>Polycystic Ovarian Syndrome & Fertility Protocol (LCHF and Fasting as a Therapeutic Tool).               |
| 11:25 a.m. | Bayou Theater | <b>Jake Kushner, M.D.</b><br>Low carbohydrate nutrition for type 1 diabetes: best practices, knowledge gaps, and research opportunities. |
| 12:10 p.m. | Bayou Theater | <b>Panel Q &amp; A</b><br>Megan Ramos, Eric Westman, M.D., Nadia Pateguana, N.D., & Jake Kushner, M.D.                                   |
| 12:30 p.m. | Patio Café    | <b>Lunch</b>   |
| 1:30 p.m.  | Bayou Theater | <b>Craig Emmerich</b><br>A Case for Carnivore.   |
| 2:15 p.m.  | Bayou Theater | <b>Christian Asaad, M.D.</b><br>The Benefits of LCHF Diet in Cardiac Patients.   |
| 3:00 p.m.  |               | <b>Break</b>   |
| 3:30 p.m.  | Bayou Theater | <b>Carrie Brown</b><br>Overcoming Bi-Polar Disorder with LCHF & Intermittent Fasting.  |
| 4:15 p.m.  | Bayou Theater | <b>Panel Q &amp; A</b><br>Craig Emmerich, Christian Asaad, M.D. & Carrie Brown.  |
| 4:45 p.m.  | Bayou Theater | <b>Transformational stories - TBD</b>  |
| 5:45 p.m.  |               | <b>END OF THE DAY</b>  |