



Thursday, March 15, 2018

8:00 am to 3:30 pm

125 LIVE



8:00 am to 8:30 am

Welcome

Informational session and chair stretch **125 LIVE**



8:30 am to 9:30 am

"Eat More, Weigh Less" **Dr. Hans Diehl**

Program Description

This presentation will challenge the present concept that the keys to successful weight management are to be found in eating less and exercising more. Instead, it will focus on the fail-safe formula of eating more foods that are satisfying and more cost-effective, yet lower in caloric density and higher in nutritional value. Excess weight is not so much of an issue of overeating as it is a reliance on heavily marketed and addiction-prone calorically dense foods coupled with a diet that has become increasingly high in animal products, and all of this in the context of a sedentary lifestyle.

Learning Objectives

1. Review obesity trends and current strategies for weight management
2. Understand changes in the food supply and its effects on diet composition
3. Outline the advantages of a whole food program

9:30 am to 10:30 am

"The New Nutritional Approach to Type 2 Diabetes and Cardiovascular Disease" **Dr. Neal Barnard**

Program Description

Type 2 diabetes begins as insulin resistance, which is caused by the accumulation of fat particles in muscle and liver cells. Research studies have shown that type 2 diabetes management can be greatly improved by a low-fat plant-based diet designed to reduce intracellular fat accumulation and improve insulin sensitivity. This dietary approach improves blood glucose, body weight, plasma lipids, and blood pressure. The same type of diet, as part of an overall healthful lifestyle has been shown to reverse heart disease and reduce cardiac events. Methods for implementing the diet in the clinical setting will be discussed.

Learning Objectives

1. Participants will understand the rationale for the use of plant-based diets in diabetes management
2. Participants will understand the effects of diet interventions on blood glucose, lipids, and body weight
3. Participants will learn how to initiate and monitor therapeutic diets for patients with type 2 diabetes

10:30 am to 10:45 am

BREAK

10:45 am to 12:00 pm

“Practicing Lifestyle Medicine—A Holistic Approach” **Dr. Thomas Harman, Dr. Jengyu Lai**

Program Description

The current healthcare system produces two undesired phenomena – over specialization and over prescribing. When every physician treats a focused area, the overall health is missed. The system rewards a quick result instead of treating the root cause. This presentation will demonstrate what a holistic approach is and how applying lifestyle medicine in a holistic approach can focus on the patient, not the disease, and find the root cause, not managing the symptoms with pills.

Learning Objectives

1. Learn what a holistic approach is
2. Learn how lifestyle medicine is an integral component of a holistic approach.

12:00 pm

LUNCH

Tours available at 125 LIVE

12:45 pm Chair stretch **125 LIVE**

1:00 pm to 2:00 pm

“Reversing Lifestyle-related Chronic Diseases. But How?” **Dr. Hans Diehl**

Program Description

The emergence and potential reversal of our prominent chronic diseases (accounting for 86% of our national medical costs) is largely related to issues of lifestyle and habits. Prominent among them are culture-influenced choices in diet and exercise. They either drive these largely circulation-related diseases, or they may contribute to their reversal. An understanding of the underlying disease pathology and its relationship to our habits of diet and exercise is essential in promoting behavioral change facilitated through measurable clinical feedback (risk factors) and symptomatic improvements. For corporations to embrace wellness programs, it is important to document healthier employees while generating positive Returns on Investment.

Learning Objectives

1. Understand the underlying pathology of circulation-related chronic diseases
2. Review the role of diet in promoting and reversing these diseases
3. Outline strategies for behavioral changes on the community and corporate level
4. Describe issues of sustainability of healthy behaviors and ROI for corporations

2:00 pm to 3:00 pm

“Treating Chronic Diseases Successfully: Our Experiences”

Program Description

People accept having chronic diseases as part of the aging process. This presentation will debunk the myth and demonstrate what community members have done to prevent or even reverse chronic diseases. Some community members will provide their experiences.

Learning Objectives

1. Learn that most chronic diseases are lifestyle related
2. Learn that the most common chronic diseases can be prevented with lifestyle modifications