



DAY 1 AGENDA

14th February 2025

INDIAN TIME	SPEAKERS	TOPICS	HOSTS
12.00 Noon	MHC 3.0	Inauguration	Ira Sahay
12.15 PM	Dilip Cherian	Inauguration	Ira Sahay Anup Singh Shashikant Iyengar
12.30 PM	Pankaj Pachauri	Inauguration	Ira Sahay Anup Singh Shashikant Iyengar
12.45 PM	Dr Roshani Sanghani	Inauguration	Anup Singh Shashikant Iyengar
1.00 PM	Shashikant Iyengar Anup Singh Arun Kumar	Metabolic Health Conference	Ira Sahay
1.30 PM	Anup Singh	14 Years Pill-Free: Reversing Type 2 Diabetes with Low-Carb Nutrition	Ira Sahay
2.15 PM	Mandar Gadre	"Adhunik Bhasmasur" Book Launch	Ira Sahay
2.30 PM	Bitten Jonsson	Breaking Free: Sugar Addiction, Metabolic Health, and the Indian Crisis	Shashikant Iyengar
3.15 PM	Ivor Cummins	Psychology and Propaganda in Diet and Health	Mandar Gadre Anup Singh
4.00 PM	Dr Paul Mason	Decoding Low-Carb Science for Metabolic Health	Ira Sahay Shashikant Iyengar
4.45 PM	Tucker Goodrich	The Seed Oil Problem: How Industrial Oils Fuel Chronic Disease	Harshil Suvarnkar
5.30 PM	Dr Shridhar	Low Carb & Metabolic Disorders	Sandesh Bhat Abhishek Kakhandi
6.15 PM	Dr Adrian Soto Mota	Ketogenic Diet and Lipids	Shashikant Iyengar
7.00 PM	Nina Teicholz	The Dietary Guidelines Crisis: How Bad Science is Fueling Chronic Disease	Ira Sahay Anup Singh
7.45 PM	Dr Robert Lufkin	Unmasking Medical Myths	Mandar Gadre Sayan Dutta
8.30 PM	Dr Cate Shanahan	The Hateful Eight: The Toxic Seed Oils That Make Us Crave Sugars and Carbs	Ira Sahay Shashikant Iyengar
9.15 PM	Michelle Hurn & Dr Tony Hampton	American Diabetes Society	Anup Singh Shashikant Iyengar
10.00 PM	RD Dikeman PhD	Low Carb & Type 1 Diabetes	Jasmeet Kaur Anup Singh
10.45 PM	Day 1 - Closed		



INDIAN TIME	SPEAKERS	TOPICS	HOSTS
11.20 AM	Ira Sahay Anup Singh Shashikant Iyengar	2nd day kick off	Ira Sahay
11.30 AM	Shweta Rajpal Kohli	Chief Guest	Ira Sahay Anup Singh Shashikant Iyengar
11.45 AM	Dr Gopal Aironi	Low Carb & Metabolic Disorders	Dr Nayeem Mujawar Sayan Dutta
12.15 PM	Anup Chaudhary Abhinav Pathare	The calorie-burning myth: Sugar companies' influence in Obesity Science and Sports	Ira Sahay Anup Singh Shashikant Iyengar
1.00 PM	Tracey McBeath	Mind the Gap: Addiction, Awareness, and Action	Prajakta Abhyankar
1.45 PM	Marty Kendall	Nutrient Density, Cravings & Satiety	Mandar Gadre
2.30 PM	Jen Unwin	Food Addiction: Recognition, Treatment, and Practical Solutions	Ira Sahay
3.15 PM	Nayiri Mississian	Low Carb & Type 1 Diabetes	Jasmeet Kaur Ishani Nandedkar
4.00 PM	Dr Parth Samal	India - The Diabetes Capital	Priyanka Matanhelia
4.45 PM	Valerie Anne Smith	Overcoming Chronic Health Issues with the Carnivore Diet: A Transformational Journey	Ira Sahay Anup Singh
5.30 PM	Dr Robert Cywes	Carb addiction: 3 aspects that require transformation	Shashikant Iyengar Anup Singh
6.15 PM	Joan Iffland	Processed Food Addiction: The Science, Triggers, and Sustainable Recovery Strategies	Asmita Atre
7.00 PM	Dr Nadir Ali	Reevaluating LDL, ApoB, and Lp(a) in Cardiovascular Risk – A Low-Carb Perspective	Shashikant Iyengar Anup Singh
7.45 PM	Peter Delannoy PhD	Uric Acid, Gout, and Metabolic Health: The Hidden Connections	Jasmeet Kaur
8.30 PM	Dr Chris Knobbe	Industrial Seed Oils: the Major Driver of Obesity, Diabetes, and Chronic Disease	Sandesh Bhat
9.15 PM	Dr Maunil Patel	Insulin Resistance in Acute Care: A Hidden Factor in Poor Outcomes	Dr Neha Sadhwani Sandesh Bhat
9.45 PM	Charles Mattocks	Diabetes and the Power of Storytelling: Raising Awareness Through Film	Shashikant Iyengar Anup Singh
10.15 PM		Day 2 - Closed	



DAY 3 AGENDA

16th February 2025



14, 15, & 16
FEB 2025

INDIAN TIME	SPEAKERS	TOPICS	HOSTS
8.30 AM	Ira Sahay	3rd Day Kick off	Ira Sahay
8.45 AM	Rizwan Khan	Online Learning & Certification	Ira Sahay Anup Singh
9.00 AM	Dr Rupal Dalal	Child Nutrition	Asmita Atre
9.45 AM	Dr Sandhya Kulkarni	The truth about Metabolic Health	Mandar Gadre
10.30 AM	Dr Sudhir Kumar	Micronutrient Deficiencies	Shashikant Iyengar
11.15 AM	Dr Parikshit Sharma	Low-Carb, Food addiction and Psychiatry	Shashikant Iyengar
12.00 Noon	Dr Pankaj Gupta	Low-Carb and Neurology	Prasanna S.
12.45 PM	Dr Ankur Varma	Carnivore Diet and the Real Life Matrix	Ira Sahay Vineet Gupta
1.30 PM	Dr Ian Lake	Type 1 Diabetes and Ketogenic Diet	Shashikant Iyengar
2.15 PM	Sameer Dossani	Carb Addiction as a Tool of Social Control	Ira Sahay Anup Singh
3.00 PM	Dr Miguel Casali	A Doctor's Journey to Metabolic Health with Low-Carb Nutrition	Shashikant Iyengar
3.30 PM	Dr Arun Gupta	Ultra-Processed Food Products: The Politics, Lies, and Public Health Crisis	Prasanna S.
4.15 PM	Dr Amruta Bedekar	Sleep and Food	Sandesh Bhat
5.00 PM	Dr Pritpal Singh	Low-Carb in treating Autism	Jasmeet Kaur
5.45 PM	Dr Roshani Sanghani & Dr Deepti Arora	Is low-carb sustainable?	Shashikant Iyengar
6.30 PM	All dLife.in	Closing Session	Ira Sahay All dLife.in
6.45 PM	MHC 3.0 - Event Closed		