



Ancestral Health Symposium

A (pre) historic, two-day event that unites the Ancestral Health movement.

August 5–6, 2011 • Los Angeles, CA

FRIDAY

Friday presentations are in two different buildings that are 0.4 miles apart (8 minute walk). Map on back of brochure.

THEME: ● Perspective
● Nutrition
● Lifestyle/Other
● Exercise

Time	Ackerman Grand Ballroom	Rolfe 1200
7:45–7:55 AM	Aaron Blaisdell, PhD - UCLA Psychology, President of Ancestral Health Society Opening remarks	
8:00–8:45	● Boyd Eaton, MD - Emory University Ancestral Health: Past, present, and future	
8:55–9:40	● Loren Cordain, PhD - Colorado State University, Fort Collins Origins and evolution of western human diet	● Mark Cohen, PhD - SUNY Plattsburgh The effects of cultural evolution on human health
9:40–10:00	BREAK	BREAK
10:00–10:45	● Staffan Lindeberg, MD, PhD - University of Lund, Sweden Food and western disease	● Guy-Andre Pelouze, MD - France The perspective of a cardiothoracic surgeon
10:55–11:40	● Robb Wolf The paleo solution	● Don Matesz, MS Ancestral nutrition: An alternative approach
11:40–1:00 PM	POSTERS AND LUNCH	POSTERS AND LUNCH
1:00–1:45	● Lynda Frassetto, MD - University of California, San Francisco Does everyone need to eat a paleo diet?	● Richard Jacobson Vitamin D and diseases of aging
1:55–2:40	● Stephan Guyenet, PhD - University of Washington Obesity; old solutions for a new problem	● Emily Deans, MD and Jamie Scott Resiliency: Human-friendly pathways to optimal health
2:50–3:35	● Gary Taubes, MA - University of California, Berkeley Sugar and cancer	● Dr. BG, PharmD and Tim Gerstmar, ND The rainforest in your gut: A brief tour through your intestinal biome, why it's messed up, and how to fix it
3:35–3:50	BREAK	BREAK
3:50–4:35	● Michael Eades, MD Protein Power	● Craig Stanford, PhD - University of Southern California Great apes and the evolution of human diet
4:45–5:30	● Nell Stephenson, BS USC EXSC, ACSM Paleo eating in practice	● Richard Feinman, MD Nutrition and metabolism
5:40–6:25	● Pedro Bastos, MS, MA - Lund University, Sweden Milk, dairy and human health: An historical, evolutionary and global perspective	● Chris Masterjohn, Doctoral Candidate - University of Connecticut Heart disease and molecular degeneration
6:30–7:30	Meet the Authors and Producers	

SATURDAY




Saturday presentations are in the same building.

Time	Ackerman Grand Ballroom	Ackerman Lounge
8:00–8:45 AM	● Robert Lustig, MD - University of California, San Francisco The trouble with fructose	● Seth Roberts, PhD and Tucker Max What foods make my brain work best and From cave to cage: Mixed martial arts in ancestral health
8:55–9:40	● Mat Lalonde, PhD An organic chemist's perspective on paleo	● Kevin Boyd, DDS, MS and Michael Mew, DDS Darwinian dentistry
9:40–10:00	BREAK	BREAK
10:00–10:45	● Mark Sisson Play: A lost art	● Denise Minger TBA
10:55–11:40	● Nora Gedgaudas, CNS, CNT Primal mind: Diet and mental health	● Matt Metzgar, PhD - University of North Carolina, Charlotte Sustainability of paleo diets
11:40–1:00 PM	POSTERS AND LUNCH	POSTERS AND LUNCH
1:00–1:45	● Melissa McEwen Clues from the colon: How this organ illuminates our digestive evolution and microniche	● Tom Naughton Bad science
1:55–2:40	● John Durant Nebuchadnezzar to knut: A brief history of zoos	● Vivian A. Shelton, PsyD Evolutionary bariatrics: A "new" treatment approach to morbid obesity
2:50–3:35	● Andreas Eenfeldt, MD - Sweden Evolution of a diet revolution	● Richard Nikoley Self-experimentation: The best science
3:35–3:50	BREAK	BREAK
3:50–4:35	● Doug McGuff, MD Body by science	● Frank Forencich Talk paleo to me: Telling a bigger story
4:45–5:30	● Erwan LeCorre MovNat: Evolutionarily natural fitness	● Keith Norris and Skyler Tanner Efficient exercise; personalized training
5:40–6:25	● James O'Keefe, MD Organic fitness: How to train like a hunter-gatherer	● Brent Pottenger, MHA; Joe Sobolewski, MPA; Janet Chang; Nate Rosenberg; and William Meller, MD Bridging the gaps: Integrating ancestral health into our healthcare systems
6:25–6:40	Aaron Blaisdell Closing remarks	
6:45–7:30	● Sarah Fragoso and Chrissy Gower Everyday family paleo	● Movement Sessions

