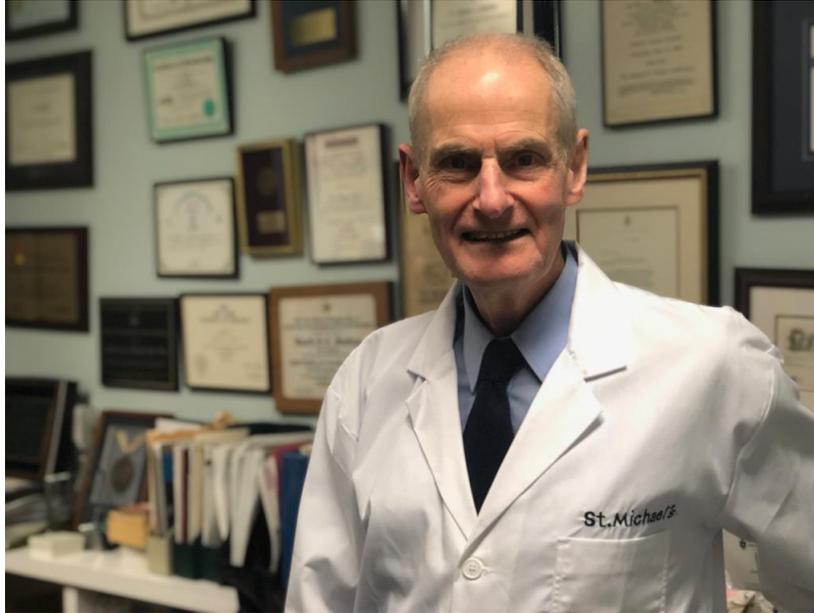


Keynote Speaker

Dr. David Jenkins OC, MD, FRSC, FRCP, FRCPC, PhD, DSc
Human Health and Planetary Health: Are they Linked?



Overview

- Internationally, national guidelines are moving to more plant-based diets for health and environmental reasons, starting with Sweden in 2009 and including Canada in 2019.
- The US now recommends a vegetarian diet as one of its three desired dietary patterns.
- Plant-based diets may reduce the incidence of CVD, diabetes and certain cancers.
- TMAO has now been identified as a new biomarker of animal product consumption that has been linked to CVD, diabetes and all-cause mortality.
- Climate change also driven by animal agriculture (beef=14% of GHGEs) will have many unforeseen consequences including the spread of insect borne diseases and possibly even gestational diabetes.
- The WHO have only given us 11 years from now to reverse the progress of global warming.

Biography

Dr. David J.A. Jenkins is a University Professor, and Canada Research Chair, in the Departments of Nutritional Sciences and Medicine, a staff physician in the Division of Endocrinology and Metabolism, the Director of the Clinical Nutrition and Risk Factor Modification Center, and a Scientist in the Li Ka Shing Knowledge Institute, St. Michael's Hospital. He was educated at Oxford University, obtaining his DM, DPhil and DSc. He is a fellow of the Royal College of Physicians (London) and of the Royal College of Physicians of Canada. He has served on committees in Canada and the United States that formulated nutritional guidelines for the treatment of

diabetes and recommendations for fiber and macronutrient intake under the joint US-Canada DRI system (RDAs) of the National Academy of Sciences. He also served as a member of Agriculture Canada's Science Advisory Board (2004-2009) on the future direction of Canada's agriculture and agricultural research. He has spent much time working with the food industry to develop products for the supermarket shelf and, for example, helped to initiate Loblaw's 'Too Good To Be True' and most recently their popular "Blue Menu" line of products. His research area is the use of diet in the prevention and treatment of hyperlipidemia and diabetes. He has over 300 original publications on these and related topics. His team was the first to define and explore the concept of the glycemic index of foods and demonstrate the breadth of metabolic effects of viscous soluble fiber, including blood glucose and cholesterol lowering. His group developed the cholesterol-lowering concept of the dietary portfolio that has entered guidelines in many jurisdictions (e.g. CCS, Heart UK etc.). He believes in the therapeutic value of plant-based diets and that diets have to be environmentally sustainable.

