



**5th International  
Keto Live® Conference in Switzerland  
9th - 13th of June 2025**

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



With sadness and many happy memories, I dedicate this Conference to my inspiring, brave friend, our Founding and Advisory Board Member Patricia Daly Wyss, \*June 18th,1980 - † January 12th, 2025 to her family and to all families, patients and medical professionals suffering from or treating chronic disease.

I dedicate the Conference to their human right to receive informed consent on treatment options 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 (NCDs).

Josephine Barbarino

St. Moritz June 2025



**Keto Live® Project 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 are applying for **CME/CPD Credits** for Continuous Medical Education from:

The Bavarian State Chamber of Physicians **BLÄK**

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

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

The Swiss Neurological Society **SNS-SNG**

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

**The Program is subject to change**

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

**CME/CPD Credits BLÄK, SNS-SNG, SGED-SSED, - SVDE-ASDD POINTS**

- 12:30 Registration Office opens
- 13:30 "Hello & Welcome to our 5<sup>th</sup> 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  
Key Note -"Have we got News for You?"
- 14:30 Q & A / Discussion
- 14:45 - 15:30 Prof. Antonio Paoli, Italy  
"Ketogenic Metabolic Therapies, the Microbiome and its Influence on the Brain"
- 15:30 Q & A / Discussion  
followed by a Coffee Break
- 16:00 - 16:45 Dr Iain Campbell, UK  
"Metabolic Psychiatry: Future Horizons"
- 16:45 Q & A / Discussion
- 17:00 – 17:45 Metabolic Mind, USA  
"Witnessing a New Area in Mental Health.."
- 17:45 Q & A / Discussion
- 18:00 Welcome Get Together at the Hotel Reine Bar included in the Conference fee
- 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



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

CME/CPD Credits **BLÄK 9, SNS-SNG 2, SGED-SSED 2 - SVDE-ASDD 4 POINTS**

- 06:30 "Change Happens through Movement - and Movement Heals"  
Good Morning Workout – Meet in front of the Hotel Resistance Training at any Age – 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 Eric Westman  
"The History and Clinical Research of Low Carb/Keto Diets for Obesity"
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Prof. Dr Eric Westman  
"Practical Aspects of Using Low Carb/Keto Diets for Obesity"
- 10:15 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Prof. Christoph Wilhelm, DE  
"The Role of Ketogenesis in Infection and Inflammation"
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Prof Dr Simone Kreth, DE  
"Ketones First Line Treatment in Sepsis"
- 12:30 Q & A / Discussion
- 12:45 Poster Session  
12:45 Keto - Lunch Buffet \*  
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Dr. Nickolas Norwitz, USA  
"Stay Courious – Crohn´s Disease"
- 15:15 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 15:45 - 16:30 Panel - "Rethinking Treatments of the Immune System"  
Prof. Dr Adrian Soto-Mota, MX, Dr Nick Norwitz USA, Prof Christoph Wilhelm, DE, Prof. Dr Simone Kreth, DE,
- 16:30 Q & A / Discussion
- 17:00 - 18:30 Walk and Talk – Q & A with  
in Alternating Groups, please register at the Get-Together – with
- Group I Dr Elke Lorenz, Ivor Cummins –  
"Prevention & Early Detection of Heart & CVD"
- Group II Dr Alexandre Pelouze, Dr Stefan Goetz  
"Treatment & Rehab of Heart & CVD"
- Group III Dr Wafaa Abdel Hadi & Prof. Torsten Cramer - Cancer
- Group IV Elise Rensch, Pro Pilates "Let me see - maybe it's how you walk?"
- Group V Graham Phillips - The Pharmacist Who Gave up Drugs,  
Dr Ana Iacob & Dr Iain Campbell "Psychotropic Drugs"
- 19:30 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: "**Medizin die uns Krank macht**"





## Wednesday, 11th of June – Cancer

CME/CPD Credits BLÄK , SNS-SNG , SGED-SSED , SVDE-ASDD POINTS

- 06:30 “Change Happens through Movement - and Movement Heals”  
Good Morning Workout – Meet in front of the Hotel Resistance Training at any Age 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 Cristina Tomasi, IT  
“Lights and Shadows, Myths and Truths of Hormone Replacement Therapy”  
09:15 Q & A / Discussion
- 09:30 - 10:15 Dr Tomás Duraj, USA,  
“Tailoring metabolic targeting to bioenergetic phenotypes:  
building rational diet-drug combinations”.  
10:15 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Dr Isabella Cooper, UK  
“Glioblastoma”  
11:30 Q & A / Discussion
- 11:45 - 12:30 Prof. Dr. Torsten Cramer, DE  
“Hepatocellular Carcinoma”  
12:30 Q & A / Discussion
- 12:45 Poster  
Keto - Lunch Buffet \*  
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Dr Anthony Chaffee, USA, AUS  
“Are Plants trying to kill you?”  
15:15 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 15:45 - 16:30 Panel “Clinical Research Framework Proposal for Ketogenic Metabolic Therapy in Glioblastoma Getting the Protocol into Practice”  
Dr Tomás Duraj, Dr Isabella Cooper, Dr Matthew Phillips, Prof. Dr Simone Kreth  
16:15 Q & A / Discussion
- 17:00 - 18:30 Walk and Talk – Q &A  
In Alternating Groups, please register at the Get-Together – with
- |           |   |
|-----------|---|
| Group I   | Dr Elke Lorenz, Ivor Cummins –<br>“Prevention & Early Detection of Heart & CVD”                                     |
| Group II  | Dr Alexandre Pelouze, Dr Stefan Götz<br>“Treatment & Rehab of Heart & CVD”  |
| Group III | Dr Wafaa Abdel Hadi & Prof. Torsten Cramer - Cancer   |
| Group IV  | Elise Rensch, Pro Pilates “Let me see - maybe it's how you walk?”   |
| Group V   | Group V Graham Phillips - The Pharmacist Who Gave up Drugs,<br>Dr Ana Iacob & Dr Iain Campbell “Psychotropic Drugs” |
- 18:45 – 19:30 Aperero at the Reine Victoria Bar - Drinks not included\*
- 19:30 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 – News from the CancerRevolution Documentary



