

FOOD REVOLUTION
NETWORK

2021
Food Revolution Summit
PROGRAM & SCHEDULE



Welcome to the 2021 Food Revolution Summit!

You can use this Program & Schedule to plan your Summit experience and take notes on what you're learning from each amazing guest expert.

Each day of the Summit, we'll broadcast the interviews at 11 am, 12 pm, and 1 pm ET / 8, 9, and 10 am PT. Be sure to tune in about 10 minutes early (10:50 am ET / 7:50 am PT) to catch Ocean Robbins' welcoming words.

The Food Revolution Summit finale, with John Robbins and Ocean Robbins, will broadcast live on May 2nd at 12 pm ET / 9 am PT.

If you're unable to attend all of the sessions you want, be sure to catch the free replays (available moments after the last interview concludes each day). Or, to own the entire 2021 Food Revolution Summit (plus tons of bonus materials), [click here](#).

Thanks for joining us. Be sure to tell your friends and family about the 2021 Food Revolution Summit.

Let's do this!

Day 1
April 24

Revolution: How Food Can Change Your Life



Dean Ornish, MD

The Transformative Power of Lifestyle Medicine

Join in to hear insights from Dr. Ornish's 40+ years of pioneering lifestyle medicine experience, and how you have the power to prevent and reverse chronic disease.

11:00 am ET
8:00 am PT

Key Takeaway:

Notes:



Kristi Funk, MD

Cancer-Kicking Superfoods

You'll find out the truth about genetics, soy, sulforaphane, resveratrol, wine, mushrooms, coffee, and how you can eat to kick cancer to the curb while loving your life!

12:00 pm ET
9:00 am PT

Key Takeaway:

Notes:



William Li, MD

Improve Your Immunity & Prevent Disease with Food

You'll hear Dr. Li's breakthrough insights on what to eat to build a healthy immune system, and find out what the research tells us about how your dietary choices could impact COVID-19.

1:00 pm ET
10:00 am PT

Key Takeaway:

Notes:

Day 2
April 25

Health: Ending Chronic Disease



Joel Fuhrman, MD

The Optimal Diet to Beat Chronic Illness

11:00 am ET
8:00 am PT

You'll get the latest on Dr. Fuhrman's brilliant Nutritarian approach to health, and the foods that have been proven to prevent disease and support a thriving life.

Key Takeaway:

Notes:



Will Bulsiewicz, MD

The Plant-Fed Gut

12:00 pm ET
9:00 am PT

You'll discover the benefits of a healthy diet for your gut microbiome, the importance of different kinds of fiber, and how your gut health can influence your mood and your body's ability to fight disease.

Key Takeaway:

Notes:



Michael Klaper, MD

The Science of Nutrition

1:00 pm ET
10:00 am PT

Dr. Klaper will help you separate the nutritional facts from fiction and will show how you can use food as medicine to help you thrive.

Key Takeaway:

Notes:

Day 3
April 26

Brain: How to Optimize Your Brain Health



Susan Peirce Thompson, PhD

Rewiring Your Brain for Food Freedom

11:00 am ET
8:00 am PT

You'll find out why so many people are addicted to unhealthy foods, and how you can repattern your brain and your taste buds to help you make healthy food choices.

Key Takeaway:

Notes:



Dean and Ayesha Sherzai, MDs

The Best Foods to Prevent Alzheimer's

12:00 pm ET
9:00 am PT

You'll discover what the latest research tells us are the best and worst diet and lifestyle choices for brain health and dementia prevention.

Key Takeaway:

Notes:



David Perlmutter, MD

Lifestyle Strategies for a Healthy Brain

1:00 pm ET
10:00 am PT

You'll find out how healthy food, sleep, and other lifestyle habits can improve your wellness, mood, and relationships.

Key Takeaway:

Notes:

Day 4
April 27

Heart: **How to Heal Your Heart**



Mimi Guarneri, MD

Nourishing Your Whole Heart

11:00 am ET
8:00 am PT

You'll find out what the latest research tells us about how nutrition, exercise, and healthy relationships with yourself, others, and the planet can nourish and protect your physical, emotional, and spiritual heart.

Key Takeaway:

Notes:



Joel Kahn, MD

The Plant-Based Solution to Whole Health

12:00 pm ET
9:00 am PT

You'll discover the specific food choices that are the best preventative measures you can take against heart disease and other inflammatory illnesses.

Key Takeaway:

Notes:



Haile Thomas

Living Lively Through the Power of Plants

1:00 pm ET
10:00 am PT

You'll learn how healthy eating can unlock your innate potential to live a bountiful, meaningful, and compassionate life.

Key Takeaway:

Notes:

Day 5
April 28

Inflammation: The Science of Reversing Chronic Inflammation



Brooke Goldner, MD

Healing from Autoimmune Disease

11:00 am ET
8:00 am PT

You'll be inspired by Dr. Goldner's healing journey, and the remarkable way that she uses food to help her patients fight inflammation, prevent illness, and reverse autoimmune conditions.

Key Takeaway:

Notes:



Brenda Davis, RD

What You Must Know About Nutrition

12:00 pm ET
9:00 am PT

You'll find out about the top mistakes that many "healthy eaters" make, and about the top nutrients you need to pay attention to so you can ensure your body has all that it needs to thrive.