**Dr. Zahra Kassam MBBS, BSc (Hons), MSc, FRCR (UK), FRCP(C)
Conference organiser**



Biography

Dr. Zahra Kassam is a radiation oncologist at the Stronach Regional Cancer Centre in Newmarket and the Princess Margaret Cancer Centre in Toronto, Ontario, and an assistant professor in the Department of Radiation Oncology at the University of Toronto. Dr. Kassam received her medical degree from the Imperial College of Science, Technology and Medicine in London, UK in 1995 and completed her specialist training in Clinical Oncology in 2006. She undertook 3 years of additional clinical and research fellowship training in Radiation Oncology at the Princess Margaret Cancer Centre, with a Masters in Clinical Epidemiology at the University of Toronto. Her areas of clinical practice are in gastrointestinal and breast cancers. In 2013, in her personal journey, Zahra was surprised to discover the significant body of evidence demonstrating the benefits of nutrition in the prevention and treatment of chronic diseases including cancer, as well as the impact of other lifestyle measures, not taught at any stage of her medical training. Since then she has committed to educating herself in this area and doing her best to keep up to date with the current literature, so she can in turn educate her patients and colleagues.

The Plant-Based Advantage for Cancer Prevention and Recurrence

Dr. Shireen Kassam MBBS, FRCPath, PhD

Conference organiser



Objectives:

- 1) To understand the evidence supporting the role of diet and lifestyle in cancer development.
- 2) To understand mechanisms by which diet and lifestyle promotes cancer development.
- 3) To understand how diet and lifestyle choices can impact the chances of cancer recurrence.

Biography

Shireen is a Consultant Haematologist and Honorary Senior Lecturer at King's College Hospital, London, UK with a specialist interest in the treatment of patients with lymphoma (cancer of the lymphatic system). She is also passionate about promoting plant-based nutrition for the prevention and reversal of chronic diseases and for maintaining optimal health after treatment for cancer.

She qualified as a medical doctor in 2000, initially training in general medicine, and gaining Membership of the Royal College of Physicians (MRCP; 2003). She then specialised in Haematology and achieved Fellowship of the Royal College of Pathologists (FRCPath; 2008). During training, she took time out to undertake a PhD (University of London, 2011). Her research investigated the role of selenium, an essential micronutrient, in sensitising cancer cells to chemotherapy. She was able to show that supra-nutritional doses of selenium could enhance the action of chemotherapy in the laboratory. She has published a number of peer-reviewed papers in the field of lymphoma.

Shireen discovered the power of nutrition for the prevention and treatment of disease in 2013 and since then has been following a whole food plant-based diet. She has immersed herself in the science of nutrition and health, reading scientific papers and books, attending nutrition conferences and completing recognised continuing professional development activities to keep up to date in the field. She has completed the eCornell certification in plant-based nutrition. With her medical and scientific training, Shireen is uniquely placed to interpret nutritional data and incorporate the latest findings into daily medical practice.

Shireen founded Plant-based health professionals UK in 2017 (pbhp.uk), a non-profit organisation whose mission is to educate health professionals and the general public on healthy plant-based nutrition for disease prevention and reversal. Since then she has been appointed as Visiting Professor of Plant-Based Nutrition at Winchester University with the aim of producing high quality educational material and courses. She is also a member of the Research Advisory Committee for the Vegan Society in the UK.

Michelle Fedele RD
Conference organiser



Michelle Fedele has been a Registered Dietitian for over 15 years. She has worked in several clinical areas; however, her focus and interests are in the role that nutrition plays throughout the cancer treatment journey. She currently works at the Stronach Regional Cancer Centre and sits on several provincial oncology committees. Michelle is an active member in the community advocating for optimal nutrition for school-aged children and encouraging a plant-based lifestyle. She currently a member of a school council and helps facilitate their healthy school program. She is a proud mama to an amazing little girl and the cutest mini golden doodle, named Luna.

