

CULINARY MEDICINE CONFERENCE

When Food Becomes Medicine



February 29, 2020	
7:00 – 7:30 a.m.	Registration, Breakfast & Exhibits
7:30 – 8:00 a.m.	Morning Meditation and All About Mindfulness Jyothi Rao, MD
8:00 – 8:30 a.m.	Introduction & Opening Remarks – Why Are We Here? Monica Aggarwal, MD, FACC
8:30 – 9:15 a.m.	The Link Between Diet and Health Caldwell Esselstyn, Jr., MD
9:15 – 9:45 a.m.	Nutrition and the Gut Biome Monica Aggarwal, MD, FACC
9:45 – 10:00 a.m.	Break & Exhibits
10:00 – 10:30 a.m.	Calorie Density: The Role of Carbs and Fat Jyothi Rao, MD
10:30 – 11:00 a.m.	Food to Fuel Movement and Promote Rest and The Role of Mindfulness Irene Estores, MD
11:00 – 11:30 a.m.	Greens Caldwell Esselstyn, Jr., MD
11:30 – 12:15 p.m.	Cooking Demo Ann Esselstyn & Jane Esselstyn, RN
12:15 – 1:30 p.m.	Let's Make Lunch – Hands-On, Build Your Own Lunch! Ann Esselstyn & Jane Esselstyn, RN <i>Featuring a discussion on Mindful Eating by Irene Estores, MD</i>
1:30 – 1:45 p.m.	Guided Movement
1:45 – 2:15 p.m.	Protein Jyothi Rao, MD
2:15 – 2:45 p.m.	Strategies for Bringing Nutrition into the Clinic Monica Aggarwal, MD, FACC
2:45 – 3:00 p.m.	Break & Exhibits
3:00 – 3:45 p.m.	Navigating the Supermarket Ann Esselstyn
3:45 – 4:15 p.m.	Recipes, Easy Tips to Work with Patients, and Considering Cultural Boundaries Monica Aggarwal, MD, FACC
4:15 – 4:30 p.m.	Discussion