## Thursday, 12th of June – Type 1 & Type 2 Diabetes, CKD CME/CPD Credits BLÄK, SNS-SNG, SGED-SSED, - SVDE-ASDD POINTS

- 06:30 "Change Happens through Movement - and Movement Heals"  
Good Morning Workout – Meet in front of the Hotel Resistance Training At any Age – 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 Claudia Steigleder-Schweiger, AT  
"Changes in T1 D Management during Childhood and Adolescence"  
09:15 Q & A / Discussion
- 09:30 - 10:15 Dr Ian Lake  
"News and Improvements in T1D Management"  
10:15 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:30 Dr Andrew Koutnik, USA  
"10 years of T1D Management using a Ketogenic Metabolic Therapy"  
11:30 Q & A / Discussion
- 11:45 - 12:30 Prof. Dr Paul Reynolds, USA  
"Ozempic Surprising Facts"  
12:30 Q & A / Discussion
- 12:45 Poster  
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 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 15:45 - 16:30 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  
16:30 Q & A / Discussion
- 17:00 – 18:30 Walk and Talk – Q & A  
In Alternating Groups, please register at the Get-Together
- |           |   |
|-----------|---|
| Group I   | Dr Elke Lorenz, Ivor Cummins –<br>"Prevention & Early Detection of Heart & CVD"                             |
| Group II  | Dr Alexandre Pelouze, Dr Stefan Götz<br>"Treatment & Rehab of Heart & CVD"                                  |
| Group III | Dr Wafaa Abdel Hadi & Prof. Torsten Cramer - Cancer   |
| Group IV  | Elise Rensch, Pro Pilates "Let me see - maybe it's how you walk?"   |
| Group V   | Graham Phillips - The Pharmacist Who Gave up Drugs,<br>Dr Ana Iacob & Dr Iain Campbell "Psychotropic Drugs" |
- 18:45 – 19:30 Aperero at the Reine Victoria Bar - Drinks not included
- 19:30 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 2

**CME/CPD Credits BLÄK, SNS-SNG, SGED-SSÉD - SVDE-ASDD POINTS**

- 06:30 "Change Happens through Movement - and Movement Heals"  
Good Morning Workout – Meet in front of the Hotel - Resistance Training  
at any Age – 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 Ana Iacob, CH  
"Depression and Drugs"
- 09:15 Q & A / Discussion
- 09:30 - 10:15 *John C. Newman, or Briana Stubbs USA*  
*"B-Hydroxybutyrate is a Metabolic Regulator of Proteostasis in the Aged and*  
*Alzheimer's Disease Brain."*
- 10:15 Q & A / Discussion  
followed by a Coffee Break - included in the conference fee
- 10:45 - 11:15 Dr Matthew CL Phillips, NZ  
"Ketogenic Metabolic Therapy in Parkinson´s"
- 11:15 Q & A / Discussion
- 11:30 - 12:15 Panel "Is Keto for everyone – do we have to incorporate Risk factors?"  
led by Dr David Unwin, UK, Prof. Dr Eric Westman, USA,  
Dr Matthew CL Phillips, NZ, Prof. Dr Adrian Soto Mota
- 12:15 Q & A / Discussion
- 12:30 **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](mailto:info@reine-victoria.ch)

### **Medizinische Beratung & Leitung der Konferenz:**

Prof. Dr. med. Markus Stoffel, München, DE  
Dr. med. Suzan Oruc, Burghausen, DE  
Dr. med. Jürg Kuoni, Zürich, CH  
Dr. med Zvonko Mir, Brig, CH

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

Metabolic Mind Foundation, USA and the Chaja Foundation, DE

### **and to our Exhibition Sponsors**

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

- 13:00 Join us - Registration Office opens
- 14:00 "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
- 21:00 **Evening Special - The Cholesterol Code Documentary**



## 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/Wellness, Treatment, Education, and Research Centre for Ketogenic Metabolic 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, Supporting not only the Keto Live® Project but also Research Projects on Metabolic and Ketogenic Therapies in need of funding worldwide.

To join the Movement, do not hesitate to get in touch with us  
[ketoliveproject@gmail.com](mailto: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



