

TRADITIONAL FOODS, DIETS & LIFESTYLES

CREATING HEALTHY LIFESTYLES FOR THE 21ST CENTURY

2005 Conference on Food, Soil and Environmental Chemical Connections to Health
Using the Wisdom of the True Health Pioneers, Past and Present

AUGUST 5-8, 2005 • FRI. - MON. • Ocean Shores, Washington • www.traditionalfoodsdietslifestyles.com

G = general
IN = Intermediate
A = Advanced

CONFERENCE SCHEDULE

Program Subject to Change

Friday August 5, 2005

- 2:00 pm - 6:30 pm **Conference check-in**
(Registration at the door, *if not sold out*)
- 6:00 pm **Conference Opening Circle** at the beach
- 7:00 pm - 9:00 pm **Welcome: Gray Graham, CNT**
Keynote Opening Speaker: Sally Fallon
Oiling of America: How the false cholesterol theory caused Americans to abandon traditional whole foods and created an epidemic of chronic disease.
- 9:00 pm - 10:30 pm Get-acquainted Party and Meet the Exhibitors/Vendors

Saturday August 6, 2005

- 6:30 am - 8:30 am **Conference check-in**
(Registration at the door, *if not sold out*)
- 6:30 am - 8:00 am BREAKFAST
- 10:00 am - 6:30 pm Exhibitors/Vendors
- 8:00 am - 9:30 am **Welcome**
Keynote Speaker: Theo Colborn, Ph.D.
Stealth Chemicals: From personal to global implications... In your food?... In products you use?... In your body?... Affecting our future?

10:00 am - 11:30 CONCURRENT SESSIONS - A

1. **Mary Enig, Ph.D.** (IN-A) Obesity and Lipids: Major issues facing Americans.
2. **Sally Fallon** (G) Nutrition and Physical Degeneration - The Pioneering Work of Dr. Weston A. Price: A look at the unforgettable photographs of Dr. Weston Price and the basic characteristics of healthy traditional diets.
3. **Will Winter, DVM** (G-IN) Detoxification and Cleansing for Beast and Man: The importance of ruminant and human gut beneficial flora in health.
4. **Rosalind Anderson, Ph.D. and Julius Anderson, M.D., Ph.D.** (IN-A) Toxicity of Indoor Air.
5. **Cecil Smith** (G) EMF's and EF's: Controlling electrical fields (EFs) and electromagnetic fields (EMFs) in your building environment.
6. **Swevo Brooks** (G) Grains/Traditional Food for Modern People: Buckwheat flat bread, muesli, popcorn, sourdough; Lecture, demonstration, tasting, breaking bread.
7. **James Jungwirth** (G) Seaweeds as Food and Medicine: Part 1.
8. **John Kallas, Ph.D.** (G) Wild Foods of Native North Americans.
9. **Leslie Korn, Ph.D., M.P.H.** (G) Chocolate, Chilies and Coconuts: The culture and cuisine of Western Mexico.
10. **Matt Samuelson** (G) Whole Foods Preparation Demo: Culturing Demystified: Lacto-fermented vegetables and fruits and cultured dairy.

- 11:30 am - 1:30 pm LUNCH and Exhibitors/Vendors
- 1:30 pm - 3:00 pm **Keynote Speaker: Jerry Brunetti**
Food As Medicine Retrospective:
The soil - plant - animal - human connection.

3:30 pm - 5:00 pm CONCURRENT SESSIONS - B

1. **Sally Fallon** (G) Why Butter is Better, and Other Surprising Facts About Nourishing Traditional Diets: Learn about animal fats, the key to perfect health, the role of food enzymes and the importance of proper preparation of grains.
2. **Gray Graham, CNT** (G) The Prophecies of Pottenger's Cats' Study: Nutrition and the decline of America.
3. **Joseph Pizzorno, N.D.** (IN - A) Digestion: "You are what you eat" and absorb - optimizing digestion.
4. **Jerry Brunetti** (G-IN) The Whole Farm Approach: the soil, plant, livestock connection.
5. **Theo Colborn, Ph.D.** (IN-A) A Closer Look at the Male and Female Predicament: Endocrine hormone disruption - Are males also at risk?
6. **Judy BlueHorse Skelton** (G) Restoring Our Traditions, Regaining Our Health: Learning from the ways of the Native American peoples.
7. **Cynthia DeMeester, M.D., Ph.D.** (IN) Pre-Conception Planning in the 21st Century: Rediscovering old wisdom in the age of technology and environmental change.
8. **John Kallas, Ph.D.** (G) Wild Foods of Early Settlers and Farmers.
9. **Ian Luepker, N.D.** (G) Introduction To Homeopathy and Homeopathic Self-Care: Quick and easy tips for acute illnesses.
10. **Rudolph Ryser, Ph.D.** (G) Salish Culture: Foods and medicine.
11. **Pam Drake, CNT** (G) Whole Foods Preparation Demo: Junk Food Junkie's Transition Plan.

6:30 pm - 7:30 pm BANQUET DINNER I

7:30 pm - 9:00 pm **Banquet Keynote Speaker:**
Joseph Pizzorno, N.D.
The Whole is More than the Sum of the Parts: Natural nutrients are usually better.

9:00 pm - 10:00 pm Entertainment and Dessert Party

Sunday August 7, 2005

6:30 am - 8:00 am BREAKFAST

10:00 am - 3:00 pm Exhibitors/Vendors

8:00 am - 9:30 am **Welcome**
Keynote Speakers:
Rosalind Anderson, Ph.D. and Julius Anderson, M.D., Ph.D.
"No Chemicals in My House!"

10:00 am - 11:30 CONCURRENT SESSIONS - C

1. **Mary Enig, Ph.D.** (IN - A) U.S. Dietary Recommendations: The current "role" of lipids.
2. **Sally Fallon** (G) The Ploy of Soy: Exposé on the dangers of modern soy foods; Learn about the tragedy behind the hype.
3. **Jerry Brunetti** (IN) Back to the Future: Successful sustainable farming before the green revolution.
4. **Elaine Ingham, Ph.D.** (IN) Soil Food Web: Part 1.

ALL EVENTS
FRAGRANCE-FREE
& HIGHLIGHTER
MARKER-FREE