

MAPPING CELLULAR METABOLIC PERFORMANCE

DAILY ITINERARY

DAY ONE—Friday August 9th

8:30 to 9:45	Cortisol / Immune Function / Hormonal Shifts (part 1)
9:45 to 10:50	Immune Function / Hormonal Shifts (part 2)
10:50 to 11:00	<i>BREAK</i>
11:00 to 12:00	Case Studies
12:00 to 1:00	<i>LUNCH</i>
1:00 to 2:00	Gut Integrity and Food Allergy Screening
2:00 to 2:20	Case Studies
2:20 to 3:30	Blood Sugar Testosterone and Anabolic Drive
3:30 to 3:40	<i>BREAK</i>
3:40 to 4:45	Neurologic Connectivity: Managing Sympathetic and Vagal Tone (<i>Dr. Andy Heyman</i>)
5:00 to 7:00	Social Event (SAP ARENA)

DAY TWO—Saturday August 10th

8:30 to 9:30	Neurological Connectivity Supportive Nutrients
9:30 to 10:00	Estrogen Metabolism
10:00 to 10:30	Thyroid Function
10:30 to 10:45	<i>BREAK</i>
10:45 to 12:00	Neuroinflammation and Performance (<i>Dr. Andy Heyman</i>)
12:00 to 1:00	<i>LUNCH</i>
1:00 to 2:45	Labs that Matter: Tell-tale Signs of Performance Wear and Tear
2:45 to 3:00	Case Study
3:00 to 3:15	<i>BREAK</i>
3:15 to 4:30	Nutrition: The Role of Fasting: Time Restricted Eating
4:30	Closing Remarks

