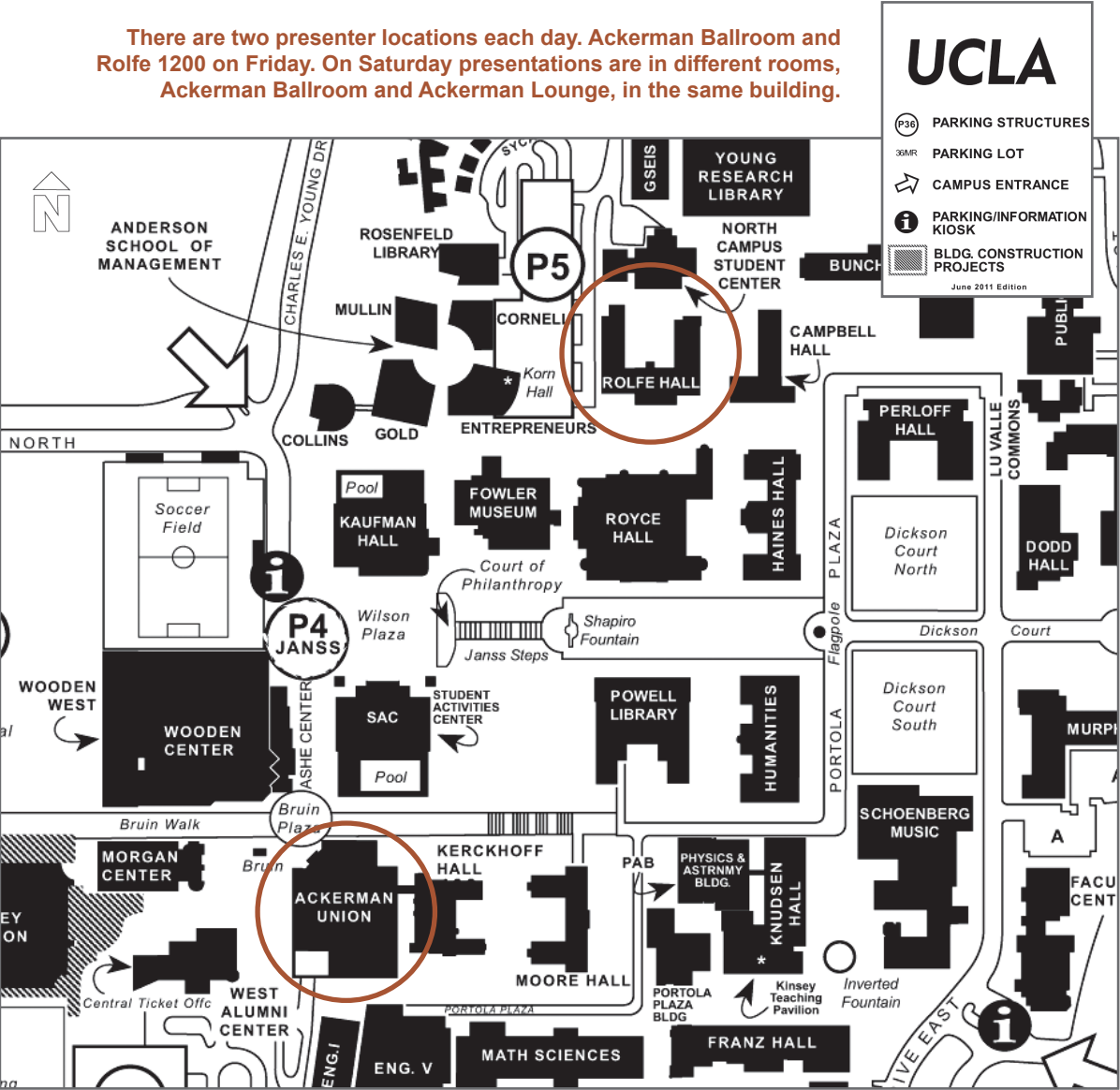


There are two presenter locations each day. Ackerman Ballroom and Rolfe 1200 on Friday. On Saturday presentations are in different rooms, Ackerman Ballroom and Ackerman Lounge, in the same building.



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](http://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



# 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.

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

SATURDAY

Saturday presentations are in the same building.

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

THEME: ▲ Perspective  
● Nutrition  
★ Lifestyle/Other  
■ Exercise

View slides used during presentations at:  
[www.slideshare.net/ancestralhealth/newsfeed](http://www.slideshare.net/ancestralhealth/newsfeed)