

2025 Speaker Series - Speaker Information

Please join us for the second Healthy People, Healthy Planet Speaker Series! This virtual series is designed for faculty, staff and learners in the Queen's community to promote healthy behaviour with a focus on the intersection of lifestyle and planetary health to achieve optimal wellbeing.

We are excited to announce this year's internationally renowned speakers:

Wednesday, March 26, 2025

12:00 – 1:00pm EST

Registration Link:

https://queensu.zoom.us/webinar/register/WN_c2_czp1oRcWrOz0zhkjewg

Dr. David Katz



Diet at the Confluence of Public and Planetary Health: The Case to Carpe (and Ede) DIEM

Objectives:

- understand the relationship between diet quality and both morbidity and mortality risk
- recognize the strengths and weaknesses of alternative means of dietary assessment
- appreciate the environmental impacts of diet
- know how specific foods contribute to both human and planetary health outcomes

Biography:

David L. Katz, MD, MPH, FACPM, FACP, FACLM is a specialist in Internal Medicine, Preventive Medicine/Public Health, and Lifestyle Medicine, with particular expertise in nutrition. He earned his BA at Dartmouth College (1984); his MD at the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993).

Katz is the founder and former director of Yale University's *Yale-Griffin Prevention Research Center* (1998-2019); Past President of the *American College of Lifestyle Medicine*; Founder of the

non-profit [True Health Initiative](#); Founder of [Diet ID, Inc.](#); and Chief Medical Officer for [Tangelo](#). He serves as a senior science advisor to [Blue Zones](#). He is a Fellow of the *American College of Preventive Medicine*; the *American College of Physicians*; the *American College of Lifestyle Medicine*; and Morse College, Yale University.

The recipient of numerous awards for teaching, writing, clinical care, and contributions to public health, Katz has received three honorary doctorates.

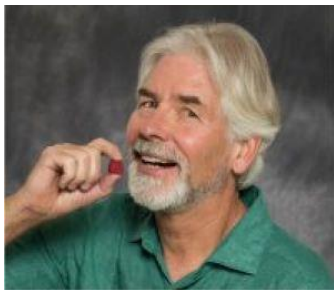
He holds multiple US patents; has roughly 250 peer-reviewed publications; and has authored/co-authored 19 books to date including multiple editions of leading textbooks in nutrition, preventive medicine, and epidemiology.

Wednesday, April 9, 2025

12:00 – 1:00pm EST

Registration Link: https://queensu.zoom.us/webinar/register/WN_0oalla6GTxOI712aczKeoQ

Dr. Christopher Gardner



More Consensus than Controversy in Nutrition

Objectives:

- Understand the usefulness of using the concepts of “Equipose”, “As Intended” and “With What/Instead of What” to address controversy in nutrition and arrive at greater consensus.
- Identify the different popular dietary patterns that are most and least aligned with the intersection of human and planetary health
- Appreciate the importance of the role of health science communication in driving and supporting successful behavior change in dietary habits

Biography:

For more than 30 years Christopher Gardner, PhD, Rehnborg Farquhar professor of medicine at Stanford, and nutrition scientist, has studied what to consume and to avoid for optimal health, and how best to motivate individuals to achieve healthy dietary behaviors. He recently completed a 2-year term serving on the US Dietary Guidelines Advisory Committee and is the past chair of the American Heart Association’s Nutrition Committee. He has conducted and published dozens of human nutrition intervention trials, including trials of Mediterranean, Ketogenic, Vegan, Low-Fat

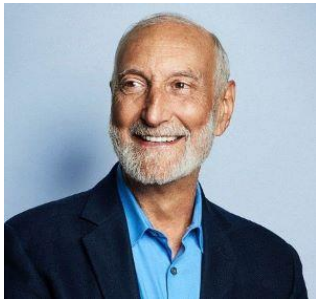
and Low-Carb diets and their effects on cardiometabolic health. Some of his current interests include Stealth Nutrition, Unapologetic Deliciousness and Institutional Food Settings. He is currently working on personalized nutrition explorations with several colleagues, with particular focus on the gut microbiome. Professor Gardner's work was recently featured in a Netflix docuseries (Jan 2024) – “You Are What You Eat: A Twin Experiment”.

