

This is a working schedule. The final schedule will be available after August 24th

2019 SCDROCKS Conference Schedule

Friday, Saturday, 13 5:00- 9:00 pm.

This pre-conference event is an early opportunity to meet and socialize with the attendees and speakers while consuming delicious SCD foods and drinks. You will receive your conference information early to help plan the fun weekend.

Saturday, September 14 8:00 am-3:30 pm

8:00-9:00 Welcome attendees with registration and a morning breakfast prepared by Duke's Bakery

9:00-9:10 Opening remarks by Jeffrey Berger.

Jeffrey Berger welcomes attendees and speakers to the 2nd SCDROCKS Conference. Jeffrey is the founder of the Specific Carbohydrate Diet Association and he, along with the Board and the SCD Community work tirelessly helping people live healthier lives.

9:10-10:10 Dr Benjamin Gold, "Title TBA"

Dr Gold will share his vast amount of medical knowledge and expertise with passion as he presents on subjects that will benefit people with gastrointestinal issues from a worldview and a personalized care approach.

10:10-10:30 Break time to enjoy a snack prepared by Duke's Bakery. A wonderful time to visit with the companies, socialize with the attendees, enjoy a walk outdoors and/or network with attendees.

10:30-11:30 Dr Eric Vasiliauskas presents "Food as Medicine: Therapeutic Nutrition Strategies in IBD"

11:30-12:00 Dr Gold and Dr Vasiliauskas will be on stage answering your questions

12:00-1:30 Lunch prepared by Duke's Bakery. A wonderful time to visit with the companies, socialize with the attendees, enjoy a walk outdoors and/or network with attendees.

1:30- 2:30 Erica Kerwien "Title TBA"

Erica is a writer and author of several cookbooks. She will share how she got involved with SCD and her excitement to create delicious recipes for people in need of a great recipe. At the end of her presentation, we will enjoy one of her deliciously baked foods.

2:30-3:30 Open Microphone

Open microphone gives the attendees an opportunity to ask questions to the audience and receive answers of life experience along with the advice of the clinicians present.

Autism Session

There will be an Autism session to provide people an opportunity to discuss specific issues.

3:30 Conferences closes for the day.

Saturday, September 14 6:00-10:00 pm

"Stories of our Resilient Warriors"

Specific Carbohydrate Diet Association hosts its first fundraiser with dinner and entertainment. The casual evening gives attendees the opportunity to relax, enjoy dinner, laugh, cry and smile with each other. It will definitely be a memorable occasion. Dinner will be prepared by Duke's Bakery and entertainment by "[True Story Theater](#)" using their improvisational expertise to create "Stories of our Resilient Warriors".

6:00-8:00 Dinner will be prepared by Duke's Bakery

8:00-10:00 "True Story Theater" presents "Stories of our Resilient Warriors"

Sunday, September 15 8:30 am - 4:40 pm

8:30-9:30 Welcome attendees with registration with a morning breakfast prepared by Duke's Bakery

9:30-10:30 Dr Eric Vasiliauskas presents "Beyond Just Medication: Integrating Complementary Strategies to Enhance Wellness in IBD"

10:30-11:00 Break time to enjoy a snack prepared by Duke's Bakery. A wonderful time to visit with the companies, socialize with the attendees, enjoy a walk outdoors and/or network with attendees.

11:00-12:00 Dr Ali Arjomand, "Title TBA"

Ali Arjomand, PhD will share his personal journey and his nutritional expertise as a Certified Nutritionist and a personal warrior.

12:00-1:30 Lunch prepared by Duke's Bakery. A wonderful time to visit with the companies, socialize with the attendees, enjoy a walk outdoors and/or network with attendees.

1:30-2:30 Raman Prasad interviews Judy Herod sharing details about growing up following the Specific Carbohydrate Diet pioneered by her late mother, Elaine Gottschall, and how she continues to be healed of her Ulcerative Colitis by the diet today. It will be an exciting experience listening to her wisdom and life experience that will sure to be a wealth of knowledge that we will carry with all of us further in life.

2:30-3:00 Tucker Sweeney

Tucker will share his inspiration for writing a book of his life story with his mother, Carol Thompson, and how he overcomes his challenges by leading a healthy positive life conquering ulcerative colitis following the specific carbohydrate diet today. An avid outdoorsman, Tucker may share the 'must haves' when hiking in the mountains of Boise Idaho.

3:00-3:30 Avi Shapiro

Avi will share his inspirational story as a teenager overcoming his disease by following the SCD

3:30- 4:30 Open Microphone

Open mic gives the attendees an opportunity to ask questions to the audience and receive answers of life experience along with the advice of the clinicians present. Separately, there will be an Autism session to provide people an opportunity to discuss specific issues.

4:30 Conferences closes for the day.