



**4th International
Keto Live® Conference in Switzerland
12th - 16th of June 2024**

**Ketogenic Metabolic Therapies
Future Prevention & Treatment of NCD**



This Conference is dedicated to my brother Nico, his family and all patients and medical professionals, to their right to get informed and educated about the power of Food, Metabolic Health, and Ketogenic Metabolic Therapies as a scientifically proven, medically sound tool in the fight against NCD.

Josephine Barbarino

St. Moritz June 2024



Keto Live® Project proudly presents

Ketogenic Metabolic Therapies

Future Prevention & Treatment of NCD

The 4th International Keto Live® Conference in Switzerland about the power of food & the Ketogenic Metabolic Therapies as a medical tool

We are applying for **CME/CPD Credits** for Continuous Medical Education from:

The Bavarian State Chamber of Physicians **BLÄK 35 CME**

The Swiss Society for Endocrinology and Diabetology **SGED-SSED 12 CME**

The Swiss Neurological Society **SNS-SNG 10 CME**

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

Wednesday, 12th of June - Neurology & Psychiatry Part 1

CME/CPD Credits BLÄK 5, SNS-SNG 2, SGED-SSED 2, - SVDE-ASDD 3 POINTS

- 12:30 Registration Office opens
- 13:30 "Hello & Welcome to our 5th Anniversary Conference"
Josephine Barbarino EKLC – European Keto Live Centre, Germany
SAKMT - The Swiss Association for Ketogenic Metabolic Therapies
- 13:45 - 14:30 Prof. Dr Adrian Soto-Mota, Mexico
Key Note - "Have we got News for You?"
- 14:30 Q & A / Discussion
- 14:45 - 15:30 Assoc. Prof. Dr Shebani Sethi, USA
"Ketogenic Diet Intervention on Metabolic and Psychiatric Health
in Bipolar and Schizophrenia: A Pilot Trial"
- 15:30 Q & A / Discussion
followed by a Coffee Break
- 16:00 - 16:45 Dr Iain Campbell, UK
"The Metabolic Overdrive Hypothesis: Hyperglycolysis and
Glutaminolysis in Bipolar Mania"
- 16:45 Q & A / Discussion
- 17:00 – 17:45 Metabolic Mind, USA - Panel-Discussion
"Witnessing a New Area in Mental Health.."
Dr. Julie Milder, USA, Dr Iain Campbell, UK, Prof. Dr Dominic D'Agostino, USA,
Assoc. Prof. Dr Shebani Sethi, USA, Dr. Matthew Phillips, NZ,
Assoc. Prof. Eline Dekyster, NL
- 17:45 Q & A / Discussion
- 18:00 Welcome Get Together at the Hotel Reine Bar
- 19:00 Keto Dinner at the Hotel Reine Restaurant*

*Keto Meals or Drinks not included in the Conference fee – please book separately at the Hotel

Thursday, 13th of June – Insulin Resistance, Heart & CVD
CME/CPD Credits BLÄK 9, SNS-SNG 2, SGED-SSED 2 - SVDE-ASDD 4 POINTS

- 06:30 “Change Happens through Movement - and Movement Heals”
Ueli Lanz, Switzerland - *Good Morning Workout – Meet in front of the Hotel Resistance Training at any Age – included in the conference fee*
- 07:00 “To Keto or Not to Keto” - Breakfast Buffet *
- 08:00 Registration Office opens
- 08:30 - 09:15 Isabella Cooper
“Long Term Nutritional Ketosis and Metabolic Flexibility; the Ideal Healthy Control Group”
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Dr. Alexandre Pelouze, CH
“Review of Atheroma Pathophysiology and Surgical Treatment of CVD: Atheroma and Nutrition.”
- 10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Dave Feldman, USA
"CCTA Match Analysis for High LDL Cholesterol on a Ketogenic Diet"
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Prof. Dr. Adrian Soto Mota
“Physiological Mechanisms behind the LMHR Phenotype”
- 12:30 Q & A / Discussion
- 12:45 Poster Session
12:45 *Keto - Lunch Buffet **
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Dr. Ian Lake, UK
“Can Type 1 Diabetes Inform Us About Patterns of Insulin Resistance?”
- 15:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 15:45 - 16:30 Panel - “Long Term Ketosis”
Prof. Dr Adrian Soto-Mota, MX, Isabella Cooper, UK, Dr Alexandre Pelouz, CH
Marta Klinska, CH, Dr Shaun Scott, UK, Dr. Ian Lake, UK
Dave Feldman, USA
- 16:30 Q & A / Discussion
- 17:00 - 18:30 Walk and Talk – Q & A with
in Alternating Groups, please register at the Get-Together – with
- Group I - Dr Ian Lake & Dr Claudia Steigleder on T1 Diabetes & Keto
 - Group II - Dr David Unwin & Dr Mariela Glandt & Nicole Laurent, T2 Diabetes Remission Mastering Food Addiction
 - Group III - Prof. Dr Thomas Weimbs, and Orsolya Szathmari
CKD and Keto - Plant-based, Classical or Paleo Keto?
 - Group IV- Dr Peter Ballerstedt only on Friday & Saturday
- 18:45 - 19:30 Apero Q & A with Sommelier Gemma Kochis USA –
*at the Reine Victoria Bar - Drinks not included**
- 19:30 *Keto Dinner at the Hotel Reine Restaurant **
**Keto Meals or Drinks not included in the Conference fee – please book separately at the Hotel*
- 21:00 **Evening Special –“The Right of Informed Consent? Not only for Patients”.**



