



# EUROPEAN KETO LIVE<sup>®</sup> CENTRE

INFORMATION & TRAINING CENTRE - ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES



According to the WHO, Non-Communicable Diseases (NCD) kill 41 million people each year, of which 15 million die prematurely between the ages of 30 and 69. Cardiovascular disease (CVD) accounts for 17.9 million, cancer 9.3 million, respiratory disease 4.1 million and diabetes 1.5 million! These four groups of diseases are the drivers of 80% of all (preventable) premature deaths! Additionally, the WHO does not include neurological and neuropsychiatric disorders in these statistics! NCD is a precondition connected to severe COVID-19 cases and most of the 4.3 million deaths reported. Besides the incredible, long-lasting suffering for patients, families and friends, NCD also causes devastating economic side effects to our healthcare system and society. All these diseases share the same metabolic dysfunction of Insulin Resistance (IR).

## **There is no medication against Insulin Resistance!**

But Insulin Resistance is preventable and even reversible, using the oldest treatment in the world - real food and nutrition. Unfortunately, nutrition and nutritional therapies are not part of our medical education. And biochemistry, the knowledge about the fantastic chemical factory in our bodies is taught without the vital connection to metabolic dysfunctions and related diseases.

We can't afford to wait any longer!

## **The European Keto Live Centre (EKLC)**

Information and Training Centre - Association for Ketogenic Metabolic Therapies (EKLC) was founded to change this situation. We aim to teach scientific, up-to-date and medically sound knowledge, on the impacts of nutrition on our metabolic health and environment - with a particular focus on Ketogenic Metabolic Therapies (KMT) as a powerful medical tool in the fight against NCD. We are connecting international scientists and medical practitioners in this field to create and provide Continuing Medical Education (CME) plus Bachelor (B.Sc.), Master (M.Sc.) and postgraduate curricula (PGC) at university levels for healthcare professionals. As well as creating educational programs for schools, nursing homes and hospitals.

The **Keto Live Project**, providing CME-certified conferences since 2019, is growing fast and has been connecting specialists globally - from Germany, Switzerland, Austria, Italy, France, Belgium, the Netherlands, Ireland, Denmark, the UK, the USA, Australia, New Zealand, Argentina, Mexico, Israel, Saudi Arabia, Egypt, DR Congo and South Africa.

Many scientists and experts have joined our Advisory Board to contribute to "**The International Metabolic Health Pilot - Connecting the Sciences**," intending to fight NCD with their knowledge. For more details, please view our Advisory Board and our Live and Online Conferences on our Website [European-Keto-Live Centre.com](https://European-Keto-Live-Centre.com).



At the **1st international Keto Live Conference in 2019**, the idea for the Centre started to crystallise with the help of Prof. Dr Thomas Seyfried, Dr Jean Pierre Spinosa, Dorian Greenow, Gemma Kochis, and 32 founding members, including Dr Georgia Ede, Dr Ian Lake, Dr John Schoonbee, Patricia Daly, Domini Kemp, Sybille Bellamy Kraft, Dr Amy McKenzie, Dr Jürg Kuoni, and many others. We laid the legal and business foundations and negotiated collaborations by registering the Keto Live Project e.V. - The European Keto Live Centre - Association for Ketogenic Metabolic Therapies. The search for a location for the Centre has begun, and preparations for the Centres foundations - the pilot project started in 2020.

We received the first grants from the Ketogenic Foundation and the Baszucki Group in the autumn of 2021. A Swiss Family Office sponsored the first two Expert weeks in 2022.

### **The International Metabolic Health Pilot - Connecting the Sciences (IMHP)**

Keto Live Project connects leading international scientists, experts and practising healthcare professionals to provide their knowledge and expertise to the pilot and, to create and implement the much-needed change. The pilot consists of three different but interconnecting phases designed to develop and start a better, cost-effective healthcare structure. The main goal is to successfully prevent and treat Insulin Resistance / NCD, strengthen our personal and society's immune systems, to protect the future of our children and the planet. In 2020, we started with

#### **Phase I of the Pilot - Training the Teams**

Motivated by the Swiss National Strategy for the Prevention of Non-communicable Diseases (NCD strategy) we created: Phase I - "Training the Teams" is to educate physicians, dietitians, nutritionists, nurses, and Metabolic Health Mentors by implementing "The Curriculum Project". This involves creating the first comprehensive postgraduate curriculum on KMTs and answering the quest for medical education in nutrition and its impacts on metabolic health and the immune system. We followed the German Medical Association (Bundesärztekammer BÄK) 2018 Framework for Nutritional Medicine. The curriculum again consists of two parts: **Part I requires a minimum of 100 hours of remote E-Learning**. An additional **Part II includes 120 hours of patient-connected face-to-face practical training**, which can be completed in either 10 -12 weekend courses, 2 x two weeks, or 1 x 4 weeks at the centre.