Key Takeaway:

Notes:



Saray Stancic, MD

6 Lifestyle Changes to Overcome Chronic Illness

1:00 pm ET
10:00 am PT

You'll be amazed by Dr. Stancic's story of reversing multiple sclerosis, and by the power that specific lifestyle changes can have to calm chronic inflammation and reverse illness.

Key Takeaway:

Notes:

Day 6
April 29

Nutrition: **The Breakthroughs You Need Now**



Neal Barnard, MD

How Food Impacts Your Health & Hormones

11:00 am ET
8:00 am PT

You'll learn how you can use food to fine-tune your health and hormones, and impact PMS symptoms, thyroid health, menopause, fertility, depression, and cancer.

Key Takeaway:

Notes:



Michael Greger, MD

The Food-COVID Connection

12:00 pm ET
9:00 am PT

You'll discover how your food choices impact your body's resiliency in the face of COVID-19, and how we can take action now to prevent future pandemics.

Key Takeaway:

Notes:



Milton Mills, MD

What Humans Should Eat

1:00 pm ET
10:00 am PT

You'll find out what human anatomy tells us about the foods we should (and shouldn't) eat, why milk is nature's most perfect food for baby calves (but not for humans), and how racism and food apartheid have fueled health inequities.

Key Takeaway:

Notes:

Day 7
April 30

Impact: **How We Can Heal Our Lives & Our World**



Andrew Kimbrell, JD

Your Food and Your Planet

11:00 am ET
8:00 am PT

You'll find out how to protect your family from hidden food hazards, and how you can vote for a brighter future every day, with your knife and fork.

Key Takeaway:

Notes:



Aysha Akhtar, MD

How Empathy for All Animals Can Change the World

12:00 pm ET
9:00 am PT

Discover how our relationship to animals shapes public health and the future of humanity.

Key Takeaway:

Notes:



Eric Adams

Turning Pain Into Purpose

1:00 pm ET
10:00 am PT

You'll hear how Brooklyn Borough President, Eric Adams, used a change in diet to reverse his type 2 diabetes, and his powerful vision for how we can advance wellness in every community.

Key Takeaway:

Notes:

Day 8

May 1

Wholeness: Wellness for Body, Mind, & Spirit



Adam Sud

Food and Mental Health

11:00 am ET
8:00 am PT

You'll be moved by Adam's incredible story of using healing foods to overcome addiction, and gain powerful insights to help you be a source of wisdom in the lives of the people you love.

Key Takeaway:

Notes:



Koya Webb

You're Worth It!

12:00 pm ET
9:00 am PT

You'll find out how to take exquisite care of your body, mind, heart, and spirit.

Key Takeaway:

Notes:



Jane Velez-Mitchell

Action For Compassion

1:00 pm ET
10:00 am PT

You'll find out why compassion for animals is good for humans, and get lit up by Jane's extraordinary story of finding sobriety and a life of purpose.

Key Takeaway:

Notes:

Day 9
May 2

Finale: The Can't-Miss 2021 Summit Wrap-Up



John and Ocean Robbins
The Food Revolution

12:00 pm ET
9:00 am PT

John and Ocean will give you a rousing send-off to help you digest the top learnings from the Summit and put the food revolution into action in your life. Every year, John and Ocean's finale presentation is a top highlight of the Summit. You won't want to miss it!

Key Takeaway:

Notes:

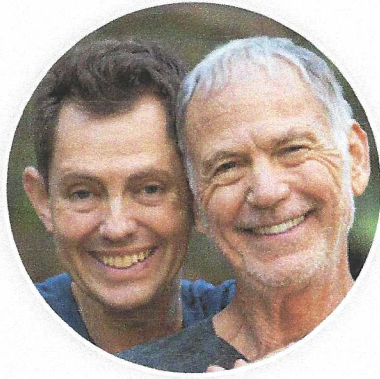
Now, it's time to take ACTION!

Create a list of the most impactful action steps you want to take. Star the ones you want to implement first.

Own it all for life!

Take the Food Revolution Summit home.

We are John and Ocean Robbins, a father and son team that founded Food Revolution Network to empower YOU with cutting edge, must-have information about the most critical diet and health related issues of our times.



We want a health industry that acts like food matters. We want a food industry that acts like health matters.

Most of all, we want you to be informed, so you can make healthy choices for yourself, your loved ones, and your planet.

That's why we're so excited to bring you the Food Revolution Summit.

Dare to discover the most cutting-edge information, startling facts, and inspirational wisdom that will heal you and have you CELEBRATING LIFE! (Without having to leave home.)

We'll personally interview over 24+ of the world's most respected food experts and activists. These visionaries have inspired hundreds of millions of people and changed the way we think about food.

You'll have unlimited access to 24+ highly focused 45-ish minute interviews - personally conducted by John Robbins.

Here's what's in it for you. You'll get...

- Information and practical tips from modern day heroes of health and sustainability.
- Timely cutting-edge answers to your burning questions.
- Tools for talking with your family and peers.
- Inspiration, useful insights, ideas, motivation and new understanding.
- A deepened relationship with the food you love!

When voices are rising up everywhere to preserve access to safe and healthy food, it's never been more important to roll up your sleeves, get involved, listen and be heard.

Get the full collection of transcripts and MP3s for life, plus a huge collection of bonuses, right here:

FoodRevolutionSummit.org/Empowerment

[Click Here For The Summit Schedule](#)



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