



2nd International Keto Live Conference in Switzerland 13th -17th of June 2022

Ketogenic Metabolic Therapies Future Prevention and Treatment of NCD





Keto Live Project proudly presents

Ketogenic Metabolic Therapies Future Prevention and Treatment of NCD

2nd international Keto Live Conference in Switzerland
about the power of food &
the Ketogenic Metabolic Therapie as a medical tool.

Certified with a total of **86 CME Credits** for Continuous Medical Education by:

The Swiss Society for Medical Oncology **SSMO-SGMO-SSOM 27 Credits**

The Swiss Society for General Internal Medicine **SGAIM 27 AIM-MIG Credits**

The Swiss Society for Endocrinology and Diabetology **SGED-SSGD 18 Credits**

The Swiss Neurological Society **SNG 14 Credits**

The Swiss Association for Dieticians and Nutritionists **SVDE ASDD 18 Points**

The British Association for Nutrition and Lifestyle Medicine **20 BANT-CPD Hours**

Conference Program 2022

This schedule is subject to change

Monday, 13th of June - Neurology & Psychiatry Part 1

CME Credits: 4 SSMO-SGMO-SSOM, 4 AIM-MIG, 2 SNG - SVDE ASDD 3 Points

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| 13:30 | Registration Office opens |
| 14:30 | Hello & Welcome
Dr John Schoonbee, South Africa, Switzerland
Swiss Re
"Have we got News for You?" |
| 16:00 | Dr Georgia Ede, United States of America
The First Thousand Days:
"Micronutrients and Optimal Brain Development"
<i>followed by a Coffee Break - included in the Conference Fee</i> |
| 17:00 | Dr Georgia Ede, United States of America
"Nutrition and Childhood Neuropsychiatric Disorders:
Autism and ADHD" |
| 18:00 | Young Talents - Maria Edwards, Denmark
M.Sc. Clinical Nutrition, Substitute Assistant Professor
Department for Nutrition, Exercise and Sports
Faculty of Science, Copenhagen University
"Diet induced ketosis for patients with brain injury - A Feasibility Study" |
| 19:00 | Welcome Get Together |
| 19:30 | Keto Dinner at the Kurhaus Restaurant <i>included in the Conference Fee</i> |
| 21:00 | Movie:- / Keto Live Bar |



Tuesday, 14th of June – Insulin Resistance & CVD

CME Credits: 6 SSMO-SGMO-SSOM, 6 AIM-MIG, 2 SNG & SVDE-ASDD 6 Points

- 07:30 “Change Happens Through Movement - and Movement Heals.”
Janine Rensch, Switzerland
Pilates Workshop - at the Kurhaus Spa - included in the Conference Fee
- “To Keto or not to Keto” - Breakfast Buffet
included in the Hotel
- 08:30 Registration Office opens
- 09:00 Dr med Dipl Biol Bernd-Michael Löffler, Germany
“First do no Harm” – Understanding Medicine as a Craft”
- 10:00 Ivor Cummins BE(Chem), CEng MIEI, Ireland
“Insulin Resistance and Chronic Disease -
from Age-related Diseases to Non-Communicable Diseases”
followed by a Coffee Break - included in the Conference Fee
- 11:30 Dr David Unwin, United Kingdom
“Essential Hypertension – but is it?
Are we Blaming Salt for what the Sugar, via Insulin did?”
- 12:30 Jayne Bullen MBA / The Noaks Foundation, South Africa
“LCHF in Clinical Practice: Changing the face of healthcare”
- 13:00 Keto - Lunch Buffet
included in the Conference Fee
Enjoy nature, have a chat, go for a walk, biking - or just have a nap
- 14:30 Dr Peter Voshol, Netherlands
“Measuring and Understanding Insulin Resistance”
- 15:30 Prof Dr Helene von Bibra, Germany
“Insulin Resistance and Heart Failure”
followed by a Coffee Break - included in the Conference Fee
- 16:30 Ivor Cummins BE(Chem), CEng MIEI, Ireland
“Reversing CVD?”
- 17:15 Q & A / Discussion
- 18:00 Workshops
In alternating Groups, please register on arrival, at the registration desk
1. “Cooking for the Brain – the different Names/Ratios of KMT”
Sybille Bellamy Kraft USA, France Connection Cetogens
Beth Zupec-Kania, USA , Charlie Foundation
Michel Lundell, Sweden
followed by Dinner in the historic kitchen of the Kurhaus
2. “How to get into and how to maintain therapeutical Ketosis”
Patricia Daly, Ireland, Dr Elena Gross Germany, Switzerland
Dorian Greenow United Kingdom, USA
Foods, Ketone Supplements and Measuring Blood Glucose & Ketones
Cinema Room of the Kurhaus
- 19:30 Keto Dinner at the Kurhaus Restaurant included in the Conference Fee
- 21:00 “Extra Time” Movie by IHDA / Keto Live Bar