Healing The Rock with Plants

Dr. Arjun Rayapudi MD, FACS, FRCSC and Dr. Shoba Rayapudi MD, MSc



Objectives:

1. To share Gift of Health experience in empowering communities with plant-based skills in Rural Newfoundland.
2. Show the audience how to deliver the plant-based experience to a larger audience in a group setting.
3. Show the audience how to put the plant-based knowledge into action in clinics and communities.

Dr. Arjun Rayapudi and Dr. Shoba Rayapudi are the co-founders of Gift of Health, a non-profit organization based on Newfoundland, Canada, dedicated to revolutionizing lives through a wholefood, plant-based, minimally processed, sustainable way of eating. Through in-person and online workshops, they have helped hundreds of people prevent and reverse chronic diseases, end the frustrating dieting cycle, lose weight and get off medications.

Dr. Arjun Rayapudi is a general surgeon and an endoscopist. He is certified by American Board of Surgery and is a Fellow of the Royal College of Physicians and Surgeons of Canada, and is a clinical assistant professor of surgery at Memorial University Newfoundland. He completed his surgical residency training at University of Illinois at Peoria and University of Florida after obtaining the medical degree from Rangaraya Medical College. He holds Plant-Based Nutrition Certificate from Cornell University and Dr. McDougall's Starch Solution Certificate.

Also a graduate of Rangaraya Medical College, Dr. Shoba Rayapudi is a physician, epidemiologist, researcher, and a clinical trialist. She holds a Masters of Science degree in Epidemiology and clinical trials from Johns Hopkins Bloomberg School of Public Health, and a certification in Plant-Based Nutrition from Cornell University. Her work is published in peer-reviewed journals such as Journal of American Medical Association (JAMA), and Journal of Allergy and Clinical Immunology (JACI), Public Library of Science journal (PLOS ONE), Cochrane database of Systematic Reviews, and Pediatric Blood and Cancer

Their book, Gift of Health: Unleash Your Power to Finally Lose Weight, Get Off Medications, and Reverse Disease, will be published in August, 2019. Connect with the Rayapudis at www.GiftOfHealth.org.

Food For Thought: The Importance of Nutrition for Mental Health

Dr. Linda Plowright MD, FRCP(C)



Most of us are aware that what we eat is important for the health of our bodies and the prevention of disease; but we may not be aware that nutrition is also an important factor in the health of our minds and the prevention/treatment of mental illness. In this talk, Dr. Plowright will explore the scientific evidence, which demonstrates a connection between our food choices and our mental wellness and will teach us how to eat for a healthy brain.

Biography

Dr. Linda Plowright is a psychiatrist working in London. She has a fellowship in Integrative Medicine through the University of Arizona College of Medicine and is an adjunct professor in the Department of Psychiatry at Western University. She is on staff at the Child and Parent Resource Institute (CPRI) in the Dual Diagnosis and IDEAS Programs and also provides consultations for Telepsychiatry and a local Family Health Teams. Her professional interests include Integrative Medicine (including nutrition, exercise, sleep and stress management), mindfulness, clinical hypnosis, trauma and cross-cultural health.

Cardiovascular Disease and Nutrition

Dr. W. Shane Williams MD, FRCP(C)



The link between diet and vascular disease has been observed and documented for many years. This data continues to accumulate and appear more and more in the peer-reviewed scientific literature giving physicians and patients solid evidence on which to inform the public about both prevention as well as treatment of active vascular disease. Dr. Williams will review this body of knowledge- historical and scientific, as well give insights from his own medical practice about the power of having plant-based nutrition in one's tool-box to ultimately empower patients to help heal themselves.