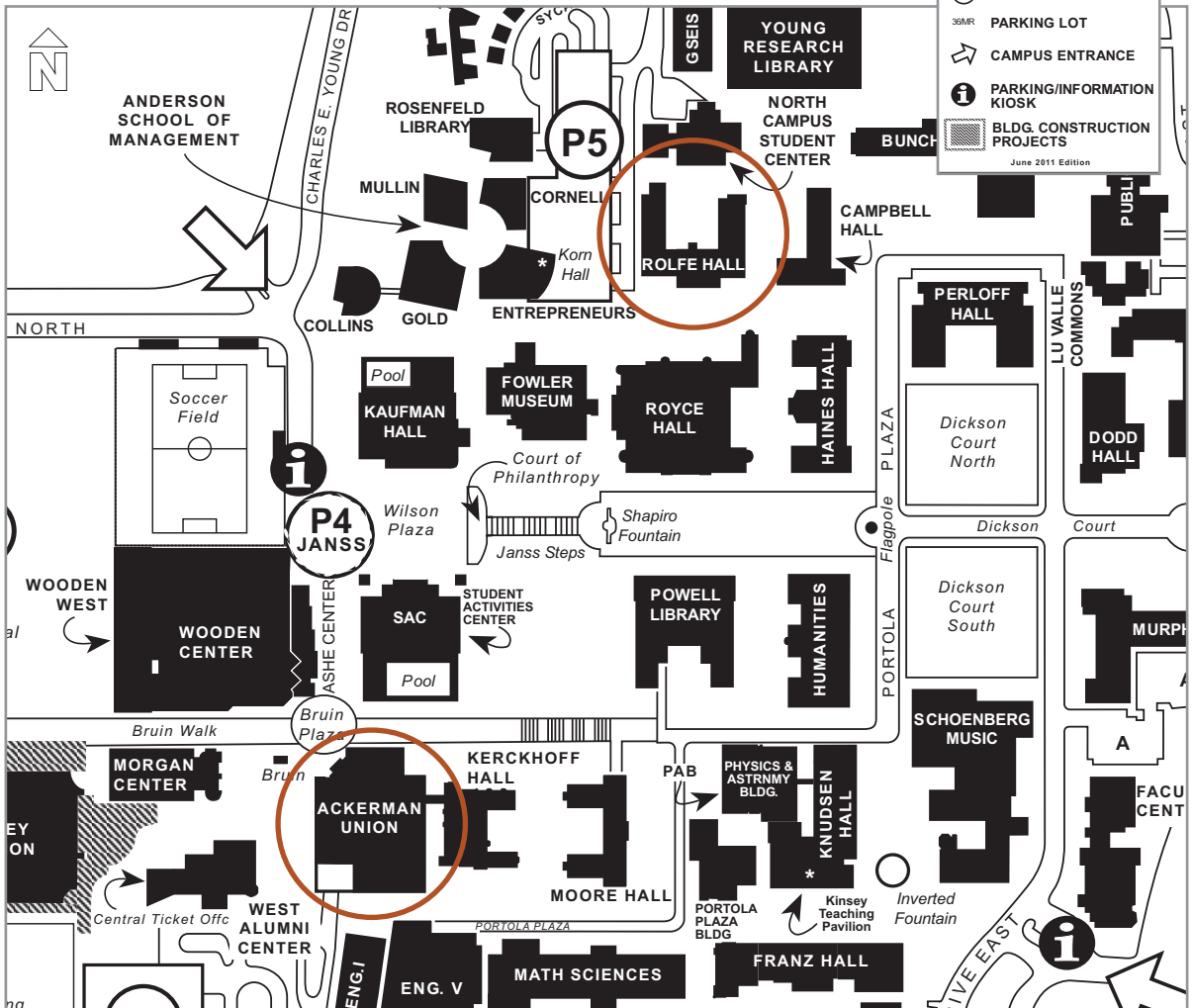
View slides used during presentations at:
www.slideshare.net/ancestralhealth/newsfeed

There are two presenter locations each day. Ackerman Ballroom and Rolfe 1200 on Friday. On Saturday presentations are in different rooms, Ackerman Ballroom and Ackerman Lounge, in the same building.

UCLA

-  P36 PARKING STRUCTURES
-  36MR PARKING LOT
-  CAMPUS ENTRANCE
-  PARKING/INFORMATION KIOSK
-  BLDG. CONSTRUCTION PROJECTS

June 2011 Edition



The Ancestral Health Society (AHS) is organized to foster interdisciplinary collaboration and translational efforts between scientists, healthcare professionals, and laypersons who study and communicate about the human ecological niche and modern health from an evolutionary perspective to develop solutions to our health challenges.

www.ancestryfoundation.org/AHS.html

No responsibility is accepted by organizers of the conference for any loss of property or personal injury. Participants are advised not to bring valuables to the conference and to arrange their own insurance against accident and loss of property.

Design: Sarah Rebich