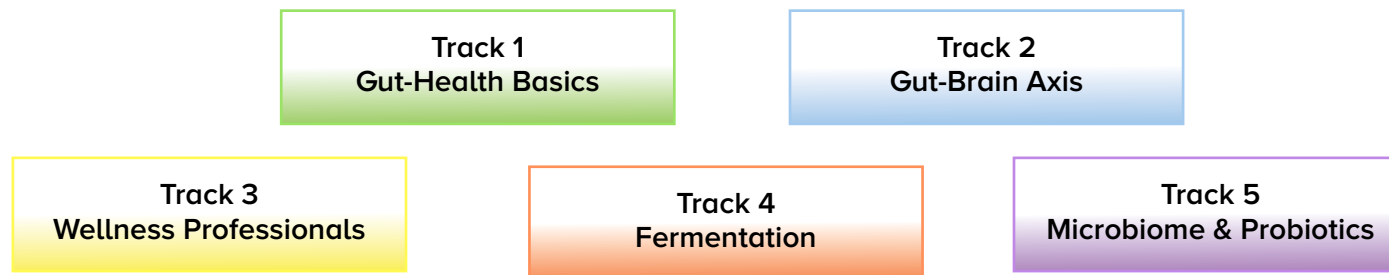


Hello Better Belly Fans!

Thank you for registering for the Better Belly Project 2.0. We're so happy you're here and want to make this summit as easy for you to "digest" as possible. Following, please find a printable and clickable calendar with all the speakers listed to be sure you won't miss any of the talks you're most interested in consuming.

Each page is divided into the release time of the speaker talks over the following week, either 7 AM EST, 11 AM EST or 2 PM EST. Access to these interviews is free for 24 hours, so be sure to take note of when the talks are live so you don't miss out.

You'll also find the speaker talk boxes are color coded with a track category in case you'd like to follow one main track throughout the summit. Here are the designations for each of the track colors:



If you have any questions during the Better Belly Project 2.0 Summit, please don't hesitate to reach out to us at support@summerbock.com. Otherwise, enjoy this round-up of all the best in gut health we've put together just for you.

Probiotically,



Summer Bock



The
BETTER BB BELLY
Project 2.0

7 AM EST

FRI, 12/8

JJ Virgin
The Truth
About Sugar

Dr. Ritamarie Loscalzo
Genetic Factors
& Gut Health

Dr. Jill Carnahan
Could It Be Mold?

SAT, 12/9

Dr. Kellyann Petrucci
21 Days to a Slimmer
& Younger You

Tim Jackson
Dealing with Inflammation
Outside of the Gut

Summer Bock
Right & Wrong
Ways to Eat Ferments

SUN, 12/10

Dr. Keesha Ewers
The Autoimmune,
Libido, Gut Connection

Dr. Sandra Scheinbaum
Why a Health Coach is
Integral to a Better Belly

Dr. Ken Brown
Solutions for
Bloating & Camping

MON, 12/11

Leanne Ely
How Cooking Will
Change Your Health

Dr. Jessica Drummond
Evidence on Treatment for
Chronic Yeast Issues

Lance Roll
Bone Broth vs.
Bone Broth Powders

TUE, 12/12

Steph Gaudreau
How to Build 'Harder
to Kill' Humans

James Maskell
The Cheapest Way
to Get a Better Belly

WED, 12/13

Dr. Vincent Pedre
What's Making
You Fat?

Lara Adler
Staying Healthy
in a Toxic World

Summer Bock
Fermentation Facts
for Practitioners

THU, 12/14

Dr. Partha Nandi
IBS & Tips for IBS

Andrea Nakayama
Beyond the Microbiome

Erika Gray
A Gut Reaction
to Your Genes

11 AM EST

FRI, 12/8

Dr. Tom O'Bryan
The 3 Pillars of
Autoimmune Disorders

Dr. Gerald Curatola
Mouth Body
Connection

Sash Sunday
The Story of
OlyKraut

SAT, 12/9

Dr. Anthony Youn
Holistic Plastic Surgeon's
Guide to Belly Fat & Bloat

Naveen Jain
What If Illness
Was Optional?

Kiran Krishnan
All About
Probiotics

SUN, 12/10

Jennifer Fugo
What To Do If Your
Gut Isn't Getting Better

Teri Cochrane
Better Belly
Wildatarians

Summer Bock
17 Right & Wrong
Ways to Eat Ferments

MON, 12/11

Dr. Robyn Benson
Regenerate a Better Belly
with Oriental Medicine

Dr. Trevor Cates
Clear Skin from Within

Danielle Ramirez
How to Make the Best
Homemade Ferments

TUE, 12/12

Dr. Steven Eisenberg
Creating a Buddha Belly
with Mindfulness

Wendy Myers
Metals & Gut
Function

Elissa Arnheim
Probiotic Ninja
for Your Kid

WED, 12/13

Ben Greenfield
12 Underground
Fat Loss Techniques

Yasmina Ykelenstam
Leaky Gut & Histamine
Intolerance

THU, 12/14

Phaedra Antioco
Better Bellies with
Myofascial Release

Dr. Ken Glass, DDS
Dental Microbiome

Dr. Dan Pompa
Detox to Balance
the Biome

2 PM EST

FRI, 12/8

Dr. Veronique Desaulniers
Microbiome &
Breast Health

Dr. Nicole Beurkens
Better Bellies
for Better Behavior

SAT, 12/9

Dr. Nalini Chilkov
Hormones &
Gut Health

Steven Wright
Unconventional
Gut Healing Tactics

SUN, 12/10

Elisa Song
Leaky Gut
& Your Kid

Trudy Scott
Zinc, Social
Anxiety, & the Gut

MON, 12/11

Dr. Jolene Bright
The Gut Hormone
Connection

Alexandra Jamieson
Stop Sucking It In

TUE, 12/12

Dr. Maya Shetreat-Klein
Healing Power
of Plants

Tricia Nelson
End Emotional
Eating Now

WED, 12/13

Dr. Robyn Openshaw
High Vibration Foods

THU, 12/14

Allison Siebecker
Is SIBO Causing
Your Digestive Issues?

Dr. Joe Tatta
Healthy, Happy
& Pain-Free Life Solutions