



**5th International
Keto Live® Conference in Switzerland
9th - 13th 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

to her family and all families, patients and medical professionals suffering from or treating chronic disease. To their human right to get informed consent and scientifically proven and medical sound Information and Education about the power of Food, Metabolic Health, and Ketogenic Metabolic Therapies as a medical tool in the fight against Non-Communicable Diseases.

Josephine Barbarino

St. Moritz June 2025



Keto Live® Project

EKLC & SAKMT – The International & the Swiss Association for Ketogenic Metabolic Therapies proudly presents

Ketogenic Metabolic Therapies Future Prevention & Treatment of NCD

The 5th 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 from:

The Bavarian State Chamber of Physicians **BLÄK 24**

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

The Swiss Society for Endocrinology and Diabetology **SGED-SSSED 12**

The Swiss Neurological Society **SNS-SNG 4**

The Swiss Society for Physical Medicine and Rehabilitation **SGPMR 29**

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

Monday, the 9th of June - Neurology & Psychiatry Part 1

CME/CPD Credits BLÄK 3, SNS-SNG 2, SGED-SSSED, SGPMR 4 & SVDE-ASDD 3 Points

- 12:30 Registration Office opens
- 13:30 "Hello & Welcome to our 5TH International Keto Live® Conference in Switzerland"
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
"Have we got News for You?"
- 14:30 - 14:45 Q & A / Discussion
- 14:45 - 15:30 Prof. Dr Antonio Paoli, Italy
"Ketogenic Metabolic Therapies, the Microbiome and its Influence on the Brain"
- 15:30 - 15:45 Q & A / Discussion
followed by a Coffee Break
- 16:15 - 17:00 Dr Iain Campbell, United Kingdom
"Metabolic Psychiatry: Future Horizons"
- 17:00 – 17:15 Q & A / Discussion
- 17:15 - 18:00 Dr Julie Milder, United States of America
"Metabolic Psychiatry: Clinical Trials, Capacity Building, and Real World Data"
- 18:00 - 18:15 Q & A / Discussion
- 18:30 Welcome Get Together at the Hotel Reine Bar included in the Conference fee
- 19:30 Keto Dinner *

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



Tuesday, 10th of June – Insulin Resistance, Heart- & CVD

CME/CPD Credits BLÄK 6, SNS-SNG, SGED-SSD 6, SGPMR 7 & SVDE-ASDD 4 Points

- 06:30 "Change Happens through Movement - and Movement Heals"
Good Morning Workout with Physiotherapist Michael Bol – 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 Assoc. Prof. Dr Eric Westman, United States of America
"The History and Clinical Research of Low Carb/Keto Diets for Obesity"
- 09:15 - 09:30 Q & A / Discussion
- 09:30 - 10:15 Assoc. Prof. Dr Eric Westman, United States of America
"Practical Aspects of Using Low Carb/Keto Diets for Obesity"
- 10:15 - 10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Bret Scher, United States of America
"The Cardiometabolic Syndrome - A Global Health Crisis"
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Prof. Dr Adrian Soto Mota, MEX
"The Idea is to Die Young as Late as Possible"
Recommended Screening Studies for Healthy and Not so Healthy Adults.
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster Session
13:00 Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Prof. Dr Johannes Kovarik, AT
"Low Carb Therapies as a Potential Treatment Option against the Cardiovascular-Kidney-Metabolic (CKM) Syndrome"
- 15:15 - 15:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:00 - 16:45 Dr David Unwin, United Kingdom
"Insulin Resistance and the Liver"
- 16:45 - 17:00 Q & A / Discussion
- 17:15 - 18:30 Walk and Talk – Q & A with
in Alternating Groups, please register at the Get-Together – with
- | | |
|-----------|--|
| Group I | Dr Elke Lorenz & Dr Stefan Goetz
"Prevention, Early Detection & Rehab of Heart & CVD" |
| Group II | Dr Jen & David Unwin "T2 Remission & Food Addiction" |
| Group III | Prof. Dr Thomas Weimbs & Prof Dr Johannes Kovarik
"KMT in Prevention & Treatment of CKD" |
| Group IV | Prof. Torsten Cramer – Dr Tomás Duraj,
"Cancer as a Metabolic Disease" |
| Group V | Elise Rensch, Pro Pilates "Let me see - maybe it's how you walk?" |
| Group VI | Graham Phillips - The Pharmacist Who Gave up Drugs,
Dr Iain Campbell "Psychotropic Drugs" |
| Group VII | Dr Helmuth Ruatti "Licht & Stoffwechsel Gesundheit" (Deutsch) |
- 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
- 21:00 Evening Special – Dr Jürg Kuoni, President of SAKMT - Reads from his New Book



