



**3rd International
Keto Live Conference in Switzerland
12th - 16th of June 2023**

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





Keto Live Project proudly presents

Ketogenic Metabolic Therapies

Future Prevention and Treatment of NCD

3rd International Keto Live Conference in Switzerland
about the power of food &
the Ketogenic Metabolic Therapies as a medical tool

We applied for **CME/CPD Credits** for Continuous Medical Education by:

The Swiss Society for Medical Oncology **SSMO-SGMO-SSOM 29**

The Swiss Society for Endocrinology and Diabetology **SGED-SSED 14**

The Swiss Neurological Society **SNG 2**

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

Conference Program 2023

This schedule is subject to change

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

CME/CPD Credits SSMO-SGMO-SSOM 4 & SVDE-ASDD 4

- | | |
|---------------|---|
| 13:00 | Registration Office opens |
| 14:00 | “Hello & Welcome”
Josephine Barbarino EKLC – European Keto Live Centre, Germany
SAKMT - The Swiss Association for Ketogenic Metabolic Therapies
President Dr Jürg Kuoni, Switzerland |
| 14:15 - 15:00 | “Have we got News for You”
Dr John Schoonbee, South Africa, Switzerland, Swiss Re |
| 15:00 | Q & A / Discussion |
| 15:15 - 16:00 | "The First European Trail of Ketogenic Metabolic Therapy
for Bipolar Disorder" Part I
Dr Iain Campbell, United Kingdom |
| 16:00 | Q & A / Discussion
<i>followed by a Coffee Break - included in the conference fee</i> |
| 16:30 - 17:15 | "The First European Trail of Ketogenic Metabolic Therapy
for Bipolar Disorder" Part II
Dr Iain Campbell, United Kingdom |
| 17:15 | Q & A / Discussion |
| 17:30 - 18:15 | “Metabolic Mind - The Year in Metabolic Psychiatry”
Jan Ellison Baszucki, Panel led by Dr Georgia Ede,
Beth Zupec Kania RDN, CD, Dr Ignacio Cuaranta,
Nicole Laurent LMHC |
| 18:15 | Q & A / Discussion |
| 18:30 | Introducing our new Morning & Evening Program
Josephine Barbarino |
| 19:00 | Welcome Get Together - <i>included in the conference fee</i> |
| 20:00 | <i>Keto Dinner at the Kurhaus Restaurant *</i> |



Tuesday, 13th of June - Insulin Resistance & CVD

CME/CPD Credits SSMO-SGMO-SSOM 7, SGED 7 & SVDE-ASDD 7

- 06:30 "Change Happens through Movement & Movement Heals"
Ueli Lanz, Switzerland - *Good Morning Workout* – meet in front of the Hotel
Beth Zupec Kania, USA - *Yoga at the Hotel Spa* – included in the conference fee
- 07:00 "To Keto or not to Keto" - Breakfast Buffet *
- 08:00 Registration Office opens
- 08:30 - 09:15 Ivor Cummins BE(Chem), CEng MIEI, Ireland
"Vegan versus Ketogenic Metabolic Therapies"
the Impacts on Health and Environment
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Prof. Dr Christoph Wilhelm, Germany
"Impaired Ketogenesis ties Metabolism to T cell Dysfunction in COVID-19"
- 10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Prof. Dr Benjamin Bikman, USA
Infertility in both Men and Women:
Erectile Dysfunction in Men - Polycystic Ovary Syndrome (PCOS) in Women
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Prof. Dr Benjamin Bikman, USA
"The Metabolic Origins of Heart Disease"
- 12:30 Q & A / Discussion
- 12:45 Poster I
Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Dr Elke Lorenz, Germany
"Nature wants us to be Fat - Evolutionary Advantage as a CVD Risk Factor?"
- 15:15 Q & A / Discussion
- 15:30 - 16:15 Prof. Dr Adrian Soto-Mota, Mexico
"LDL Metabolism during Carbohydrate Restriction and its Implications
for assessing Cardiovascular Risk".
- 16:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:30 - 17:15 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
"Food Addiction: Assessment, Treatment and Maintenance"
Session I - Symptoms, Prevalence & Assessment Tools
- 17:15 Q & A / Discussion
- 18:00 Workshops in Alternating Groups, please register at the Get Together
No 1 "Exogenous Ketones" Prof. Dr Adrian Soto-Mota, Prof. Dr Ben Bikman,
Prof. Dr Christoph Wilhelm & Prof. Dr Dominic D'Agostino
Q & A / Discussion
- No 2 The Cooking Workshop - Keto Bread
Orsolya Szathmari, HU, CH & Beth Zupec Kania, RDN, CD, USA
followed by Dinner in the historic kitchen of the Kurhaus *
- 19:00 Keto Dinner at the Kurhaus Restaurant *
- 21:00 "The Earth Protectors" One Planet - One Future Foundation
Documentary by Anne de Cabucia - Auditorium of the Kurhaus



