

# Second Annual Fat Loss Symposium



August 27th-31st, 2007  
Dublin, Ireland



August 27th, 2007  
Morning Session: 9:00 to 12:30

## Goal Setting & Client Interviewing *Charles Poliquin*

Learn how to interview clients properly to maximize results and draw in more clientele. Learn differences in conducting interviews with males vs females. Learn the best questions: to confirm level of commitment of client, points of resistance for fat loss, extract levels of expectation and much more...

Afternoon Session: 14:00 to 17:30

## Treating Dyslipidemia Naturally *Mark Houston M.D.*

This lecture will review the pathophysiology, biochemical pathways, endothelial dysfunction and arterial disease progression related to lipid disorders. A detailed treatment plan will be discussed that includes exercise, weight management, nutrition and nutraceutical supplements, vitamins, minerals, antioxidants and designer foods. This will allow patients to approach their lipid disorders in a natural fashion.

August 28th, 2007  
Morning Session: 9:00 to 12:30

## Treating Blood Pressure Naturally *Mark Houston M.D.*

Dr Houston will discuss the pathophysiology, diagnosis, clinical aspects and treatment of hypertension based in a scientific approach using natural methods. This will include a detailed discussion of the DASH diet and other nutritional programs as well as all of the proven nutritional supplements, antioxidants, minerals, vitamins and herbs that have been shown to reduce blood pressure and improve vascular health.

Afternoon Session: 14:00 to 17:30

## Sports Supplement and Nutrition Strategies to Improve Body Composition *Dr. Jose Antonio*

In this session, Dr. Antonio will outline his philosophy vis à vis food and supplement strategies to augment fat loss. In addition to the 'obvious' candidates (i.e. stimulants), there are other methods that may assist in fat loss (e.g. the metabolic advantage, nutrient timing, etc); Do athletes interested in gaining lean body mass need more protein? If so, how much more? What about the type of protein? Furthermore, supplements such as creatine monohydrate, beta-alanine, the essential amino acids, and others will be discussed.

August 29th, 2007  
Morning Session: 9:00 to 12:30

## Treating Insulin Resistance Naturally *Mark Houston M.D.*

Insulin resistance and the metabolic syndrome are increasing dramatically across the globe. The diagnosis, clinical presentation, pathophysiology of insulin resistance and the cardiovascular consequences will be discussed. A detailed and comprehensive natural treatment program will be reviewed using nutrition, diet, exercise, weight management and nutritional supplements.

Afternoon Session: 14:00 to 17:30

## Nutrient Timing *Dr. Jose Antonio*

This seminar will cover the latest findings on using 'time' as a strategy in promoting gains in fitness, muscle mass and exercise performance. Find out the exact nutrients ratios to maximize results. This is perhaps the single best sports supplement strategy that one can utilize.

August 30th, 2007  
Morning Session: 9:00 to 12:30

## Supplements & Nutrition For Sports Performance *Dr. Jose Antonio*

A cursory examination of the literature reveals that caffeine and creatine are perhaps the two most important supplements for enhancing sports performance. However, there are a myriad of others that may assist you as well.

Afternoon Session: 14:00 to 17:30

## The Role Of Adrenal Health In Fat Loss *Charles Poliquin*

We nowadays have 100 times more stress than our grandfathers, this impacts seriously on our adrenal health, and therefore our body composition. Find out how to measure adrenal health effectively. Learn which botanicals and nutraceuticals are most effective at restoring adrenal health safely and rapidly.

August 31st, 2007  
Morning Session: 9:00 to 12:30

## The Truth About Cardiovascular Risk Prediction *Mark Houston M.D.*

New cardiovascular risk factors and validated risk calculation are now available to accurately predict 5 year mortality from cardiovascular disease. The latest science and clinical use of these risk predictors will be discussed along with information on non-invasive vascular testing to identify early and treat aggressively the patient with increased cardiovascular risk.

Afternoon Session: 14:00 to 17:30

## The Role Of Sleep In Fat Loss *Charles Poliquin*

Close to seventy percent of the population does not meet their sleep requirements. Poor sleep habits lead to insulin resistance, neurotransmitter depletion, premature aging to name a few. All these factors negatively impact fat loss process. Learn how to solve the major sleep disorders naturally, and win clients for life.