Biography

Born and raised in Newfoundland, Dr. W. Shane Williams attended Memorial University of Newfoundland (MUN) in St. John's where he obtained his Bachelor of Science in Pharmacy [BSc (Pharm)] being selected as class valedictorian in 1995. He then completed his 4-year Doctor of Medicine (MD) and 3-year post-graduate fellowship program in Internal Medicine at Memorial as well. He went on complete a 3-year Cardiology Subspecialty Fellowship at McMaster University in Hamilton, Ontario and in 2008 moved to Muskoka, Ontario to open his private practice in Cardiology and Internal Medicine. In 2010, he stumbled across a copy of the book 'The China Study' written by Dr. T. Colin and Tom Campbell and was surprised with the amount of nutritional research that existed to support a whole foods, plant-based diet to not only prevent but also stabilize, improve and sometimes even reverse many chronic conditions including elevated blood pressure, elevated cholesterol, coronary heart disease and diabetes. He began to learn more and more about the science showing the power of nutrition on health. Since 2010, after changing his

diet and enjoying many health benefits, he's been incorporating nutritional education and training into the care of his clinic patients. Over the years, he's had the tremendous good fortune to meet, spend time with and learn from a number of world leaders in plant-based nutrition including Drs. T. Colin Campbell and Thomas Campbell, Dr. Caldwell Esselstyn and Dr. John McDougall. He's lectured at plant-based conferences, hosted many week long immersion programs locally as well as a 10-day 'Plant-based Immersion Summit' in the Caribbean with Drs. Campbell and Esselstyn along with other leaders in the field. He considers himself very lucky to have witnessed (and continues to witness) so many of his patients often completely turn their health around once they learn and implement the scientifically proven, optimal nutritional approach for humans – a whole foods, plant-based diet. He's passionate about bringing this information to as many people as possible so they too can become empowered to both safeguard and improve their health.

Food as Prevention for Diabetes
Dr. Subhas Ganguli MD, MSc, FRCPC



Objective

To address the role of food in the prevention, development and treatment of type 2 diabetes.

Biography

Dr. Subhas Ganguli is an Associate Professor in Gastroenterology at McMaster University and is based at St Joseph's Hospital. After obtaining his MD at the University of Saskatchewan he did training in Internal Medicine and Gastroenterology at the Mayo Clinic in Rochester Minnesota. He then completed further training in Gastroenterology and obtained a Masters Degree in Health Research Methodology at McMaster. His interest in the topic of 'Food as Medicine' started three years ago after he learned that he was pre-diabetic and has led to the development of an evidence-based website (www.FoodasPrevention.com) as well as presentations at Medical Grand Rounds at St Joseph's Hospital and Gastroenterology and Cardiology Rounds at McMaster University as well as International CME presentations. Any questions please email Dr. Ganguli at: subhasganguli@gmail.com

The Environmental Consequences of Animal Foods - the Mechanism and Global Impact

Dr. Tushar Mehta MD, FRCP(C)



Objectives

- 1) To review the mechanisms by which animal-based foods have higher ecological impact, including feed conversion ratio and the fundamental magnitude of animal agriculture and human population.
- 2) To categorize the impacts of animal agriculture, specifically, including land use change and deforestation, biodiversity loss, climate change, fresh water use, food security.
- 3) Review EAT Lancet and macro level recommendations from UNEP and major institutions regarding sustainable plant foods.

Biography

Dr. Tushar Mehta completed medical school and Family Medicine residency at the University of Toronto. Currently, he practices Emergency Medicine in Greater Toronto Area, Canada. For many years, on an annual basis, Dr. Mehta has volunteered, at the medical camp in the Kutch district of India, and currently volunteers with a project in Haiti. In addition to humanitarian projects, Dr. Mehta takes a strong interest in the medical evidence and environmental science regarding plant-based diet and health. He lectures on the topic in Canada and abroad, and is passionate about the interconnectedness of human, animal, and environmental wellbeing.

Panel Discussion: How to Drive Change

Facilitated by Dr. Maria Theodorou MD, PhD, FRCPC



Biography

Dr. Maria E. Theodorou, MD PhD FRCPC is a General Internist with interests in Critical Care and Lifestyle Medicine. She is currently practicing both Internal Medicine and Critical Care at Quinte Health Care Corporation in Belleville, Ontario, Canada, and is Assistant Professor in the Faculty of Medicine at Queen's University. Dr. Theodorou has a long-standing interest in nutrition and lifestyle factors as determinants of health and offers counselling to her patients in this regard. After completing her Ph.D. in plant biochemistry at Queen's University, and post-doctoral fellowship in Plant Sciences at the University of Oxford, she completed medical school at the University of Toronto, and her Residency/Fellowship in General Internal Medicine at Queen's University. She resides in beautiful Kingston, Ontario, Canada, where she enjoys the beautiful outdoors and spending time with family and friends.

