

MAPPING CELLULAR METABOLIC PERFORMANCE

DAILY ITINERARY

DAY ONE—Friday August 9th

8:30 to 9:45	Immune Function // Hormonal Shifts (part 1)
9:45 to 10:50	Peptides as Therapeutic Alternatives, “Cytoprotection”
10:50 to 11:00	BREAK
11:00 to 12:00	Case Studies in New Surgical procedures
12:00 to 1:00	LUNCH
1:00 to 2:20	Immune Function // Hormonal Shifts (part 2)
2:20 to 3:30	Blood Sugar and Anabolic Drive
3:30 to 3:40	BREAK
3:40 to 4:45	Neurologic Connectivity: Managing Sympathetic and Vagal Tone
5:00 to 7:00	Social Event (Location TBA)

DAY TWO—Saturday August 10th

8:30 to 9:30	Discussion: Neurological Connectivity Supportive Nutrients
9:30 to 10:30	Thyroid Function
10:30 to 10:45	BREAK
10:45 to 12:00	Mitochondrial Optimization: Driving Energy at the Cellular Level
12:00 to 1:00	LUNCH
1:00 to 3:00	Labs that Matter: Tell-tale Signs of Performance Wear and Tear
3:00 to 3:15	BREAK
3:15 to 4:30	Nutrition and Performance
4:30	Closing Remarks