Wednesday, 14th of June - Cancer

CME/CPD Credits SSMO-SGMO-SSOM 7 & SVDE-ASDD 7

- 06:30 "Change Happens through Movement - and Movement Heals"
Ueli Lanz, Switzerland - Good Morning Workout – meet in front of the Hotel
Beth Zupec Kania, USA - Yoga at the Hotel Spa – included in the conference fee
- 07:00 "To Keto or not to Keto" - Breakfast Buffet *
- 08:00 Registration Office opens
- 08.30 - 09:15 Prof. Dr Dominic D'Agostino, USA
"Exploiting Cancer Metabolism with Ketogenic Metabolic Therapy & HBOT"
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Dr Wafaa Abdel-Hadi, Egypt
"Analyzing Mitochondrial Health & Tumor Microenvironment
to Keep Cancer at Bay"
- 10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Dr Tomás Duraj, Spain
"Metabolically Supported Oncology Care:
From Theory to Clinical Application - Part I"
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Dr Tomás Duraj, Spain
"Metabolically Supported Oncology Care:
From Theory to Clinical Application - Part II"
- 12:30 Q & A / Discussion
- 12:45 Poster II
Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14.30 - 15:15 Patricia Daly, BA Hons, DIPTN, BANT, CNHC Nutrition Therapist, CH
"The Fundamentals and Practical Applications of Nutrigenomic Testing"
- 15:15 Q & A / Discussion
- 15:30 - 16:15 "Remission of Metabolic Conditions include Sleep and Stress Management"
Dr Ignacio Cuaranta, Argentina
- 16:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:30 - 17:15 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
"Food Addiction: Assessment, Treatment and Maintenance"
- Session II - Addiction Concepts & Abstinent Food Plans
- 17:15 Q & A / Discussion
- 18:00 Workshops in Alternating Groups, please register at the Get Together
No 1 "Why do we need a GKI? - The Standard of Care and the Patient"
Panel with Gemma Kochis, Maggie Jones, Dr Nasha Winter, Patricia Daly,
Dr Tomás Duraj & Prof. Dr Dominic D'Agostino led by Dorian Greenow
- No 2 The Cooking Workshop - Keto Bread
Orsolya Szathmari, HU, CH & Beth Zupec-Kania, RND, CD, USA
followed by Dinner in the historic kitchen of the Kurhaus *
- 19:30 Keto Dinner at the Kurhaus Restaurant *
- 21:00 **CanceRevolution** Documentary Auditorium - Live Introduction
and Q & A with Maggie and Brad Jones