Wednesday, 15th of June – Cancer

CME Credits: 6 SSMO-SGMO-SSOM, 6 AIM-MIG, 3 SNG & SVDE ASDD 6 Points

- 07:30 “Change Happens Through Movement - and Movement Heals.”
Janine Rensch, Switzerland
Pilates Workshop - at the Kurhaus Spa - included in the Conference Fee
- “To Keto or not to Keto” - Breakfast Buffet
included in the Hotel
- 08:30 Registration Office Opens
- 09:00 Dr med Dipl. Biol. Bernd-Michael Löffler, Germany
“Mitochondrial Health and Dysfunctions”
- 10:00 Dr Nasha Winters, USA
“Metabolism Pathways behind the Nutritional Therapies”
followed by a Coffee Break - included in the Conference Fee
- 11:30 Dr Nasha Winters, USA
“Metabolic Therapy for Breast Cancer: Future is Now?”
- Q & A / Discussion
- 13:00 Keto - Lunch Buffet
included in the Conference Fee
Enjoy nature, have a chat, go for a walk, biking - or just have a nap
- 14:30 Dr Wafaa Abdel-Hadi, Egypt
“Pionieering integrative oncology-Case Studies”
- 15:30 Dr Zsófia Clemens, Hungary
“The Palaeolithic Ketogenic Diet (PKD) as a Cancer Treatment.”
followed by a Coffee Break
- 16:30 Dr Jean-Pierre Spinosa, Italy, Switzerland
“Ferroptosis - Cancer's worst enemy?”
- 18:00 Workshops
In alternating Groups, please register on arrival, at the registration desk
1. “Cooking for the Brain – the different Names/Ratios of KMT”
Sybille Bellamy Kraft USA, France Connection Cetogens
Beth Zupec-Kania, USA , Charlie Foundation
Michel Lundell, Sweden
followed by Dinner in the historic kitchen of the Kurhaus
2. “How to get into and how to maintain therapeutical Ketosis”
Patricia Daly, Ireland, Dr Elena Gross Germany, Switzerland
Dorian Greenow United Kingdom, USA
Foods, Ketone Supplements and Measuring Blood Glucose & Ketones
Cinema Room of the Kurhaus
- 19:30 Keto Dinner at the Kurhaus Restaurant included in the Conference Fee
- 21:00 **CanceRevolution** Documentary – Raw Cut Preview
Live introduction and Q & A with Maggie and Brad Jones