Monday, April 14, 2025

12:00 – 1:00pm EST

Registration Link: https://queensu.zoom.us/webinar/register/WN_qPW-0o3YS9S4jc_3Ttb08w

Dr. Michael Klaper



Mechanisms of Disease Reversal Utilizing Plant-Based Nutrition

Objectives:

Explores the reality of what our patients' daily diet does to their body that largely creates the diseases - hypertension, obesity, atherosclerosis and type 2 diabetes - that they bring to their doctors to treat. The presentation poses the challenging question, “Do you want to help your patients heal or do you just want to manage their chronic disease?” It then presents, arguably, the most powerful, therapeutic tool any physician can wield to demonstrably reverse chronic disease in their patients. This lecture changes the way that medical students and clinicians see health and disease and its insights can lead to more effective medicine being practiced and a more satisfying career unfolding for physicians.”

Biography:

Dr. Michael Klaper is a gifted clinician, internationally-recognized teacher, and sought-after speaker on diet and health. He graduated from the University of Illinois College of Medicine and served a medical internship at Vancouver General Hospital in British Columbia, Canada. Dr. Klaper received post-graduate training in surgery, anesthesiology and orthopedics at the University of British Columbia Hospitals in Vancouver, and obstetrics at the University of California Hospital, San Francisco.

After a fifty-year career as a primary care physician, Dr. Klaper's full-time focus is the non-profit, Moving Medicine Forward, which provides education for medical students and physicians on the use of diet and lifestyle practices to prevent and, often, reverse chronic disease. In powerful, often

“career-changing” lectures and discussion groups, Dr. Klaper presents effective, diet-based strategies to help resolve hypertension, obesity, type 2 diabetes and many inflammatory and autoimmune conditions.

A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA’s programs for space colonists on the Moon and Mars and on the Nutrition Task Force of the American Medical Students Association. He is the author of *Vegan Nutrition: Pure & Simple*, producer of the “Master Class in Applied Plant-based Nutrition and Disease Reversal” and has produced numerous health-based videos and webinars. He has authored articles for both scientific journals and the popular press and has contributed to the making of two PBS television programs, “Food for Thought” and the award-winning film, “Diet for a New America” (based on the book of the same name by John Robbins).

Dr. Klaper teaches that “health comes from healthy living” and he is dedicated to the healing and flourishing of all living beings on our planet. Valuable information on nutrition, health and balanced living can be found at his website, DoctorKlaper.com: <https://www.doctorklaper.com/>

A member of the American College of Lifestyle Medicine, Dr. Klaper currently serves on the Advisory Board for the Plantrician Project and for the "International Journal of Disease Reversal and Prevention." You can access helpful information that Dr. Klaper presents at medical schools from Plantrician University.

Dr. Michael Klaper is licensed to practice medicine in California and Hawaii.

To stay up to date with Dr. Klaper’s medical school education initiative, sign up for the Moving Medicine Forward newsletter, *The Forward Report*.

Thursday, April 17, 2025

12:00 – 1:00pm EST

Registration Link: https://queensu.zoom.us/webinar/register/WN_LjCtMmZRQsOHeN-47BZzXw

Dr. Christy Gibson



What does your body already know about healing stress? Somatic skills for self-regulation

Objectives:

Physicians are beginning to understand that lifestyle interventions are key to sustained balance between the interconnected nature of our human body with the greater levels of ecosystems. What is so often neglected is creating agency within the nervous system. Given the toxic stressors that we collectively face-now more than ever-we all need these skills (as clinicians, as humans, as families, as communities). Learn the natural ways that your body is already able to restore a parasympathetic, healing state of calm and connectedness. Multiple modalities-including guided imagery, breath, gaze, soothing touch, and tapping-will be taught in an experiential learning session. Climate psychology will also be integral to this discussion, given the ongoing stress of the polycrisis.

Biography:

Dr. Christine Gibson is a family physician, trauma therapist, and author of *The Modern Trauma Toolkit*. You can find her online on TikTok with the handle *TikTokTraumaDoc* with >130k followers, along with her two TEDx talks. Dr. Gibson has a passion for Health Equity and systems change. She runs an international non-profit called the *Global FamilyMed Foundation* and a company where she trains professionals on how to manage workplace psychological safety - *Safer Spaces Training* (and *The Belong Foundation*).

Tuesday, April 22, 2025

12:00 – 1:00pm EST

Registration Link: https://queensu.zoom.us/webinar/register/WN_FcxkkYcTRKa9UYRZLR7bMg

Dr. Neha Pathak



Lifestyle Medicine for Personal and Planetary Health

Objectives:

- The presentation will describe how human health is intertwined with planetary health.
- We will explore how planetary disruptions, including climate change, threaten lifestyle medicine interventions.
- The practice of Lifestyle Medicine presents an opportunity to improve the health of individuals, communities, and the planet.