Friday, 14th of June – Cancer

CME/CPD Credits BLÄK 8, SNS-SNG 2, SGED-SSED 2, - SVDE-ASDD 4 POINTS

- 06:30 “Change Happens through Movement - and Movement Heals”
Ueli Lanz, Switzerland - **Good Morning Workout – Meet in front of the Hotel**
Resistance Training at any Age – included in the conference fee
- 07:00 “To Keto or Not to Keto”- **Breakfast Buffet ***
- 08:00 Registration Office opens
- 08:30 - 09:15 Dr Shaun Scott, UK
"Defending Ketosis (and managing hypoglycaemia) during
Anaesthesia and Surgery"
09:15 Q & A / Discussion
- 09:30 - 10:15 Dr Tomás Duraj, USA
“Bioenergetic Adaptations to OXPHOS-Exclusive Metabolism under
Limited SLP Flux: Implications for KMT in Cancer.”
10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Prof. Dr. Barbara Kofler, AT
“Evidence for Application of Ketogenic Diet as Adjunct Cancer Therapy
Based on Preclinical Studies”
11:30 Q & A / Discussion
- 11:45 - 12:30 Dr Matthew CL Phillips, NZ
“Ketogenic Metabolic Therapy in Glioblastoma”
12:30 Q & A / Discussion
- 12:45 Poster
Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Dr Wafaa Abdel Hadi,
“Do We Have to Rethink - Milk and Dairy Products in Cancer Treatment?”
15:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 15:45 - 16:30 Panel “Turning Medical Beliefs Upside Down using Science.”
led and invited by CancerRevolution Creators Maggie and Brad Jones
16:15 Q & A / Discussion
- 17:00 - 18:30 Walk and Talk – Q &A
In Alternating Groups, please register at the Get-Together – with

Group I - Dr Ian Lake & Dr Claudia Steigleder on T1 Diabetes & Keto
Group II - Dr David Unwin & Dr Mariela Glandt & Nicole Laurent, LMHC
T 2 Diabetes Remission & Mastering Food Addiction
Group III - Prof. Dr Thomas Weimbs, and Orsolya Szathmari
CKD and Keto - Plant-based, Classical or Paleo Keto?
Group IV- Dr Peter Ballerstedt “It’s the HOW - not the COW”
- 18:45 – 19:30 Apero Q & A with Dorian Greenow USA
at the Reine Victoria Bar - Drinks not included*
- 19:30 **Keto Dinner at the Hotel Reine Restaurant***
***Keto Meals or Drinks not included in the Conference fee – please book separately at the Hotel**
- 21:00 **Evening Special – News from the CancerRevolution Documentary**

Saturday, 15th of June – Type 1 & Type 2 Diabetes, CKD
CME/CPD Credits BLÄK 8, SNS-SNG 4, SGED-SSED 4, - SVDE-ASDD 4 POINTS

