



SCHEDULE

October 19, 2019

9:00-9:05am	Opening Video and Remarks	Ken Beckman
9:05-9:20am	What is Whole Food Plant-Based Nutrition and How Does it Work?	Amanda McKinney, MD
9:20-10:20am	Treating the Cause to Prevent and Reverse Heart Disease	Caldwell B. Esselstyn Jr., MD
10:20-10:30am	I Could Play Again: A Musician's Story of Reversing Heart Disease	Jorge Nila
10:30-10:45am	BREAK	
10:45-11:45am	A Physician's Personal Experience Overcoming Multiple Sclerosis and the Power of Lifestyle To Reverse and Prevent Autoimmune Disease	Saray Stancic, MD
11:45am-1:35pm	LUNCH	
12:15-12:35pm	How I Reversed Obesity and Achieved Optimal Health: A Nebraska Football Player's Journey to a Whole Food Plant-Based Lifestyle	Gabriel Miller
12:35-1:35pm	Nutrition and Cancer: Hope and Unanswered Questions	Thomas M. Campbell II, MD
1:35-1:50pm	BREAK	
1:50-2:45pm	Reversing Insulin Resistance: Winning the Battle Against Diabetes	Cyrus Khambatta, PhD
2:45-3:15pm	From Sickness & Obesity to Competitive Athlete & Plant-Based Psychiatrist and the Role of Nutrition in Mental Health and Preventing Dementia	Adam Woods, MD
3:15-3:30pm	BREAK	
3:30-4:00pm	Frequently Asked Questions about Whole Food Plant-Based Nutrition and Working with a Doctor to Achieve Your Health Goals	Elizabeth Denman, MD & Amy Cannella, MD
4:00-4:55pm	Shopping for, Preparing and Cooking Plant-Based Meals: A Practical Demonstration	Melissa Sherlock
4:55-5:00pm	Closing Remarks	Melissa Sherlock

THIS SCHEDULE AS OF OCTOBER 2019 IS SUBJECT TO CHANGE

www.healthyforalifetime.org