

LIFESTYLE INTERVENTION WITH NATURAL REMEDY THERAPIES CONFERENCE

Uchee Pines Institute, 30 Uchee Pines Road, Seale AL

August 19-22, 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	Obesity: Evidence-Based Lifestyle Medicine Interventions	Karem Irrazabal, MD

THURSDAY		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room
8:00-9:10	GLP1 Agents and Weight Loss	Erik Kelly, NP
9:15-10:25	Nutrition in the Prevention and Treatment of Obesity	Samara Sterling, PHD
10:30-10:50	BREAK	
10:50-12:00	Botanicals for Weight Management	Ashwin Sukumaran, LP
12:00-1:15	LUNCH AND FREE TIME	Lifestyle Center Dining Room
1:20-2:30	Breaking Through the Metabolic Paradox	Ashwin Sukumaran, LP
2:35-3:45	What Kind of Blessings Shall We Seek: Natural Remedies and Lifestyle Medicine	John Kelly, MD
3:50-5:00	Obesity and Its Relation to Cancer	Marvin Randall, MD
5:05-6:15	Reversing Metabolic Syndrome: Targeting Hyperinsulinemia Through Lifestyle Medicine	Adan Sanchez, MD
6:15-6:45	SUPPER	Lifestyle Center Dining Room
7:00-8:10	Q & A Panel Discussion - CME	Medical Panel

FRIDAY		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room
8:00-9:10	Intermittent Fasting and Obesity	Adan Sanchez, MD
9:15-10:25	Good Fat - Bad Fat/Brown Fat - White Fat	Kaylene WeirCox, MD
10:30-10:50	BREAK	
10:50-12:00	A Wholistic Approach to Obesity	Marvin Randall, MD
12:00-1:15	LUNCH AND FREE TIME	Lifestyle Center Dining Room
1:20-2:30	The Secret Life of Visceral Fat	Kaylene Weircox, MD
2:35-3:45	Lifestyle Modifications Pertaining to MASLD	Dickson Onsare, LP
4:00-5:00	Ultra Processed Food Impacts on Obesity and Obesogens	Erik Kelly, NP
5:00-6:00	FREE TIME & SABBATH PREPARATION	
6:15-6:45	SUPPER	Lifestyle Center Dining Room
7:00-8:15	Lifestyle Medicine, Prophecy, and Present Truth - No CME	John Kelly, MD, Uchee Church
(HAPPY SABBATH DAY)		

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	The Messenger's Impressive Dream - No CME	John Kelly, MD, Uchee Church
1:00-3:00	LUNCH AND FREE TIME	Lifestyle Center Dining Room
4:00-5:00	Lifestyle Medicine, Simple Remedies, and Gospel Healing - No CME	John Kelly, MD, Uchee Church
6:15-6:45	SUPPER	Lifestyle Center Dining Room

SUNDAY		
6:30-7:15AM	BREAKFAST	Lifestyle Center Dining Room