

# LCH 2018

LOW CARB HOUSTON CONFERENCE

## SCHEDULE OF LECTURES AND EVENTS

### THURSDAY, OCTOBER 25

TIME	LOCATION	EVENT
4:30 – 6 p.m.	Bayou Bldg.	<b>Conference Check-In and Badging</b>
6 – 6:15 p.m.	Bayou Theater	<b>Welcome Message</b> Nadir Ali, M.D. and William Amonette, Ph.D.
6:15 – 7:15 p.m.	Bayou Theater	<b>Andreas Eenfeldt, M.D.</b> A bird's eye view of the low-carb diet for metabolic disease, obesity, cancer, inflammatory disorders and dementia.
7:15 – 8:15 p.m.	Bayou Theater	<b>Gary Taubes, Best Selling Author</b> The global obesity epidemic: Is dietary and animal fat the culprit? Evidence based on 20 years of investigative journalism.

### FRIDAY, OCTOBER 26

TIME	LOCATION	EVENT
8 – 8:45 a.m.	Bayou Theater	<b>David Diamond, Ph.D.</b> A rigorous assessment of the myth that cholesterol causes heart disease.
8:45 – 9:30 a.m.	Bayou Theater	<b>Maryanne Demassi, Ph.D.</b> Statin Wars - Have we been misled by evidence?
9:30 – 9:45 a.m.		<b>Break</b>
9:45 – 10:30 a.m.	Bayou Theater	<b>Ivor Cummins, Chemical Engineer</b> An engineering view of insulin resistance and inflammation.
10:30 – 11:15 a.m.	Bayou Theater	<b>Eric Westman, M.D.</b> Two decades of experience with low carb diets.

## FRIDAY, OCTOBER 26 – CONTINUED

TIME	LOCATION	EVENT
11:15 a.m. – 12 p.m.	Bayou Theater	<b>Jeffry Gerber, M.D.</b> When weight loss stalls.
12 – 12:20 p.m.	Bayou Theater	<b>Morning Session Q &amp; A</b> Demassi, Diamond, Cummins, Westman, Gerber
12:20 – 1:30 p.m.	Patio Café	<b>Lunch</b> Keto-friendly lunch available for purchase from UHCL's Café.
2:15 – 2:45 p.m.	Bayou Theater	<b>Amy Berger, R.D.</b> Alzheimer's disease as type 3 diabetes: A metabolic disease with a nutritional strategy to fight it.
2:45 – 3:15 p.m.	Bayou Theater	<b>Amber O'Hearn, Data Scientist</b> Carnivory, ketosis, and the development of the human brain.
3:15 – 3:30 p.m.		<b>Break</b>
3:30 – 4:15 p.m.	Bayou Theater	<b>Peter Ballerstedt, Ph.D.</b> Ruminant reality: Diet, human health and the environment.
4:15 – 5 p.m.	Bayou Theater	<b>Jimmy Moore, Best Selling Author</b> The science of communicating science.
5 – 5:20 p.m.	Bayou Theater	<b>Q &amp; A Afternoon Session</b> Berger, O'Hearn, Ballerstedt, Moore
6 – 8 p.m.	Bayou Atrium I	<b>Low Carb Houston Hosts: 4-Course Special Dinner</b> Requires previously purchased dinner ticket and includes: <ul style="list-style-type: none"><li>• Join integrative dietitian of Naturally Nourished, Ali Miller, RD, CDE, as she walks you through a food-as-medicine dining experience featuring locally sourced farm to table ingredients</li><li>• Four-course meal prepared by celebrity Chef Monica Pope. A Ketogenic Experience with a Locavore Flare (low carb wine available)</li><li>• Roundtable discussion with cardiologist Nadir Ali, M.D., and Ali Miller, RD, CDE</li></ul>

# SATURDAY, OCTOBER 27

TIME	LOCATION	EVENT
8 – 8:45 a.m.	Bayou Theater	<b>David Feldman, Software Engineer</b> Cholesterol is a passenger, not a driver: LCHF and lean mass hyper-responders.
8:45 – 9:30 a.m.	Bayou Theater	<b>Nadir Ali, M.D.</b> Homeostatic regulation of LDL: Evolutionary conservation of lipoproteins and their role in human health.
9:30 – 9:45 a.m.		<b>Break</b>
9:45 – 10:30 a.m.	Bayou Theater	<b>Bret Scher, M.D.</b> Clinical application of LCHF for cardiac patients.
10:30 – 11:15 a.m.	Bayou Theater	<b>Megan Ramos, Clinical Scientist</b> The science of intermittent fasting: Role in reversing insulin resistance, diabetes, PCOS and obesity.
11:15 a.m. – 12 p.m.	Bayou Theater	<b>Angela Poff, Ph.D.</b> Ketogenic diet, cancer metabolism & the Warburg effect.
12 – 12:20 p.m.	Bayou Theater	<b>Morning Session Q &amp; A</b> Feldman, Ali, Scher, Ramos, Poff
12:20 – 1:30 p.m.	Patio Café	<b>Lunch</b> Keto-friendly lunch available for purchase from UHCL's Café.
1:30 – 2:15 p.m.	Bayou Atrium I	<b>Keith Norris, Founder Paleo f(x)</b> Breaking free of the human zoo - Comparison of LCHF versus Paleo.
2:15 – 2:45 p.m.	Bayou Atrium I	<b>Ali Miller, R.D.</b> The anti-anxiety diet: A nutrition based argument to improve human health.
2:45 – 3:15 p.m.	Bayou Atrium I	<b>John Limansky, M.D.</b> Biohacking the ketogenic diet.
3:15 – 3:30 p.m.	Bayou Atrium I	<b>Craig Emmerich, Best Selling Author</b> Oxidative priority: How our bodies process macronutrients.
3:30 – 4:15 p.m.	Bayou Atrium I	<b>Jake Kushner, M.D.</b> Medical nutritional therapy for people with type 1 diabetes: Fact vs. fiction.
4:15 – 4:35 p.m.	Bayou Atrium I	<b>Afternoon Session Q &amp; A</b> Norris, Miller, Limansky, Emmerich, Kushner
4:35 – 4:45 p.m.	Bayou Atrium I	<b>Antonio Martinez, J.D.</b> Public health collaboration between the UK and USA.
4:45 – 5:30 p.m.	Bayou Atrium I	<b>Transformational Stories</b>
5:30 – 5:40 p.m.	Bayou Atrium I	<b>Closing Remarks</b> Amonette, Ali, Gerber, Cummins