**In Phase III** - this extensive curriculum will get broken down into B.Sc. and M.Sc. curricula for medical students, dietitians, and the **Metabolic Health Mentors (MHM)**. MHM a new medical profession we created to ease lifestyle change by filling the gap between doctors and patients. The original language is English, which will then be translated first into German to serve Germany, Austria, Switzerland, and followed by Italian and French translations into many more languages.

In addition to recordings from the conference lectures that will contribute to the curriculum, an additional two extensive projects towards curriculum creation have already been completed:

- The **1st Keto Live® Expert Week** was organised after our 2nd annual Conference in Bergün 2022, on the urgent neuropsychiatric topics of "Depression and Anxiety." Led by Dr Georgia Ede, USA, we invited Dr John Schoonbee, Swiss Re, CH, Prof Dr Adrian Soto Mota, ME, Dr Jen Unwin, UK, Dr Ignacio Cuaranta, AG, Beth Zupec-Kania RDN, CD, USA, Dr Maria Edwards, DK, Dorian Greenow & Gemma Kochis, USA as our experts to Burghausen. A new concept and the structure of half-year patient courses were developed, providing physicians, dietitians, nurses, and metabolic health mentors the opportunity to learn face-to-face with patients.

[Dr John Shoonbee - Keto Live Soirree celebrating the 1st Expert Week](#)



- In addition, a **2nd Keto Live® Expert Week** was held in October 2022 in Maloja, working on the framework developing the **Keto Live® Type 2 Diabetes Remission Program**. Led by Dr David Unwin and Prof. Dr Adrian Soto Mota, and specialists in preventing and treating chronic kidney diseases, Prof. Dr Thomas Weimbs, Prof. Dr Johannes Kovarik and Prof. Dr Roman-Ullrich Müller, including the topic of managing Type 1 Diabetes with Dr. Ian Lake, Yvonne Reuter B.Sc. Nutrition, Beth Zupec Kania RDN, CD, Jessianna Saville MS, RDN, LD, CLT, Patricia Daly M.Sc., dipNT, Dr Sofia Deloudi, Dorian Greenow, and Gemma Kochis.

### **SAKMT – The Swiss Association for Ketogenic Metabolic Therapies**

Founded in Zürich January 27th 2023 by Dr Jürg Kuoni, Dr Helene Fontana, the EKLC represented by Josephine and Stephan Barbarino, Dr Sofia Deloudi, and Sports Specialists Ueli Lanz and Elise Rensch, The Association was registered in Ardez, Graubünden and approved as a non-profit in Chur. The **3rd International Keto Live Conference in Switzerland 2023**, was organised in collaboration by EKLC & SAKMT - supervised by Dr Jürg Kuoni and Dr Elke Lorenz.

- **The 3rd Keto Live® - Expert Week was hosted by SAKMT** in Maloja in June 2023. Working on Phase II of the IMHP to deepen the topics of Insulin Resistance, Obesity, CVD, Cancer, CKD, Neuropsychiatric disorders like Bipolar, Migraines and, of course, Epilepsy. Our Experts included Beth Zupec Kania RND, CD, Dr Iain Lake, Drs Jen & David Unwin, Prof. Dr Adrian Soto Mota, Dr Elke Lorenz, Ivor Cummins, Prof. Dr Thomas Weimbs, Dr Tomás Duraj, Dr Wafaa Abdel Hadi, Patricia Daly, MSc Nut. dipNT, Orsolya Satzmari, Ueli Lanz, Erin Maurer, Yvonne Reuter BSc Nut. Dr Sofia Deloudi, Dr Iain Campbell, Dr Ignacio Curanta, and Dr Georgia Ede.

- **Face-to-Face Course**, the educational programme developed at the Expert Weeks, dedicated to the different NCDs, will bring together patients and medical professionals - consists of academic hours for dieticians, nurses and Metabolic Health Mentors on Wednesday and Thursday. To be joined by physicians (postgraduate students) and the patient group for the weekend. The special weekend courses with our international experts will be CME/CPD certified. If only interested in a particular topic, healthcare professionals can book these weekends separately.

### **Pilot Phase II – Adapting KMT Programs to the Patients**

- **In 2025, we plan to open the first Keto Live® - Metabolic Health Centre** offering **Prevention, Treatment, Academy, and Research** on Metabolic and Ketogenic Therapies in collaboration with Dr. med. Stefan Goetz, Medical Director and COO at the Rheumatism and Rehabilitation Clinic St. Katharinenthal, Hospital Thurgau AG, in Switzerland,

Together we are planning to start **Part II and Part III of the IMHP** in St. Katharinenthal, currently working on accompanying studies and looking for funding and partners in the fight against NCDs. <https://www.stgag.ch/fachbereiche/rehabilitation/klinik-st-katharinenthal/>

- **Part I of the above-outlined postgraduate curriculum meets Phase II** of the pilot, the 120 hours of **KL® Face-to-Face** practical medical training, where KMT programs will be introduced and implemented. Patients can apply for a half-year-long medical guided remote program, which includes two weekends of live teaching, learning, and monitoring, meeting and joining with their Metabolic Health Mentors, support groups, and the experts at the neighboring Seminar Centre <https://www.klostergutparadies.ch/en/klostergut-paradies/region-and-activities.html>



- **The Keto Live® Academy - the Type 1 Diabetes Management, Type 2 Diabetes Remission, and the Obesity & Food-Addiction Programmes**

We are planning our first half-year educational program with two live meetings for patients and medical professionals in 2025. In between these two live face-to-face teaching events, patients will be connected, monitored, and instructed by our Metabolic Health Mentors, our medical team and their practising physicians.