- We will identify strategies to engage in behavior change that protects human and planetary health.

Biography:

Neha Pathak MD, FACP, DipABLM is board certified in both internal medicine and lifestyle medicine and works as Chief Physician Editor for Health and Lifestyle Medicine and host of WebMD's *Health Discovered* podcast. She reports on topics related to lifestyle, climate change, and environmental impacts on health for WebMD and Medscape, and is a regular contributor to Yale Climate Connections.

She is a member of the American College of Lifestyle Medicine board of directors and Chair of the Global Sustainability Committee. Dr. Pathak is also a lecturer at the Yale School of Public Health where she facilitates coursework on climate change and health. She is a founding member of Georgia Clinicians for Climate Action. She has been invited to join the National Academy of Medicine's Communicating about Climate Change and Health Project expert panel. Through all of her work, she hopes to educate healthcare professionals and the public about the health impacts of climate change and environmental pollution and the health benefits of climate action. She lives in Atlanta with her husband and children.

Panel Series

Wednesday, May 7, 2025

12:00 – 1:00pm EST

Registration Link: https://queensu.zoom.us/webinar/register/WN_wifaEur4RjOT-nMrLSjtzA

The Practice and Teaching of Lifestyle Medicine Across Canada

Objectives for Panel Discussion

1. To discuss different care delivery models for Lifestyle Medicine in Canada.
2. To discuss paradigm shift in medical practice such that emphasis is placed on prevention and reversal of chronic disease through intensive lifestyle intervention. i.e. treating the root cause of disease rather than symptom management.
3. To review continuing medical education opportunities for physicians and allied health care professions to improve competence and/or to become certified in Lifestyle Medicine.
4. To discuss initiatives for inclusion of Lifestyle Medicine in the teaching curricula for both undergraduate and postgraduate medical education.

Dr. Jasdeep Saluja



Biography:

Dr. Jasdeep Saluja has studied medicine long enough to have reached a fundamental conclusion – that your health outcomes are predictable based on having the right tools and the right guidance. As your doctor, Jasdeep brings his innovative, people-first approach, and matches it with evidence-based and science-backed facts to help you live the life he knows you deserve. When he co-founded Aroga Lifestyle Medicine, he did it to provide programmatic, repeatable, and sustainable approaches for people to live their lives optimally, regardless of stressors and externalities. With that vision, he focusses on meaningfully connecting with his patients, guided by the fundamental underlying belief that patients have everything they need within them in order to lead healthy, positive lives.

And it's working.

Jasdeep has amplified a successful career as a hospital-based internal medicine doctor to become an international thought leader on Lifestyle Medicine and is a Diplomate of both the American Board of Lifestyle Medicine (ABLM) and the American Board of Obesity Medicine (ABOM). He is passionate about helping people lead the lives they love, and is a respected voice, serving on the Board of Directors for the ABLM since January 2020.

Dr. Brendan Byrne



Biography:

Brendan has been a physician and digital pioneer for the past 25 years. Trained at Yale and McGill, he was a pioneer in electronic medical records in Canada.

As Chief Medical Officer of LifestyleRx he is realizing his dream of turning information into better health outcomes by developing a comprehensive virtual lifestyle-first approach to help people with type 2 diabetes and other metabolic conditions.

LifestyleRx is Canada's largest virtual lifestyle medicine program, with a team of 85+ physicians and dietitians delivering care to thousands of patients across multiple provinces. Our programs focus on helping patients regain their health through evidence-based lifestyle interventions, and we are rapidly expanding across Canada.

Dr. Jules Cormier



Biography:

Dr Cormier has been practicing medicine since 2007. He teaches at his local medical school, has a family medicine practice and runs a busy skin surgery clinic.

He adopted an evidence-based nutrition after being diagnosed with severe cholinergic angioedema (exercise induced anaphylaxis), a debilitating condition that causes anaphylactic-like symptoms and swelling after intense workouts. He then managed to put his medical conditions in remission using lifestyle medicine and evidence-based nutrition.

He teaches lifestyle and family medicine and nutrition to future medical doctors. He is a member of the Professional Naturopathic Association of Quebec. He is the creator of plantbaseddrjules.com, a free website that offers counseling and tips for those looking to adopt a healthier lifestyle. He's passionate about fitness and nutrition and recently represented the maritime provinces at the World Ninja Championships in Las Vegas in 2022, Orlando in 2023 and in California in 2024.

He's also a public speaker having hosted dozens of live events and now offers online coaching for those looking to improve their health and nutrition. He shares his passion for nutrition and fitness with his patients and on his social media platforms.

