



SUMMIT TAKEAWAYS

Day One: Fitness, Exercise, Yoga & Pilates

Speakers	Your Takeaways
Sara Kooperman	
Amanda Thebe	
Dr. Anthony Balduzzi	
Megan Kearney	
Brooke Siler	

3 ACTIONS YOU WILL NOW TAKE FOR YOUR WELLNESS

YOUR TO DO

- Complete your Summit takeaways using our template
- Take a photo or screen shot and share in the Facebook Group



SUMMIT TAKEAWAYS

Day Two: Gut Health, Immunity & Illness

Speakers	Your Takeaways
Dr. Kiran Krishnan	
Dr. Vincent Pedre	
Dr. Sherri Greene	
Dr. Marvin Singh	

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Day Three: Chronic Illness & Inflammation

Speakers	Your Takeaways
Dr. Lori Shemek	
Dr. William Li	
Leigh Erin Connealy, MD	
Dr. Philip Ovadia	
Dr. Heather Shenkman	

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Day Four: Metabolism, Muscle, Hormones & Weight Loss

Speakers	Your Takeaways
James LaValle	
Dr. Gabrielle Lyon	
Dr. Deborah Matthew	
Dr. Nick Fuller	

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Day Five: Brain Health & Sleep

Speakers	Your Takeaways
Dr. Kristen Willeumier	
Dr. Kelly Miller	
Dr. Patrick Porter	
Alex Dimitriu	

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Day Six: Nutrition, Healthy Eating & Supplements

Speakers	Your Takeaways
Amanda Archibald	
Dr. Yami Cazorla-Lancaster	
Jill Nussinow	
Dr. Melissa Gallagher	

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Day Seven: Mental Health

Speakers	Your Takeaways
Dr. Christiane Wolf	
Dr. Andrea Pennington	
Dr. Sandra Scheinbaum	
Dr. Elisha Goldstein	

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Day Eight: Green Living

Speakers	Your Takeaways
Dr. Aly Cohen	
Max Goldberg	
Dr. John La Puma	
Benjamin Page	

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Day Nine: Flexibility, Mobility, Posture & Back Health

Speakers	Your Takeaways
Brad Walker	
Sherif Elnaggar	
Sue Hitzmann	
Stuart McGill	
Alyssa Kuhn	

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Day Ten: Alternative Therapies and Practices

Speakers	Your Takeaways
Dr. John Douillard	
Dr. Nicole Apelian	
Lindsey Elmore	
Ed Harrold	
Kim Knight	

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Day Eleven: Longevity, Anti-Ageing, Life Vitality

Speakers	Your Takeaways
Jason Prall	
Dr. Sandra Kaufmann	
Shawn Wells	
Dr. Kien Vuu	
Celynn Morin	

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SUMMIT TAKEAWAYS

Day Twelve: Finale & Summit Recap

Speaker	Your Takeaways
Damian Geleyns	

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