



# EUROPEAN KETO LIVE<sup>®</sup> CENTRE

INFORMATION & TRAINING CENTRE - ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES

According to the WHO, Non-Communicable Diseases (NCD) kill 41 million people each year, of which 15 million die prematurely between the ages of 30 and 69. Cardiovascular disease (CVD) accounts for 17.9 million, cancer 9.3 million, respiratory disease 4.1 million and diabetes 1.5 million! These four groups of diseases are the drivers of 80% of all (preventable) premature deaths! Additionally, the WHO does not include neurological and neuropsychiatric disorders in these statistics! NCD is a precondition connected to severe COVID-19 cases, and most of the 4.3 million deaths reported. Besides the incredible, long-lasting suffering for patients, families and friends, NCD also causes devastating economic side effects to our healthcare system and society.

All these diseases share the same metabolic dysfunction of insulin resistance.

## **There is no medication against insulin resistance!**

But insulin resistance is preventable and even reversible, using the oldest treatment in the world - real food and nutrition. Unfortunately, however, nutrition and nutritional therapies are not part of our medical education. And biochemistry the knowledge about the amazing chemical factory in our bodies is taught without the vital connection to metabolic dysfunctions and related diseases.

We can't afford to wait any longer.

We must "Flatten the NCD Curve to Face Future Viral Attacks".

## **The European Keto Live Centre (EKLC)**

Information and Training Centre - Association for Ketogenic Metabolic Therapies (EKLC) was founded to change this situation. We aim to teach scientific, up-to-date and medically sound knowledge as well as the impacts of nutrition on our metabolic health and environment - with a particular focus on Ketogenic Metabolic Therapies (KMT) as a powerful medical tool in the fight against NCD. We are connecting international scientists and medical practitioners in this field to create and provide Continuing Medical Education (CME) plus Bachelor (B.Sc.), Master (M.Sc.) and postgraduate curricula at university levels for healthcare professionals. As well as creating educational programs for schools, nursing homes and hospitals.

The **Keto Live Project**, providing CME-certified conferences since 2019, is growing fast and has been connecting specialists globally - from Germany, Switzerland, Austria, Italy, France, Belgium, the Netherlands, Ireland, Denmark, the UK, the USA, Australia, Argentina, Mexico, Egypt, Israel, Saudi Arabia, DR Congo and South Africa.

Many scientists and experts have joined our Advisory Board to contribute to "**The International Metabolic Health Pilot - Connecting the Sciences**", intending to fight NCD with their knowledge. For more details, please view our Advisory Board and our Live and Online Conferences on our Website [European-Keto-Live Centre.com](https://European-Keto-Live-Centre.com).



At the 1st international Keto Live Conference in 2019, the idea for the centre started to crystallise with the help of Prof Thomas Seyfried, Dr Jean Pierre Spinosa, Dorian Greenow, Gemma Kochis, and 32 founding members, including Dr Georgia Ede, Dr Ian Lake, Dr John Schoonbee, Patricia Daly, Domini Kemp, Sybille Bellamy Kraft, Dr Amy McKenzie, Dr Jürg Kuoni, and many others. We laid the legal and business foundations and negotiated collaborations by registering the Keto Live Project e.V. - The European Keto Live Centre - Association for Ketogenic Metabolic Therapies. And we received the first grants from the Ketogenic Foundation and the Baszucki Group in the autumn of 2021. Implementing Keto Live® GmbH (for-profit), the Swiss sponsoring investor, FCO Private Office SA, joined our movement. The search for a location for the Centre has begun, and preparations for the foundations of the centre - the pilot project started in 2020.