Panel: How to Drive Change

Dr. Jennifer Purdy, CD, MD, CCFP, DipABLM



Biography

Dr. Jennifer Purdy is a family medicine physician practising Lifestyle Medicine in Ottawa. She attended the Royal Military College of Canada and graduated with a Bachelor of Arts in 1998. She obtained her Medical Degree from University of Ottawa in 2008 and completed her residency in Family Medicine at University of Ottawa in 2010. In February 2018, she retired from the Canadian Armed Forces, having served over 23 years. Her clinic, Ottawa Lifestyle Medicine, is the only clinic in Ottawa which offers evidence-based Lifestyle Medicine, and it is covered by OHIP.

Dr. Purdy first heard about the link between food and health at a chronic pain conference in Ottawa in early 2011. Later that year she was posted to Petawawa, Ontario, and began seeing many soldiers with chronic pain. Looking for resources about diet, she stumbled on Dr. Neal Barnard's book "Foods That Fight Pain," and then "Forks Over Knives," and that was the moment that she knew she had to change how she practised medicine.

Dr. Purdy has the Certificate in Plant-Based Nutrition from eCornell, is board-certified in Lifestyle Medicine, and is a member of the American College of Lifestyle Medicine. Any questions, please contact Dr. Purdy at drjpurdy@ottawalifestylemedicine.ca.

Lifestyle Medicine, New Tools, New Outcomes, Empowered Patients

Dr. Larry Schmidt BSc, MD, CCFP



Biography

Dr. Larry Schmidt is the President of Board of Directors, Medical Director & Co-Founder of the Canadian Academy of Lifestyle Medicine (CALM). He is an Associate Professor of Family Medicine at the Schulich School of Medicine and Dentistry at Western University, London, Ontario. He is a Certificant and Fellow of the College of Family Physicians of Canada. His practice of broad-based family medicine spans 30 years, including obstetrics, delivering more than 1600 healthy babies and providing in excess of 225,000 patient visits.

He is a distinguished and decorated teacher at all levels in the medical school and has mentored hundreds of medical students, residents, nurse practitioners and midwives. He has always believed in collaborative, team-based care and became interested in alternative methods of practice, which led to him becoming certified in Functional Acupuncture late in his career.

Through his own journey of health and wellness, Dr. Schmidt became intensely interested in Lifestyle Medicine. After attending the Institute of Lifestyle Medicine Conference in Boston and then the American College of Lifestyle Medicine, it became apparent to him that the most effective method of helping patients to deal with chronic health issues was through lifestyle choices, primarily nutrition and exercise.

Debunking Myths of Whole Food Plant-Based Nutrition

Lauren McNeill RD, MPH



Objectives

- 1) To debunk common myths concerning a plant-based diet, such as where to get protein, calcium, omega-3, iron, B12 and vitamin D.
- 2) To gain a better understanding of how to follow a well-balanced, plant-based diet.

Biography

Lauren McNeill is a Registered Dietitian with a Masters of Public Health in Nutrition and Dietetics, with a collaborative specialization in Women's Health from the University of Toronto. Lauren specializes in plant-based nutrition, ranging from helping those who want to go vegan, plant-based or vegetarian to those simply wanting to incorporate more plant-based options into their everyday eating patterns. Lauren has experience working in both community and clinical level care, and currently runs her own private practice, Tasting to Thrive, and has a dedicated social media following.

To learn more about Lauren, check out her website at www.tastingtothrive.com or Instagram, [@tastingtothrive_rd](https://www.instagram.com/tastingtothrive_rd)