[Dr David Unwin: The Keto Live® Type 2 Diabetes Remission Program](#)

### **Pilot Phase III - Expanding our radius**

- Phase III, is about Proof-of-Concept **Research** on our core topics in collaboration with Health Insurance Companies and by expanding the radius of the **Keto Live®Academy**. The focus is training Physicians and Metabolic Health Mentors (MHM) and to implement **Interdisciplinary Ketogenic Metabolic Therapy Consultation Hours** in St. Katharinental to advise patients. And to offer Metabolic Health Programs for corporates on how to prevent, treat and manage NCDs.

### **Since 2019, we have been providing CME-certified Continuing Medical Education.**

- Our Live and E-Learning Conferences have been certified by

**SGAIM**, The Swiss Society for General Internal Medicine

**SSMO-SGMO-SSOM**, The Swiss Society for Medical Oncology

**SGED-SSGD**, The Swiss Society for Endocrinology & Diabetology

**SNG**, The Swiss Neurological Society

**BLÄK**, The Bavarian Medical Association, with the highest possible CME Credits, awarded in doubling the Credits for fulfilling all quality requirements of the **BÄK**, The German Medical Association. Through an agreement between the BÄK and the American Medical Association, physicians may convert credits to an equivalent number of **AMA PRA Category 1 Credits TM**.

**UEMS-EACCME®**, the European Accreditation Council for Continuing Medical Education (EACCME®), is an institution of the European Union of Medical Specialists UEMS.

CME accreditation granted by the UEMS-EACCME® provides a guarantee to participants from all over the world that the content of the CME provided is of high quality, unbiased and didactic and, for European doctors, that this quality will be recognised in their home country.

### **USA - AMA PRA Category 1 Credits and Canada**

Our educational events are also CPD-certified by

### **SVDE ASDD Points**

The Swiss Association for Dieticians and Nutritionists

### **BANT-CPD Hours**

The British Association for Nutrition and Lifestyle Medicine

- Celebrating our 5<sup>th</sup> Anniversary, the EKLC & SAKMT hosted for the first time **The International Keto Live® Sports Conference** on the 10<sup>th</sup> & 11<sup>th</sup> of June followed by the **4th International Keto Live® Conference in Switzerland** titled “**Ketogenic Metabolic Therapies – Future Prevention & Treatment of NCD**”, from 12<sup>th</sup> - 16<sup>th</sup> June 2024, in St Moritz

- **The 5<sup>th</sup> International Keto Live Conference and the 2<sup>nd</sup> Keto Live Sports Conference** is planned from June 9<sup>th</sup> to 14<sup>th</sup> 2025 at the Hotel Reine Victoria in St. Moritz, adding more recordings to the curriculum, providing scientific news dealing with the prevention and treatment of Insulin Resistance and the impacts to our Metabolic Health and Non-Communicable Diseases.



We are proud to announce that next to the members of our constantly growing Advisory Board:

- Keto Mojo is our technical collaboration partner on Blood-sugar and Ketone testing throughout all phases of the pilot. With My Mojo Health, we are looking forward to teaching new ways to control testing and communication between practitioners and patients. We intend to invent, develop, and adopt new technologies to support long term nutritional studies - based on Ketogenic Metabolic Therapies in the prevention and treatment of NCD.
- As a Sponsor, the FCO Private Office SA, CH contributed to the development of the Pilot and the Conferences with financial support in 2021 and 2022.  
As Exhibition Sponsors the following Companies contributed to the 2024 Conferences  
RX-Sugar, USA  
Keto Mojo & My Mojo Health, USA  
Audacious Nutrition, USA  
Santa Barbara Nutrients, Keto Citra, USA  
NaturalKetosis.co.uk, UK  
Loving-Nutrition, CH
- Our non-profit partners are the Baszucki Group (Metabolic Mind) and the Ketogenic Foundation, USA. During the COVID-19 restrictions, the B. Braun Stiftung supported the 1st Keto Live® E-Learning Conference. We are pleased to announce that the Chaja Foundation, Germany, started supporting our Curriculum / E-Learning Project with the Conference 2024.
- Together with our Publishing Partner, Frontiers in Nutrition CH, we have been able to run our own Research Topic (RT) at [fro.ntiers.in/KETOLIVE](https://frontiers.in/KETOLIVE)
- SAKMT and EKLC became accredited to be part of the Swiss "NCD strategy" [prevention.ch](https://prevention.ch)

A big thank you to our participating and teaching Advisory Board Members, the scientists, their institutions, the experts, the practising physicians, and the generous and dedicated help of many volunteers; none of the achieved would have been possible.

Josephine Barbarino, Founder and CEO

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