### **The International Metabolic Health Pilot - Connecting the Sciences**

Keto Live Project connects leading international scientists, experts and practising healthcare professionals to provide their knowledge and expertise to the pilot and therefore create and implement the much-needed change. The pilot consists of three different, but interconnecting phases designed to create and start a better, cost-effective healthcare structure. The main goal is to successfully prevent and treat Insulin Resistance / NCD, strengthen our personal and society's immune systems, to protect the future of our children and the planet. In 2021, we started with

### **Phase 1 of the Pilot - Training the Teams**

The first phase is to educate physicians, dietitians, nutritionists, nurses, and Metabolic Health Mentors by implementing "The Curriculum Project". This involves creating the first comprehensive postgraduate curriculum on KMTs and answering the quest for medical education in nutrition and its impacts on metabolic health as well as the immune system. Following the German medical association (Bundesärztekammer BÄK) 2018 Framework for Nutritional Medicine, the curriculum consists of two parts: Part I requires a minimum of 100 hours of remote E-Learning. An additional Part II includes 120 hours of patient-connected face-to-face practical training, which can be completed in either 10 -12 weekend courses, 2 x two weeks, or 1 x 4 weeks at the centre.

This extensive curriculum will get broken down into BA and MA curricula for medical students, dietitians, and Metabolic Health Mentors, who fill the gap between doctors and patients. The original language is English, which will then be translated first into German to serve Germany, Switzerland, and Austria, to be followed by translations into many more languages.

In addition to recordings from the conference lectures that will contribute to the curriculum, an additional two extensive projects towards curriculum creation have already been completed:

- After our 2nd annual Conference in Bergün 2022, we organised the **1st Keto Live® Expert Week** on the urgent neuropsychiatric topics of "Depression and Anxiety."

Led by Dr Georgia Ede, USA, we invited Dr John Schoonbee, Swiss Re, CH, Prof Dr Adrian Soto Mota, ME, Dr Jen Unwin, UK, Dr Ignacio Cuaranta, AG, Beth Zupec-Kania RDN, CD (The Charlie Foundation), USA, Maria Edward, DK, Dorian Greenow & Gemma Kochis, USA as our experts to Burghausen. A new concept and the structure of half-year courses for patients were developed, providing physicians, dietitians, nurses, and metabolic health mentors the opportunity to learn face-to-face with patients.

[Dr John Shoonbee - Keto Live Soiree celebrating the 1st Expert Week](#)



- In addition, a **2nd Keto Live® Expert Week** was held in October 2022 in Maloja, working on the framework developing the **Keto Live® Type 2 Diabetes Remission Program**.

Led by Dr David Unwin and Prof Dr Adrian Soto Mota, and specialists in preventing and treating chronic kidney diseases, Prof Dr Thomas Weimbs, Prof Dr Johannes Kovarik and Prof Dr Roman-Ullrich Müller, including the topic of managing Type 1 Diabetes with Dr Ian Lake together with Beth Zupec Kania RDN, CD, and Jessianna Saville MS, RDN, LD, CLT, Patricia Daly M.Sc., dipNT, Dr Sofia Deloudi, Dorian Greenow, and Gemma Kochis.

- Further expert weeks on insulin resistance, obesity, CVD, the management of cancer, migraines and, of course, epilepsy and neuropsychiatric disorders will be organised soon. In the future, each **Keto Live® Expert Week** - the educational programs bringing together patients and medical professionals - consists of educational hours for dieticians, nurses and metabolic health mentors on Wednesday and Thursday. To be joined by physicians (postgraduate students) and the patient group for the weekend. The special weekend courses with our international experts will be CME/CPD certified. If only interested in a particular topic, healthcare professionals can book these weekends separately.

- We will host our **3rd International Keto Live Conference in Switzerland** from 12-16 June 2023, **Ketogenic Metabolic Therapies – Future Prevention & Treatment of NCD**, adding more recordings to the curriculum - scientific news dealing with the impacts of not one but two closely connected pandemics: Non-Communicable Diseases and COVID-19.

### **Pilot Phase 2 – Adapting KMT Programs to the Patients**

We expect the magic to happen when Part II of the above-outlined postgraduate curriculum, the 120 hours of face-to-face practical medical training, meets Phase 2 of the pilot where KMT programs will be introduced to and implemented with patients.

Patients can apply for a half-year-long medical guided virtual program - including two weekends of live teaching, learning, and monitoring, meeting and joining with their Metabolic Health Mentors, support groups and the experts at the centre.

