



**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 Credits**

The Swiss Society for General Internal Medicine **SGAIM AIM-MIG Credits**

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

The Swiss Neurological Society **SNG Credits**

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

The British Association for Nutrition and Lifestyle Medicine **BANT-CPD Hours**

Conference Program 2023

This schedule is subject to change

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

CME/CPD Credits SSMO-SGMO-SSOM, AIM-MIG, SGED, SNG & SVDE-ASDD pending

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|-------|---|
| 13:00 | Registration Office opens |
| 14:00 | “Hello & Welcome”
Josephine Barbarino |
| 14:00 | Jan Ellison Baszucki, United States of America
“Metabolic Mind - The year in Metabolic Psychiatry”
Q & A / Discussion |
| 15:00 | Dr John Schoonbee, South Africa, Switzerland, Swiss Re
“Have we got News for You?”
Q &A / Discussion |
| 16:00 | Josephine Barbarino & President Dr Jürg Kuoni
“EKLC & SAKMT - The Swiss Association for Ketogenic Metabolic Therapies”
<i>followed by a Coffee Break - included in the Conference Fee</i> |
| 16:30 | Beth Zupec Kania RD, CD the Charlie Foundation
“Ketogenic Metabolic Therapy for the
Treatment of Epilepsy and Rare Disorders”
Q & A / Discussion |
| 17:30 | Dr Albert Danan, France and Dr Georgia Ede, United States of America
“The Ketogenic Diet for Treatment-Resistant Mental Illness:
An Analysis of 31 Inpatients”
Q & A / Discussion |
| 18:30 | Introducing our new 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, AIM-MIG, SGED, SNG & SVDE-ASDD pending

- 07:00 “Change Happens Through Movement & Movement Heals.”
Ueli Lanz, Switzerland
Good Morning Workout – meet in Front of the Hotel

“To Keto or not to Keto” - Breakfast Buffet*
included in the Hotel Kurhaus
- 08:30 Registration Office opens
- 09:00 Ivor Cummins BE(Chem), CEng MIEI, Ireland
“Vegan versus Ketogenic Metabolic Therapies”
the Impacts on Health and Environment
Q & A / Discussion
- 10:00 Prof Dr Christoph Wilhelm, Germany
“Impaired Ketogenesis ties Metabolism to T cell Dysfunction in COVID-19”
Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 11:15 Prof Dr Benjamin Bikman, USA
“Infertility in both Men and Women:
Erectile Dysfunction in Men - Polycystic Ovary Syndrome (PCOS) in Women”
Q & A / Discussion
- 12:15 Keto - Lunch Buffet*
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:00 Prof Dr Benjamin Bikman, USA
“The Metabolic Origins of Heart Disease”
Q & A / Discussion
- 15:00 Dr Elke Lorenz, Germany
“Nature wants us to be fat - Evolutionary advantage as a CVD risk factor?”
followed by a Coffee Break - included in the Conference Fee
- 16:15 Prof Dr Adrian Soto-Mota, Mexico
“LDL metabolism during carbohydrate restriction and its implications
for assessing cardiovascular risk”.
- 18:00 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
“Food Addiction: Assessment, Treatment and Maintenance”
Session 1. Symptoms, prevalence & assessment tools
- 18:00 Workshops & Poster Sessions
In alternating Groups, please register on arrival at the registration desk
Cooking Workshop - Keto Bread – Orsolya Szathmari, Paleo Keto Hungary
Beth Zupec-Kania, USA, The Charlie Foundation
followed by Dinner in the historic kitchen of the Kurhaus*
Poster Session I The location will be announced
- 19:30 Keto Dinner at the Kurhaus Restaurant*
- 21:00 “The Earth Protectors” Documentary Audience Hall of the Kurhaus
Live introduction and Q & A with Anne de Carbucia, One Planet One Future