Wednesday, 11th of June – Cancer

CME/CPD Credits BLÅK 6, SNS-SNG, SGED-SSED, SGPMR 7 & SVDE-ASDD 4 Points

- 06:30 "Change Happens through Movement - and Movement Heals"
Good Morning Workout with Physiotherapist Michael Bol – 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 Dr Cristina Tomasi, IT
"Lights and Shadows, Myths and Truths of Hormone Replacement Therapy"
- 09:15 – 09:30 Q & A / Discussion
- 09:30 - 10:15 Prof. Dr. Thorsten Cramer, DE
"Dietary Carbohydrate Restriction Inhibits Progression of Hepatocellular Carcinoma on Different Levels: Rationale for Designing Clinical Studies"
- 10:15 -10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Isabella Cooper, UK
"Ketogenic Metabolic Therapy for Cancer is not the same as Standard Ketogenic Diets – Not Understanding This Leads to Poorly Designed Trials and Ineffective Therapy."
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Dr Tomás Duraj, USA,
"Tailoring metabolic targeting to bioenergetic phenotypes: Building Rational Diet-Drug Combinations".
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster
Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Prof. Dr Christoph Wilhelm, Germany
"The Role of Ketogenesis in Infection and Inflammation"
- 15:15 - 15:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:00 - 16:45 Prof. Dr Simone Kreth, Germany
"The Ketogenic Diet: A Potent Modulator of Immunity and Autoimmune Conditions"
- 16:45 - 17:00 Q & A / Discussion
- 17:15 - 18:30 Walk and Talk – Q &A
In Alternating Groups, please register at the Get-Together – with
- | | |
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| Group I | Dr Elke Lorenz & Dr Stefan Goetz
"Prevention, Early Detection & Rehab of Heart & CVD" |
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- 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
- 21:00 Evening Special – "Beethoven & the 21Century" Piano Recital with Yojo Christen,



Thursday, 12th of June – Type 1 & Type 2 Diabetes, CKD

CME/CPD Credits BLÄK 6, SNS-SNG, SGED-SSED 6, SGPMR 7 & SVDE-ASDD 4 Points

- 06:30 “Change Happens through Movement - and Movement Heals”
Good Morning Workout with Physiotherapist Michael Bol – 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 Prof. Dr Paul Reynolds, USA
“Glycation and Inflammation: The Misunderstood Diabetic Exacerbators”
- 09:15 - 09:30 Q & A / Discussion
- 09:30 - 10:15 Dr Claudia Steigleder-Schweiger, AT
“Changes in T1 D Management during Childhood and Adolescence”
- 10:15 - 10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Andrew Koutnik, USA
“10 years of T1D Management using a Ketogenic Metabolic Therapy”
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Dr Ian Lake
“News and Improvements in T1D Management”
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster
13:00 *Keto - Lunch Buffet **
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Prof. Dr Peter Brukner – Senior Australian of the Year 2025
“Defeat T2 Diabetes”
- 15:15 - 15:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:00 - 16:45 Prof. Dr Thomas Weimbs USA & Suzanne Schneider, PhD r., UK
“Ketogenic Metabolic Therapy for Chronic Kidney Disease, Pre- and Post-Transplantation”
- 16:45 - 17:00 Q & A / Discussion
- 17:15 - 18:30 Walk and Talk – Q & A
In Alternating Groups, please register at the Get-Together
- | | |
|-----------|--|
| Group I | Dr Elke Lorenz & Dr Stefan Goetz
“Prevention, Early Detection & Rehab of Heart & CVD” |
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- 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
- 21:00 **Evening Special – Dr Ian Lake Reads from His New Book**



Friday, the 13th of June - Neurology & Psychiatry Part II

CME/CPD Credits BLÄK 3, SNS-SNG 2, SGED-SSED, SGPMR 4 & SVDE-ASDD 3 Points

- 06:30 "Change Happens through Movement - and Movement Heals"
Good Morning Workout with Physiotherapist Michael Bol – 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 Prof Dr Adrian Soto Mota, MX
"Traumatic Brain Injury"
- 09:15 - 9:30 Q & A / Discussion
- 09:30 - 10:15 Dr Ana Iacob, CH
"Antidepressants and Metabolic Side-Effects"
- 10:15 - 10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Matthew CL Phillips, NZ
"Ketogenic Metabolic Therapy in Parkinson's"
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Panel: "We won't inject our way out of here!"
led by Graham Phillips, with Prof. Dr Adrian Soto Mota, Prof Dr. Eric Westman,
Drs. Jen & David Unwin, Prof. Dr Peter Brukner
- 12:45 - 13:00 Q & A / Discussion

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
Prof. Dr. med. Adrian Soto Mota, MX
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
The Metabolic Revolution, USA

and to our Exhibition Sponsors

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

- 13:30 Join us - Registration Office opens
- 14:30 "Hello & Welcome to our **2nd Keto Live® Sports Conference** in Switzerland"
Josephine Barbarino EKLC – European Keto Live Centre, Germany
SAKMT - The Swiss Association for Ketogenic Metabolic Therapies



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

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 Metabolic and Ketogenic 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 or donor to the Magic Mountain Foundation, not only supporting the Keto Live® Project but also Research Projects on Metabolic and Ketogenic Therapies in need of funding around the world.

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