

2020 VIRTUAL PBNHC Agenda*

(ALL TIMES ARE EASTERN DAYLIGHT TIMES - EDT)

Friday, September 11

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CPEU	CPE
3:40 pm - 4:00 pm	Welcome Remarks	Scott Stoll, MD	-	-	-	-
4:00 pm - 5:00 pm	Keynote Address... Power of the Plate: The Nexus of Regenerative Agriculture and Regenerative Human Health	Scott Stoll, MD	1	1	1	0
5:00 pm - 6:00 pm	Session 2 - Plant-Based Nutrition: Sweet Medicine for Insulin Resistance	Michelle McMacken, MD	1	1	1	0
6:00 pm - 7:00 pm	Break	-	-	-	-	-
7:00 pm - 8:00 pm	Session 3 - Can Lifestyle Changes Prevent & Reverse Dementia?	Dean Ornish, MD	1	1	1	0
8:00 pm - 9:00 pm	Session 4 - Bone, Cartilage, Diet: Correlations from the OR	Thomas D. Rosenberg, MD	1	1	1	1

Saturday, September 12

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CPEU	CPE
1:00 pm - 2:00 pm	Session 5 - Plant-based Diets for Cancer Prevention and Treatment	Shireen Kassam MBBS, FRCPath, PhD	1	1	1	0
2:00 pm - 3:00 pm	Session 6 - The Pleasure Trap: Mastering the Hidden Force that Undermines Health and Happiness	Doug Lisle, PhD	1	1	1	0
3:00 pm - 4:00 pm	Break	-	-	-	-	-
4:00 pm - 5:00 pm	Session 7 - Dietary Fiber: The Preferred Food of Our Gut Microbes	Will Bulsiewicz, MD, MSCI	1	1	1	1
5:00 pm - 6:00 pm	Session 8 - The History of Nutrition and Health: What We Know, What We Don't Know, What We Need to Know	T. Colin Campbell, PhD	1	1	1	1
6:00 pm - 7:00 pm	Break	-	-	-	-	-
7:00 pm - 8:00 pm	Session 9 - Essentials of Practical Application of Plant Based Nutrition in Clinical Practice	Robert Ostfeld, MD, MSc, FACC	1	1	1	1
8:00 pm - 9:00 pm	Session 10 - Long- term Health Effects of Vegetarian Diets - Evidence From the Tzu Chi Cohorts	Tina H. T. Chiu, PhD, RD, MPH	1	1	1	1

Sunday, September 13

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CPEU	CPE
1:00 pm – 2:00 pm	Session 11 - Plant-based Diet's Role in Preventing and Treating Crohn's Disease	Alan Desmond, MD	1	1	1	1
2:00 pm – 3:00 pm	Session 12 - How Not to Diet: Evidence-Based Weight Loss	Michael Greger, MD	1	1	1	1
3:00 pm – 4:00 pm	Break	-	-	-	-	-
4:00 pm – 5:00 pm	Session 13 - Angiogenesis and the Role of Endothelial Cells in COVID-19: How Can a Plant-based Diet Help?	Will Li, MD	1	1	1	0
5:00 pm – 6:00 pm	Session 14 - Food is Medicine: Simple and Proven Steps to Fill Your Plate with Healthy and Delicious Food	Julieanna Hever, MS, RD, CPT	1+	1+	1+	1+
6:00 pm – 7:00 pm	Break	-	-	-	-	-
7:00 pm – 8:00 pm	Session 15 - Cardiovascular Risk Factors, Ethnic Disparities, Covid-19 Mortality and Nutrition	Kim Allan Williams, MD, FACC, FASNC, FAHA	1	1	1	1
8:00 pm – 9:00 pm	Session 16 – Deconstructing Paleo and Keto Diets	Brenda Davis, RD	1	1	1	0

Monday, September 14

TIME	DESCRIPTION	PRESENTER(S)	CME	CNE	CPEU	CPE
3:00 pm – 4:00 pm	Session 17 - Cultivate Change: A Parable of Four Soils	Mark D. Faries, PhD	1	1	1	0
4:00 pm – 5:00 pm	Session 18 – Can Fasting Save Your Life?	Alan Goldhamer, DC	1	1	1	1
5:00 pm – 6:00 pm	Break	-	-	-	-	-
6:00 pm – 7:00 pm	Session 19 - Skin Saving Foods: Translating the Science to the Dinner Plate to Healthy Skin	Rajani Katta, MD	1	1	1	1
7:00 pm – 9:00 pm	Session 20 - Panel Discussion: Everyday Ideas for your Practice	Scott Stoll, MD Andy Bellatti, MS, RD Caldwell Esselstyn, Jr., MD Michael Klaper, MD Laurie Marbas, MD, MBA	2	2	2	0
9:00 pm – 9:15 pm	Closing Remarks	Scott Stoll, MD	-	-	-	-

* Agenda subject to change. Updated August 20, 2020

Assigned credit hours are approved except those noted with a + sign.

NUMBER OF CREDITS ARE SUBJECT TO CHANGE.