- **The Keto Live® Type 2 Diabetes Remission Program**

We are starting the first half-year educational program with two live meetings for patients and medical professionals Part I - from September 27th to October 1st, 2023, and Part II – from the 10th to 14th of January 2024 in Maloja. In between these two live face-to-face teaching events, the patients will be connected, monitored, and instructed by our metabolic health mentors, our medical team and their practising physicians.

[Dr David Unwin: The Keto Live® Type 2 Diabetes Remission Program](#)

- In June 2024, we plan to open the first international **Metabolic Health Centre** offering various medical guided programs for inpatients and the **Keto Live®Academy** in an existing historic hotel in a famous tourist destination in Switzerland, attracting physicians and patients alike. A beautiful mountain setting in the upper Engadin close to St. Moritz and Davos, well-connected to Zürich and Milan Airport.



### Pilot Phase 3 - Expanding our radius

In Phase 3, we like to expand our radius with the **Keto Live@Academy**. The focus is on implementing "Interdisciplinary Ketogenic Metabolic Therapy Consultation Hours" in hospitals to advise patients. And to offer Prevention Programs for corporates on how to prevent, treat and manage NCD.

- **Keto Live@Research** - Collaborating with our Advisory Board members and their universities, our **Keto Live@Metabolic Health Centre** and the **Keto Live@Academy**, our patient groups, and the NCD prevention for corporates could serve as “bench to bed” data collection to form the base for the much-needed extensive controlled studies on nutritional therapies.

### Since 2019 we have been providing CME-certified Continuing Medical Education.

Our Live and E-Learning Conferences are certified by

**SGAIM**, The Swiss Society for General Internal Medicine

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

**SGED-SSED**, The Swiss Society for Endocrinology & Diabetology

**SNG**, The Swiss Neurological Society

**BLÄK**, The Bavarian Medical Association with the highest possible CME Credits, awarded in doubling the Credits for fulfilling all quality requirements of the **BÄK**, The German Medical Association. Through an agreement between the BÄK and the American Medical Association, physicians may convert credits to an equivalent number of **AMA PRA Category 1 Credits TM**.

and by

**UEMS-EACCME®**, the European Accreditation Council for Continuing Medical Education (EACCME®), is an institution of the European Union of Medical Specialists **UEMS**.

CME accreditation granted by the UEMS-EACCME® provides a guarantee to participants from all over the world that the content of the CME provided is of high quality, unbiased and didactic and, for European doctors, that this quality will be recognised in their home country.

### USA - AMA PRA Category 1 Credits and Canada

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits TM. Information on the process to convert EACCME® credit to AMA credit can be found at <https://www.ama-assn.org/go/internationalcme>.

Live educational activities occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s, are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Our educational events are also CPD certified by

**SVDE ASDD 18 Points**

The Swiss Association for Dieticians and Nutritionists

**20 BANT-CPD Hours**

The British Association for Nutrition and Lifestyle Medicine



We are proud to announce that next to the members of our Advisory Board:

- Keto Mojo is our technical collaboration partner on Blood-sugar and Ketone testing throughout all phases of the pilot. With My Mojo Health, we are looking forward to teaching new ways to control testing and communication between practitioners and patients. We intend to invent, develop, and adopt new technologies to support long term nutritional studies - based on Ketogenic Metabolic Therapies in the prevention and treatment of NCD.
- Creating Concepts GmbH - our technical collaboration partner for developing and providing the best quality in recording and post-production of the curriculum, conferences, and expert weeks.
- Our non-profit partners are the Baszucki Group and the Ketogenic Foundation, USA. During the COVID-19 restrictions, the B. Braun Stiftung supported the 1st Keto Live® E-Learning Conference, and as Financing Sponsor, the FCO Private Office SA, CH contributes to Keto Live® GmbH.

A big thank you to our participating and teaching Advisory Board Members, the scientists, their institutions, the experts, the practising physicians, and the generous and dedicated help of many volunteers; none of the achieved would have been possible.

Josephine Barbarino, Founder and CEO

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