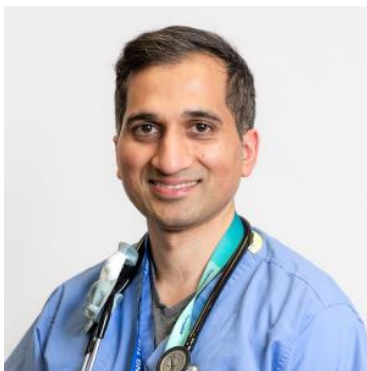
Dr. Caroline Rhéaume



Biography:

Dr. Caroline Rhéaume is a family physician, clinical researcher, and professor at the Faculty of Medicine at Laval University in Quebec. She is affiliated with the Researcher Centers of Quebec Heart and Lung Institute and VITAM – Community-Focused Research. She holds a bachelor's degree in Kinesiology, a master's degree, and a Ph.D. in Physiology and Endocrinology. She completed several fellowships in hypertension, emergency medicine (Switzerland, Lausanne) and in space medicine, including at the International Space University (Bremen University, Germany), at the International Space Biology and Medicine Summer School (Lomonosov University, Russia) and NASA (Johnson Space Center, Houston, USA). In 2022, she became certified by the American Board of Lifestyle Medicine. With over 20 years of experience in training future primary care physicians and postgraduate students, Dr. Rhéaume's research focuses on developing innovative solutions in lifestyle medicine to optimize population health management through health technology and collaborative care.

Dr. Rikin Patel



Biography:

Rikin Patel is a consultant pediatrician and lifestyle medicine physician currently serving as an Assistant Professor in the Department of Pediatrics at the University of Toronto. He is on staff at the Scarborough Health Network where he leads Pediatric education at his hospital. He completed his pediatric residency at Memorial University of Newfoundland and holds certification from the T.

Colin Campbell Center for Nutrition Studies' Plant Based Nutrition program where he recently joined their Medical Advisory Board. Dr. Patel is dedicated to promoting wellness within the medical community, including learners, through innovative approaches including medical improv, meditation, and plant-based nutrition. He is the founder of the Reset Pediatric Lifestyle Medicine clinic, where he integrates evidence-based lifestyle interventions and promotes whole food, plant-based eating patterns to reverse and prevent chronic disease among children. With over 35 years of martial arts experience, he is also a Shaolin Kung Fu instructor at the Waterloo Kung Kung Fu Academy. He has had a dedicated meditation practice for the last 20 years and is a certified yoga instructor (RYT 200) where enjoys teaching university students and fellow health care providers.

Dr. Maria Theodorou



Biography:

Maria E. Theodorou MD PhD FRCPC dipl. ABLM ABOM is an Internal Medicine specialist with a passion for empowering patients to take charge of their own health. After spending many years on the medical wards and in the ICU treating patients with the end stages of lifestyle related disease, Dr. Theodorou became motivated to focus on the prevention and reversal of chronic disease through intensive lifestyle intervention, including evidence-based nutrition, physical activity, stress management, and social connectedness. Dr. Theodorou is among only a handful of Canadian physicians who are board-certified in both Obesity Medicine and Lifestyle Medicine (LM). She is excited to provide comprehensive multidisciplinary care via two of Canada's largest Lifestyle Medicine groups: LifestyleRx and Aroga Lifestyle Medicine.

Dr. Theodorou is helping to lead the charge raising awareness of Lifestyle Medicine in Canada. In 2021, along with a passionate group of colleagues, she helped to unite Canadian LM practitioners via her role as Chair of the Canadian Lifestyle Medicine Group (CALM), a member interest group of the American College of Lifestyle Medicine (ACLM) and has worked to grow membership from a handful of pioneers to >300 members.

Dr. Theodorou is a passionate teacher and mentor who is helping to lead the paradigm shift in medical education in Canada. As a member of Queen's "Healthy People, Healthy Planet" committee, and resident preceptor and faculty advisor to the Lifestyle Medicine Interest Group (LMIG) at Queen's University School of Medicine, she is working to introduce nutrition and lifestyle medicine to the teaching of medical students and residents, and advocates for their inclusion in medical curricula.

Dr. Theodorou obtained her PhD in Plant Biochemistry from Queen's University, and post-doctoral fellowship in Plant Sciences at the University of Oxford. She subsequently completed medical school at the University of Toronto, and Residency in Internal Medicine at Queen's University. She resides in beautiful Kingston, Ontario, Canada, where she enjoys tennis, bodybuilding, run/walking and spending time with family and friends.