Thursday, 16th of June - Diabetes

CME Credits: 6 SSMO-SGMO-SSOM, 6 AIM-MIG, 3 SNG, 6 & SVDE-ASDD 6 Points

- 07:30 "Change Happens Through Movement - and Movement Heals."
Janine Rensch, Switzerland
Pilates Workshop - at the Kurhaus Spa - included in the Conference Fee
- "To Keto or not to Keto" - Breakfast Buffet
included in the Hotel
- 08:30 Registration Office Opens
- 09:00 Dr Zsófia Clemens, Hungary
"Autoimmune Disease from Crohn's disease to Type1 Diabetes"
- 10:00 Dr Ian Lake, United Kingdom
"Low Carb Lifestyles in Type 1 Diabetes -
Getting the Message Outthere"
followed by a Coffee Break - included in the Conference Fee
- 11:30 Dr David & Dr Jen Unwin, United Kingdom
Using "Just a spoonful of sugar..." to Reverse Type 2 Diabetes.
How to Apply Dietary Advice/ Behavioural Change in 10 Minute
Appointments - Hope, is it the Placebo Effect?"
- 12:15 Q & A / Discussion
- 13:00 Keto - Lunch Buffet included in the Conference Fee
Enjoy nature, have a chat, go for a walk, biking - or just have a nap
- 14:30 Dr Peter Voshol, Netherlands
"Nutrition and Lifestyle Intervention in Type 2 Diabetes:
A Pilot Study in the Netherlands"
- 15:30 Prof Dr Johannes Kovarik, Austria
"Ketogenic Metabolic Therapies and Chronic Kidney Disease"
followed by a Coffee Break - included in the Conference Fee
- 16:30 Prof Dr Adrian Soto Mota, Mexico,
"Exogenous Ketosis in Patients with Type 2 Diabetes: Safety, Tolerability
and Effect on Glycaemic Control"
- 17:15 Q & A / Discussion
- 18:00 Workshops
In alternating Groups, please register on arrival, at the registration desk
1. "Cooking for the Brain – the different Names/Ratios of KMT"
Sybille Bellamy Kraft USA, France Connection Cetogens
Beth Zupec-Kania, USA , Charlie Foundation
Michel Lundell, Sweden
followed by Dinner in the historic kitchen of the Kurhaus
2. "How to get into and how to maintain therapeutical Ketosis"
Patricia Daly, Ireland, Dr Elena Gross Germany, Switzerland
Dorian Greenow United Kingdom, USA
Foods, Ketone Supplements and Measuring Blood Glucose & Ketones
Cinema Room of the Kurhaus
- 19:30 Keto Dinner at the Kurhaus Restaurant included in the Conference Fee
- 21:00 Movie / Keto Live Bar



Friday, 17th of June – Neurology & Psychiatry Part 2

CME Credits: 6 SSMO-SGMO-SSOM, 6 AIM-MIG, 4 SNG & SVDE-ASDD 3 Points

- 07:30 “Change Happens Through Movement - and Movement Heals.”
Janine Rensch, Switzerland
Pilates Workshop - at the Kurhaus Spa - included in the Conference Fee
- “To Keto or not to Keto” - Breakfast Buffet
included in the Hotel
- 08:00 Registration Office Opens / 2 SGAIM / 4 SNG Credits
- 08:30 Dr Zvonko Mir, Croatia, Switzerland
“Ketogenic Metabolic Therapies and MS”
- 9:30 Dr Iain Campbell, UK
“Mechanisms of Insulin Resistance, mitochondrial dysfunction
and action of the ketogenic diet in Bipolar disorder.
Focus on the P13K/AKT/HIF1-a pathway
followed by a Coffee Break- included in the Conference Fee
- 11:00 Dr Ignacio Cuaranta, Argentina
“Chrononutrition and Mental Health”
- 12:00 “Ketones, Brain Energy Rescue and Alzheimer's Disease.”
Penal with Dr Adrian Soto Mota, Dr Georgia Ede, Dr Elena Gross,
Beth Zupec-Kania and Dr John Schoonbee
- 13:00 Follow the Science and “Keep on Keto” - See you again soon

More Information & Booking at <https://www.european-keto-live-centre.com/>
and at <https://www.keto-live.com/tickets>

Keto Coffee breaks, Lunches & Dinners are included in the Conference Fee

Conference Venue:
Kurhaus Bergün - www.kurhausberguen.ch

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Medical Consultation & Supervision:
Prof. Dr. med. Markus Stoffel, Munich
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Dr. med. Suzan Oruc, Burghausen
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Assisting Supervision at the Conference
Dr. rer. nat. Ernst Spindler

Idea, Concept & Organization:
Josephine & Stephan Barbarino
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