Wednesday, 14th of June – Cancer

CME/CPD Credits SSMO-SGMO-SSOM, AIM-MIG, SGED, SNG & SVDE-ASDD pending

- 07:00 “Change Happens Through Movement - and Movement Heals.”
Ueli Lanz, Switzerland
Good Morning Workout - included in the Conference Fee
meet in Front of the Hotel
“To Keto or not to Keto” - Breakfast Buffet* included in the Hotel
- 08:30 Registration Office Opens
- 09:00 Prof Dr Dominic D'Agostino USA
"Exploiting Cancer Metabolism with
Ketone Metabolic Therapy and HBOT"
Q & A / Discussion
- 10:00 Dr Wafaa Abdel-Hadi, Egypt
“Analyzing Mitochondrial Health and Tumor Microenvironment
to Keep Cancer at Bay”
Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 11:15 Dr Tomás Duraj, Spain
“Metabolically Supported Oncology Care:
From Theory to Clinical Application”
Q & A / Discussion
- 12:15 Keto - Lunch Buffet*
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14.30 Patricia Daly, Nutritional Therapist, BA Hons, dipNT, mBANT, mNTOI
Switzerland, Ireland
“The Fundamentals and Practical Applications of Nutrigenomic Testing”
- 15:30 Dr Jean Pierre Spinosa, Switzerland
“The role of repurposed drugs in targeting cancer cell metabolism,
growth signaling pathways and in increasing anti-cancer immunity”
Q & A / Discussion
followed by a Coffee Break- included in the Conference Fee
- 16:30 Prof Dr Dominic D'Agostino USA
Panel Discussion
“Standard of Care & the Patient”
Dr Jean Pierre Spinosa, CH, Dr Tomás Duraj, Spain, Dr Wafaa Abdel Hadi,
Egypt, Patricia Daly, CH
- 18:00 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
“Food Addiction: Assessment, Treatment and Maintenance”
Session 2. Addiction concepts & Abstinent food plans
- 18:00 Cooking Workshop - Keto Bread, Orsolya Szathmari & Beth Zupec-Kania,
followed by Dinner in the historic kitchen of the Kurhaus*
Poster Session II - The location will be announced
- 19:30 Keto Dinner at the Kurhaus Restaurant*
- 21:00 **CanceRevolution** Documentary Audience Hall of the Kurhaus
Live introduction and Q & A with Maggie and Brad Jones



Thursday, 15th of June - Diabetes

CME/CPD Credits SSMO-SGMO-SSOM, AIM-MIG, SGED, SNG & SVDE-ASDD pending

- 07:00 "Change Happens Through Movement - and Movement Heals."
Ueli Lanz, Switzerland
Good Morning Workout – meet in Front of the Hotel - included in the Conference Fee
"To Keto or not to Keto" - Breakfast Buffet included in the Hotel*
- 08:30 Registration Office Opens
- 09:00 Dr David Cavan, United Kingdom
"Insulin in Diabetes – Friend or Foe?"
- 10:00 Prof. Dr Cirhuza Cikomola, Democratic Republic of Congo
"Diabetes in Africa"
followed by a Coffee Break - included in the Conference Fee
- 11:15 Dr Ian Lake, United Kingdom
"Climb every mountain: the benefits of a ketogenic metabolic therapy for physical activity in Type 1 diabetes."
Q & A / Discussion
- 12:15 Keto - Lunch Buffet*
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:00 Dr David Unwin, United Kingdom
The "Discordant Doppelganger Dilemma": SGLT2i Mimics Therapeutic Carbohydrate Restriction - Food Choice first over Pharma?
Q & A / Discussion
- 15:00 Prof Dr Thomas Weimbs, USA
"Ketogenic Metabolic Therapies for Polycystic Kidney Disease - From Mice, Rats and Cats to People"
Q & A / Discussion
followed by a Coffee Break- included in the Conference Fee
- 16:00 Prof Dr Johannes Kovarik, Austria
"Ketogenic Metabolic Therapies and Chronic Kidney Disease The Vienna Study Part II"
Q & A / Discussion
- 18:00 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist & Heidi Giaever, Consultant Nutritionist, United Kingdom
"Food Addiction: Assessment, Treatment and Maintenance"
Session 3. Recovery protection/relapse prevention
- 18:00 Cooking Workshop - Keto Bread – Orsolya Szathmari & Beth Zupec-Kania,
followed by Dinner in the historic kitchen of the Kurhaus*
Poster Session III
The location will be announced
- 19:30 Keto Dinner at the Kurhaus Restaurant *
- 21:00 **Late Night Special - Dr Georgia Ede reads from her new Book**



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

CME/CPD Credits SSMO-SGMO-SSOM, AIM-MIG, SGED, SNG & SVDE-ASDD pending

- 07:00 “Change Happens Through Movement - and Movement Heals.”
Ueli Lanz, Switzerland
Good Morning Workout – meet in Front of the Hotel - included in the Conference Fee
“To Keto or not to Keto” - Breakfast Buffet*
included in the Hotel*
- 08:30 Registration Office Opens / 2 SGAIM / 4 SNG Credits
- 09:00 “Remission of Metabolic Conditions include Sleep and Stress Management”
Dr Ignacio Cuaranta, Argentina
- 10:00 Dr Iain Campbell, United Kingdom
"News from the first European Trail of a
Ketogenic Metabolic Therapy for Bipolar Disorder"
followed by a Coffee Break - included in the Conference Fee
- 11:15 Dr Csilla Ari D Agostino, United States of America
“Metabolic Therapies for Neurodegenerative Diseases”
Q&A / Discussion
- 12:15 “The Metabolic Health Pilot – Connecting the Sciences-
Panel led by Dr John Schoonbee
Prof Dr Adrian Soto Mota, ME, Prof Dr Thomas Weimbs, USA,
Prof Dr Johannes Kovarik, AT, Dr David Unwin, UK
- 13:00 Farewell - “Keep on Keto” - See you again soon



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

* 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.

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

Puez 112, CH - 7482 Bergün/ Bravuogn
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Idea, Concept & Organization:
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Non – Profit Partners

The Baszucki Group, USA

The Ketogenic Foundation, USA

