



**2nd International Keto Live®
Sports Conference in Switzerland
13th & 14th of June 2025**

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



I dedicate this Conference to my friend, our Founding and Advisory Board Member Patricia Daly Wyss, *1980 - † 2025

Patricia lost her fight against Cancer after 16 years. As a former professional athlete, and later nutritionist and scientist she blamed the uncontrolled high carb loading during her training and competitions on the onset of her ocular melanoma.

It was her Idea to add the Keto Live® Sports Conference to our CME – Continuing Medical Education Program. To inform and educate professional athletes, and their medical and training teams about the power of food & the metabolic origin of NCDs.

Josephine Barbarino

St. Moritz June 2025



Keto Live® Project EKLC & SAKMT – The International & the Swiss Association for Ketogenic Metabolic Therapies proudly presents

The 2nd Keto Live® Sports Conference 2025

A Conference about Sports Nutrition, Sports Medicine and the power of food in Performance, Training, Competition, Metabolic Health and Prevention of NCDs

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

The Bavarian State Chamber of Physicians **BLAEK 9**

The Swiss Society of General Internal Medicine **SGAIM SSMIG SSGIM** pending

The Swiss Society for Physical Medicine and Rehabilitation **SGPMR 9**

The Swiss Association for Dieticians and Nutritionists **SVDE-ASDD 10 Points**

Conference Program 2025

[This schedule is subject to change](#)

Friday, 13th of June

[CME/CPD Credits BLAEK 3, SGPMR 3, & SVDE-ASDD 4 Points](#)

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|---------------|--|
| 13:30 | Registration Office opens |
| 14:30 | "Hello & Welcome"
Josephine Barbarino, EKLC – European Keto Live Centre,
SAKMT - The Swiss Association for Ketogenic Metabolic Therapies
President Dr Jürg Kuoni, |
| 15:00 - 15:45 | Prof. Dr Antonio Paoli, Italy
"Keto & Physical Exercise" |
| 15:45 - 16:00 | Q & A / Discussion followed by a Coffee Break - included in the conference fee |
| 16:30 - 17:15 | Prof. Dr Peter Brukner, Vic. Sen. Australian of the Year 2025
"Carb Loading - Have We Sacrificed Athletes at the Altar of High Performance?" |
| 17:15 - 17:30 | Q & A / Discussion |
| 17:30 - 18:15 | Michael Bol, Physiotherapist
"Strength Training for All: A Criteria-Based Approach to Injury-Free Progress" |
| 18:15 - 18:30 | Q & A / Discussion |
| 18:45 | Welcome Get Together at the Reine Victoria Bar
included in the conference fee |
| 19:30 | Keto Live® Dinner at Vic's Brasserie * |

[Accommodation, Keto Meals](#) * & Drinks are not Included in the Conference fee – please book separately at the Hotel



Saturday, 14th of June

CME/CPD Credits BLÄEK 6, SGPMR 6, & SVDE-ASDD 6

- 06:30 "Change Happens through Movement & Movement Heals"
Good Morning Workout, with Michael Bol, Physiotherapist – Meet in front of the Hotel
- 07:00 "To Keto or Not to Keto" - Breakfast Buffet *
- 08:00 Registration Office opens
- 08:30 - 09:15 Mag. Julia Tulipan, M.Sc. Austria
"Protein - It's Crucial Role in Health & Longevity"
- 09:15 - 09:30 Q & A / Discussion
- 09:30 - 10:15 Dr Andrew Koutnik, United States of America
"Impact of Diet & Carbohydrates on Sports Performance"
- 10:15 - 10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Ivor Cummins, Irland
"The Earliest Detection of CVD – to Enable the Most Effective Solutions"
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Dr Jean Pierre Pelouze, Switzerland
"Heart Surgery and Rehabilitation"
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster
Keto Live® - Farewell Lunch*
Enjoy nature, have a chat, go for a walk.
- 14:30 - 15:15 Dr Jen Unwin, United Kingdom
"Don't forget Food Addiction"
- 15:15 - 15:30 Q & A / Discussion
- 15:30 - 16:15 Panel "Is Keto for everyone – do we have to incorporate Risk factors?"
Prof. Antonio Paoli, IT, Prof. Dr Eric Westman, USA, Prof Dr Weimbs, USA
Prof. Peter Brukner, AU Dr Matthew CL Phillips, NZ, Dr Andrew Koutnik, USA
Panel led by Dr David Unwin, UK
- 16:15 - 16:30 Q & A / Discussion
- 16:30 - 17:00 So long, farewell, Auf Wiederseh'n, goodbye ...
Let's Meet at Keto Live® 2026!

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. Zvonko Mir, Brig, CH
Dr. med. Jürg Kuoni, Zürich, CH,
Dr. med. Stefan Goetz, St. Katharinental, CH

A big thank you to our Non-Pro fit Partners:

The Baszucki Group, USA and the Chaja Foundation, DE
Metabolic Revolution, USA

and to our Exhibition Sponsors:

Keto Mojo & My Mojo Health, USA, Santa Barbara Nutrients, USA
and our Research Publishing Partners, Frontiers in Nutrition, CH

THE MAGIC MOUNTAIN FOUNDATION & THE KETO LIVE® - METABOLIC HEALTH CENTRE

If you enjoyed the conference and would like to support our work, make our vision of the "Keto Live® - Metabolic Health Centre" the first Prevention, Treatment, Education, and Research Centre for Ketogenic Metabolic Therapies a reality. 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; please contact us via E-Mail ketoliveproject@gmail.com or Phone +49 151 25 25 0100



KETOGENIC METABOLIC THERAPIES

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

Josephine Barbarino