Thursday, 15th of June - Diabetes

CME/CPD Credits SSMO-SGMO-SSOM 7, SGED 7 & SVDE-ASDD 7

- 06:30 "Change Happens through Movement - and Movement Heals"
Ueli Lanz, Switzerland - *Good Morning Workout – meet in front of the Hotel*
Beth Zupec Kania, USA - *Yoga at the Hotel Spa – 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 David Cavan, United Kingdom
"Insulin in Diabetes – Friend or Foe?"
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Prof. Dr Cirhuza Cikomola, Democratic Republic of Congo
Dr Daniel Katambo, Kenya
"Diabetes in Africa"
- 10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Dr Ian Lake, United Kingdom
"Climb every Mountain: the Benefits of a Ketogenic Metabolic Therapy
for Physical Activity in Type 1 Diabetes"
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Prof. Dr Johannes Kovarik, Austria
"Ketogenic Metabolic Therapies and Chronic Kidney Disease
The Vienna Study"
- 12:30 Q & A / Discussion
- 12:45 Poster III
*Keto - Lunch Buffet **
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Dr David Unwin, United Kingdom
"The 'Discordant Doppelganger Dilemma': SGLT2i Mimics Therapeutic
Carbohydrate Restriction - Food Choice first over Pharma?"
- 15:15 Q & A / Discussion
- 15:30 - 16:15 Prof. Dr Thomas Weimbs, USA
"Ketogenic Metabolic Therapies for Polycystic Kidney Disease - From
Mice, Rats and Cats to People"
- 16:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:30 - 17:15 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
"Food Addiction: Assessment, Treatment and Maintenance"
Session III - Recovery Protection / Relapse Prevention
- 17:15 Q & A / Discussion
- 18:00 *Workshops in Alternating Groups, please register at the Get Together*
No 1 Prof. Dr Thomas Weimbs, Prof. Dr Johannes Kovarik &
Prof. Dr Adrian Soto-Mota: "Does Keto Increase the Risk of Kidney
Stones and Gout? And what to do about it..."
- No 2 The Cooking Workshop - Keto Bread
Orsolya Szathmari, HU, CH & Beth Zupec Kania, RND, CD, USA
*followed by Dinner in the historic kitchen of the Kurhaus **
- 19:00 *Keto Dinner at the Kurhaus Restaurant **
- 21:00 **Evening Special - Dr Georgia Ede reads from her new Book**



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

CME/CPD Credits SSMO-SGMO-SSOM 4, SNG 2 & SVDE-ASDD 4

- 06:30 "Change Happens through Movement - and Movement Heals"
Ueli Lanz, Switzerland - *Good Morning Workout – meet in front of the Hotel*
Beth Zupec Kania, USA - *Yoga at the Hotel Spa – included in the conference fee*
- 07:00 "To Keto or not to Keto" - *Breakfast Buffet**
- 08:00 Registration Office opens
- 08:30 - 09:15 "Metabolic Therapies for Neurodegenerative Diseases"
Ass Prof. Dr Csilla Ari D'Agostino
- 09:15 Q & A / Discussion
- 09:30 - 10:15 "Ketogenic Metabolic Therapy for the
Treatment of Epilepsy and Rare Disorders"
Beth Zupec Kania RDN, CD, United States of America
- 10:15 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:15 "The Ketogenic Diet for Treatment-Resistant Mental Illness:
An Analysis of 31 Inpatients"
Dr Georgia Ede, United States of America
- 11:15 Q & A / Discussion
- 11:30 - 12:15 "The Metabolic Health Pilot – Connecting the Sciences"
Panel led by Dr John Schoonbee with Advisory Board Members:
Prof. Dr Ben Bikmann, USA, Prof. Dr Adrian Soto-Mota, ME,
Prof. Dr Thomas Weimbs, USA, Dr Georgia Ede, USA,
Dr David Unwin, UK & Beth Zupec Kania, RDN, CD USA
- 12:15 Q & A / Discussion
- 12:30 *Farewell - "Keep on Keto" - See you again soon!*

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

Conference Venue:

Kurhaus Bergün - www.kurhausberguen.ch
<https://kurhausberguen.ch/keto-room-request?lang=eng>

Puez 112, CH - 7482 Bergün/ Bravuogn
Phone +41 81 407 22 22

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Keto Breakfasts, Lunches & Dinners included in the Hotel Kurhaus full board
Our Keto Meals can be booked separately at the Kurhaus if you, your friends or
your family is staying in a different accommodation.

Medical Consultation & Supervision:
Prof. Dr. med. Markus Stoffel, Munich
www.privatpraxis-kosttor.de

Dr. med. Suzan Oruc, Burghausen
Chairwomen of Keto Live Project e.V.
<https://urologie-burghausen.docsite.de/>

Dr. med. Elke Lorenz, Munich
<https://www.ketobyheart.com/>

Dr. med. Jürg Kuoni, Zürich
President of
SAKMT – The Swiss Association for Ketogenic Metabolic Therapies
<https://sakmt.ch/>

Idea, Concept & Organization:
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