

Low Carb Vail 2016 Schedule

Thursday - February 25th		
Time	Topic	Speaker
6:00 PM	Informal get together	

Friday - February 26th		
Time	Topic	Speaker
7:00-7:05	Welcome	Dr. Jeff Gerber
7:05-7:45	Meet the attendees	Dr. Rod Tayler
7:45-8:15	Break	
8:15-8:30	Using Ketone Breath Analysers *	Michel Lundell & Alison Gannett
8:30-9:00	Winning on Fat: What the FASTER LCD Cohort do in the Real World *	Peter Defty
9:00-9:15	Body by Butter	Emily Schromm
9:15-10:00	Q&A panel discussion	Presenters
10:00-3:00	Break for snow and outdoor activities	
3:00-3:45	Therapeutic Fasting *	Dr. Jason Fung
3:45-4:15	A Year of Self-Tracking in Nutritional Ketosis *	Dr. James McCarter
4:15-4:30	Break	
4:30-5:00	Low Carb, Slow Carb and the Gut Microbiome *	Dr. Rangan Chatterjee
5:00-5:30	LCHF: Health, Performance and Politics *	Dr. Peter Brukner
5:30-6:00	Q&A panel discussion	Presenters

*CME available for this activity approval pending

Saturday - February 27th		
Time	Topic	Speaker
8:00-8:45	The Case For Nutritional Ketosis *	Dr. Steve Phinney
8:45-9:15	The LDL on LCHF: Current Research *	Dr. Sarah Hallburg
9:15-9:30	KETO//OS	Abigail Klutz
9:30-9:45	Break	
9:45-10:15	The Food Revolution 2016 *	Dr. Andreas Eenfeldt
10:15-10:45	Framingham and the Muddy Waters *	Dr. Jeff Gerber
10:45-11:15	Keto and Paleo are a Match Made In Heaven *	Jimmy Moore
11:15-12:00	Q&A panel discussion	Presenters
12:00-2:00	Break for lunch	
2:00-2:30	Practical Lipid Management for LCHF *	Dr. Cate Shanahan
2:30-3:00	LCHF and Diabetes: Theory and Clinical Experience *	Dr. Eric Westman
3:00-3:30	Break	
3:30-4:15	The Aetiology of Obesity *	Dr. Jason Fung
4:15-4:45	The Evolution of the Atkins Diet with A Tribute to Dr. Robert Atkins *	Colette Heimowitz
4:45-5:15	Low Carb, Yes, High Protein, No: The Problem of Cancer and Aging *	Dr. Ron Rosdale
5:15-6:00	Q&A panel discussion	Presenters

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Sunday - February 28th		
Time	Topic	Speaker
7:00-7:30	Undoing Atkins - A Cautionary Tale *	Dr. Jay Wortman
7:30-8:00	Fine Tuning LCHF for Optimal Health *	Dr. Rod Tayler
8:00-8:15	Break	
8:15-8:45	The Paleo Way	Pete Evans
8:45-9:30	Paleopathology and the Origins of the Paleo Diet *	Dr. Mike Eades
9:30-10:00	Q&A panel discussion	Presenters
10:00-3:00	Break for snow and outdoor activities	
3:00-6:00	Participant discussion / group get together / closing	

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