

## **Real Food Summit Schedule**

### Sunday, July 8<sup>th</sup>

Joel Salatin - Real Food Defined

Chris Kresser - The Role of Fish and Seafood in the Real Food Diet

David Getoff - The Historical Truth about Raw Fruit Consumption...and the Best and Worst Sweeteners

### Monday, July 9<sup>th</sup>

Paul Chek - Eating Whole Foods for Body, Mind, and Soul

Jeffrey Smith - Genetically Modified Foods: What People Want to Know

Sarah Pope - The Bountiful Benefits of Bone Broths

### Tuesday, July 10<sup>th</sup>

Chris Masterjohn - Weston Price on Primitive Wisdom (Part 1 of 2)

Mira & Jayson Calton - Micronutrient Deficiency: The Missing Link in the Fight Against Obesity?

Aaron Lucich - We Are What We Eat: How What We Eat Affects Everything Within and Around Us

### Wednesday, July 11<sup>th</sup>

Mark McAfee - The Role of Raw Milk in Rebuilding the Broken, Depressed American Immune System

Chris Masterjohn - Weston Price on Primitive Wisdom (Part 2 of 2)

Yuri Elkaim - Superfoods: Why You Should Add Them to Your Diet

### Thursday, July 12<sup>th</sup>

Cate Shanahan - Healthy or Hype? Five Simple Tests...

John Wood - When Animals Eat Right, You Can, Too

Gray Graham - Pottenger's Prophecy: The Powerful Impact of Food on Epigenetics

### Friday, July 13<sup>th</sup>

Zoe Harcombe - Real Food and the Nutritional Ignorance that Caused Obesity

Barry Groves - Homo Carnivorus: What We Are Designed to Eat

Kelly the Kitchen Kop - Why You Should Take Fermented Cod Liver Oil...and How to Get it Down

### Saturday, July 14<sup>th</sup>

Rami Nagel - Cure Tooth Decay: Remineralize Cavities & Repair Your Teeth Naturally with Good Food

Kim Schuette - Fat and Happy: How Traditional Fats Affect Well-Being

Pam Schoenfeld - Pedicide: How to Feed Your Children So They Don't Become Victims of Our Modern Food Culture

### Sunday, July 15<sup>th</sup>

Matt Stone - Real Food and Weight Regulation

Jenny McGruther - Reviving the Tradition of Fermentation: How and Why Fermented Foods Heal

Donielle Baker - Real Food for Fertility

### Monday, July 16<sup>th</sup>

Pam Killeen - Solving Adrenal Burnout

Kaayla Daniel - Empowering Fertility

Jordan Reasoner and Steven Wright - Real Food Digestive Troubleshooting

### Tuesday, July 17<sup>th</sup>

Encore Day