

LIFESTYLE INTERVENTION WITH NATURAL REMEDY THERAPIES CONFERENCE

Uchee Pines Institute, 30 Uchee Pines Road, Seale AL

March 4-7, 2026

WEDNESDAY		
4:00-5:00PM	CHECK-IN	Lifestyle Center Lobby
5:00-6:00	Lifestyle Center Tour, Ashwin Sukumaran	Lifestyle Center Lobby
6:15-6:45	SUPPER	Lifestyle Center Dining Room
7:00-7:15	Welcome/Orientation, Audrey Stovall	Lifestyle Center Lecture Room
7:15-8:25	Intestinal Permeability - CME	Adan Sanchez, MD
THURSDAY		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room
8:00-9:10	Cancer and Gut Health - CME	Ashwin Sukumaran, LP
9:15-10:25	The Truth About "Cleanses" - CME	Ashwin Sukumaran, LP
10:30-10:50	BREAK	
10:50-12:00	Gut Reaction - CME	Samara Sterling, PhD, RD
12:00-1:15	LUNCH AND FREE TIME	Lifestyle Center Dining Room
1:20-2:30	The Mind-Gut Connection - CME	Pablo Piovesan, LP
2:35-3:45	GERD - CME	Adan Sanchez, MD
3:50-5:00	The Microbiome: An Introduction - CME	Erik Kelly, FNP-C
5:05-6:15	Lifestyle Impact on Pancreas Health - CME	Pablo Piovesan, LP
6:15-6:45	SUPPER	Lifestyle Center Dining Room
7:00-8:10	Q & A Panel Discussion - CME	Medical Staff / LSC Lecture Rm
FRIDAY		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room
8:00-9:10	When Food Fights Back - CME	Samara Sterling, PhD, RD
9:15-10:25	The Relation Between Autoimmunity and Gut Health - CME	Marvin Randall, MD, MPH
10:30-10:50	BREAK	
10:50-12:00	Fiber, Fiber, Fiber - CME	Kaylene Weircox, MD
12:00-1:15	LUNCH AND FREE TIME	Lifestyle Center Dining Room
1:20-2:30	Sugar: How Much Is too Much? - CME	Erik Kelly, FNP-C
2:35-3:45	The Second Brain's Effect on Mental Health - CME	Marvin Randall, MD, MPH
4:00-5:00	Pharmaceuticals and Gut Health - CME	Kaylene Weircox, MD
5:00-6:00	SABBATH PREPARATION AND FREE TIME	
6:15-6:45	SUPPER	Lifestyle Center Dining Room
7:00-8:15	Devotional Presentation, Dr. Greg Steinke - No CME (HAPPY SABBATH DAY)	Uchee Pines SDA Church
SABBATH		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room
9:15-10:45	Song Service, Superintendent Remarks, Sabbath School	Uchee Pines SDA Church
11:00-11:30	Church Preliminaries	Uchee Pines SDA Church
11:30-12:30	Devotional Presentation, Dr. Greg Steinke - No CME	Uchee Pines SDA Church
1:00-3:00	LUNCH AND FREE TIME	Lifestyle Center Dining Room
4:00-5:00	Devotional Presentation, Dr. Greg Steinke - No CME	Uchee Pines SDA Church
6:15-6:45	SUPPER	Lifestyle Center Dining Room
SUNDAY		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room