- 06:30 “Change Happens through Movement - and Movement Heals”
 Ueli Lanz, Switzerland - **Good Morning Workout – Meet in front of the Hotel Resistance Training at any Age – included in the conference fee**
- 07:00 “To Keto or Not to Keto” - **Breakfast Buffet ***
- 08:00 Registration Office opens
- 08:30 - 09:15 Suzan Schneider, UK
 "Turning the TIDE"
 The impact of the Ketogenic Diet in T1 Diabetes Eating Disorders
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Dr Mariela Glandt, IL
 “Reversing Diabetes in Challenging Situations”
- 10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Dr David Unwin, MbChB, UK
 “Learning from History – Do we?”
 In Memory of Professor Ian Percival
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Prof. Dr Roman-Ullrich Müller, DE
 “Ketogenic Metabolic Therapy in PKD”
- 12:30 Q & A / Discussion
- 12:45 Poster
Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Prof. Dr Thomas Weimbs, USA
 “A Clinical Trial Pipeline using Exogenous BHB in Conjunction with Dietary changes for Kidney Diseases and other Chronic Conditions”
- 15:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 15:45 - 16:30 Panel
 “Can Rare Sugars Change Obesity and Diabetes Management?”
 Prof. Dr Dominic D’Agostino, Prof. Dr Adrian Soto-Mota, Dr Cristina Fante, CH
 Prof. Dr Thomas Weimbs, USA, Dr David Unwin, Nicole Laurent, LMHC, USA,
- 16:30 Q & A / Discussion
- 17:00 – 18:30 Walk and Talk – Q & A
In Alternating Groups, please register at the Get-Together
- Group I - Dr Ian Lake & Dr Claudia Steigleder on T1 Diabetes & Keto
 Group II - Dr David Unwin & Nicole Laurent, LMHC
 T2 Diabetes Remission & Mastering Food Addiction
 Group IV - Prof. Dr Thomas Weimbs, and Orsolya Szathmari
 CKD and Keto - Plant-based, Classical or Paleo Keto?
 Group V - Dr Peter Ballersteadt “It’s the HOW – not the COW!”
- 18:45 – 19:30 Apero Q & A with Dr sc ETH Sofia Deloudi, CH – “Medical Apps”
at the Reine Victoria Bar - Drinks not included
- 19:30 **Keto Dinner at the Hotel Reine Restaurant ***
- *Keto Meals or Drinks not included in the Conference fee – please book separately at the Hotel
- 21:00 **Evening Special – Diabetes Documentary**



Sunday, 16th of June - Neurology & Psychiatry Part 2

CME/CPD Credits BLÄK 5, SNS-SNG 4, SGED-SSED 2 - SVDE-ASDD 3 POINTS

- 06:30 "Change Happens through Movement - and Movement Heals"
Ueli Lanz, MHM EKLC, CH- Good Morning Workout – Meet in front of the Hotel
Resistance Training at any Age – included in the conference fee
- 07:00 "To Keto or Not to Keto" - Breakfast Buffet*
- 08:00 Registration Office opens
- 08:30 - 09:15 Nicole Laurent, LMHC, USA
"Building a Ketogenic Support System - Utilizing Professional Networks for
Mental Health Treatment"
09:15 Q & A / Discussion
- 09:30 - 10:15 Dr Lina Samira Bahr, DE
"Ketogenic Diet & Fasting as Nutritional Approaches in Multiple Sclerosis"
10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:15 Dr Matthew CL Phillips, NZ
"Ketogenic Metabolic Therapy in Neurodegenerative Disorders"
11:15 Q & A / Discussion
- 11:30 - 12:15 Panel "Getting the Health Insurance Companies on Board"
led by Dr John Schoonbee Swiss Re, CH, Dr Lina Samira Bahr, DE
Prof. Dr Adrian Soto Mota, MX, Dr Ian Lake, UK, Dr Ana Jacob, CH,
Dr. Claudia Steigleder, AT
- 12:15 Q & A / Discussion
- 12:30 Farewell Outlook - "Keep on Keto" - See you again soon!

Conference Venue: Hotel Reine Victoria, Via Rosatsch 18, 7500 St. Moritz,
Phone: +41 81 553 90 00, E-Mail: info@reine-victoria.ch

Medizinische Beratung & Leitung der Konferenz:

Prof. Dr. med. Markus Stoffel, München, DE
Dr. med. Suzan Oruc, Burghausen, DE
Dr. med. Jürg Kuoni, Zürich, CH
Dr. med Zvonko Mir, Brig, CH

A big thank you to our Non-Profit Partners:

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and to our Exhibition Sponsors

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and to our Research Publishing Partners, Frontiers in Nutrition, CH

THE MAGIC MOUNTAIN KETO LIVE ® - METABOLIC HEALTH CENTRE IN SWITZERLAND

If you enjoyed the conference and would like to support our work, make our vision of the "Magic Mountain - Metabolic Health Centre" the first Education, Wellness, Treatment, and Research Centre for Ketogenic Metabolic Therapies a reality. Please help us to be the change in the fight against preventable and reversible NCDs to protect the health and happiness of our children, families, and friends!

Become a partner, shareholder, or donor.

To join the Movement, do not hesitate to get in touch with us
ketoliveproject@gmail.com or Phone +49 151 25 25 0100

A PROJECT BY THE EUROPEAN KETO LIVE CENTRE & SAKMT
THE SWISS ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES



KETOGENIC METABOLIC THERAPIES

"IT SOUNDS LIKE MAGIC - IT LOOKS LIKE MAGIC
AND IT FEELS LIKE MAGIC
BUT IT IS PURE SCIENCE AND BIOCHEMISTRY
THE FUNDAMENTALS OF HOLISTIC MEDICINE"

Josephine Barbarino