



## **European Keto Live Centre – Information and Training Centre Association for Ketogenic Metabolic Therapies update by Keto Live Project e.V. 2021**

### **The Situation**

A Tsunami of Non-Communicable Diseases (NCDs) such as type two diabetes, obesity, hypertension and cardiovascular disease is threatening not only our lives, but also the health and happiness of our children, families, and friends. These metabolic conditions were already placing a tremendous financial burden on our healthcare system and society well before the COVID-19 pandemic descended upon us, although the pandemic served to dramatically expose the profound weaknesses in our personal and societal immune systems. Indeed, we have learned that it is the very same people who suffer from metabolic NCDs who appear to be most susceptible to serious illness and death if infected with this novel virus, and therefore comprise the majority of the

### **“COVID-19 Risk Group.”**

The Keto Live Project is dedicated to stemming this tide of chronic NCD.

Keto Live seeks to build awareness and understanding of where our nutrition guidelines went wrong, and how those guidelines helped contribute to and continue to worsen the dire predicament in which we find ourselves today.

Keto Live provides information to address, prevent, and treat the underlying metabolic condition Non-Communicable Diseases have in common: insulin and leptin resistance. Ketogenic Metabolic Therapy is not a fad diet; it is a scientifically proven method that can prevent and successfully treat many of the chronic diseases of our modern world using one of the oldest and wisest tools available to us all - real food.



## **EUROPEAN KETO LIVE<sup>®</sup> CENTRE** INFORMATION & TRAINING CENTRE - ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES

European Keto Live Centre's mission is:

To spread the word about the scientifically sound benefits of Ketogenic Metabolic Therapy, empowering health care professionals with the information they need to improve the health and wellbeing of all Europeans.

To support and make life easier for people who want to try Ketogenic Metabolic Therapy to improve their health or treat serious medical conditions.

To prevent and treat common metabolic diseases including obesity, cardiovascular disease, cancer, diabetes, as well as neurological and psychiatric conditions.



**As an association, “The European Keto Live Centre” aims to gather, organize, and provide access to medically sound, first-hand information from leading scientists and experts in the field of Ketogenic Metabolic Therapies for use by physicians, allied healthcare practitioners, naturopaths, nutritionists, dietitians, parents, educators, and caregivers.**

**For everyone concerned about chronic disease, there is hope! For you!**

**The European Keto Live Centre will:**

- Advocate for changing European dietary guidelines and medical standards of care, including making early detection of insulin resistance mandatory. With the help of international scientists, physicians, and other health care professionals, the European Keto Live Centre will adhere to rigorous scientific standards in its political efforts to credibly and responsibly influence the local, national and federal government agencies and health insurers necessary to accomplish these goals.
- Create educational programs for medical students, practicing physicians, schools, hospitals, nursing homes, and restaurants, and other businesses that serve food to their patients, customers and employees.
- Offer talks and hands-on workshops such as cooking classes to patients, nutritionists, and caregivers to make ketogenic lifestyle changes easy for patients, parents, and children.
- Create a variety of live events to help launch the Ketogenic Metabolic Therapy Revolution.
- Initiation of studies and trials to validate the safe medical use of KMT

**Why do we need a European Keto Live Centre - for Ketogenic Metabolic Therapies?**

**The Situation**

1. The "ketogenic diet" has been successfully used as a powerful medical tool in the treatment of epilepsy for nearly a century, and yet this strategy continues to be recommended as a treatment of last resort—and even then, only for children. This must be changed!
2. Researchers who study the “ketogenic diet” and health care professionals who have had clinical success using the “ketogenic diet” in their practices have published books and articles sharing their important findings about its many health benefits, including *The New Atkins for the New You* by Dr. Eric Westman, Dr. Stephen Phinney and Dr. Jeff Volek; *Banting* by Prof. Tim Noakes, *The Pioppi Diet* by Dr. Aseem Malhotra, *Fat for Fuel* by Dr. Joseph Mercola and *Krebszellen Lieben Zucker, Patienten brauchen Fett* by Prof. Ulrike Kämmerer.
3. The phrase "ketogenic diet" was the most popular diet-related search term both on Google and on PubMed in 2018.
4. The effectiveness of the ketogenic diet as a therapeutic weight loss strategy has inspired the creation of countless new “keto” blogs, products, and services. Unfortunately, information provided by these businesses on the internet can be misleading and unreliable. The overwhelming amount of information available online and in print has in many ways paradoxically only added to public confusion about nutrition science in general and ketogenic principles in particular. Examples include the advertisement for the mega-bestseller *The Primal Blueprint—unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever!* and confusing program names like the "No-Carb 3-step Diet Plan" or "Flexi-Carb" just to name a few.
5. Unfortunately, medical education curricula provide for little to no training in nutrition science and nutritional therapies, and continuing medical education opportunities for physicians are in most cases funded and influenced by “Big Pharma” and “Big Food.”
6. The dietary and medical guidelines provided by our government organizations are in most cases based on little to no scientific evidence or on studies funded by the food and pharmaceutical industries.



## First Steps

- Unite doctors, scientists, and patients to become a stronger force in the fight against NCD.
- Build consensus around clear terminology by consolidating effective low-carbohydrate strategies under a single name. The term "diet" can be, in some contexts and cultures, understood as a short-term intervention rather than a long-term health strategy. Therefore, the medical implementation of "ketogenic diets" shall instead be officially referred to as

### **"Ketogenic Metabolic Therapy."**

- Provide science-based, medically sound information for doctors, healthcare providers, hospitals, schools, health insurers, politicians and—of course—patients.
- Advocate for meaningful labeling of food, medication, supplements, and information

The foundation for the European Keto Live Centre – Information and Training Centre for Ketogenic Metabolic Therapies was laid at the first International Keto Live Conference in Switzerland, June 2019. The Centre is comprised of thirty-two founding members representing eight European Countries and the USA, as well as international physicians, scientists and specialists. The Centre receives support from The Charlie Foundation, Connections Cetogenes, The Nutrition Network/ The Noakes Foundation, and many more to come.

We create and provide

- Education programs for universities
- Live events, CME / CPD-certified conferences and seminars
- Digital webinars and tutorials
- Handouts and books for doctors, nutritionists, health coaches, hospitals, nursing care facilities, caregivers, health insurers, politicians, and other health influencers
- Educational programming and practical assistance for patients and families, as well as for culinary professionals who provide food services to schools, hospitals and businesses
- CME/ CPD-certified programs conducted in English and German for Germany, Switzerland, and Austria with the long-term goal of translating programs into all European languages.
- Training in Ketogenic Metabolic Therapies for a large number of Certified Health Coaches to help make the Keto Live Health Revolution a reality.

## Venue / Location

In addition to planning CME/CPD-certified Keto Live conferences, we are conducting site searches and soliciting funding for an appropriate venue to house the Centre, with two properties in Germany (in Berlin and Bavaria) and one property in Switzerland currently under consideration. The Venue should have "touristic flair" to help attract visitors to the Centre and would ideally provide:

At least three rooms of office space

A meeting / seminar room that can accommodate up to 30 people

A small to medium assembly hall equipped with the audiovisual technology needed to support lectures and educational films

A library conducive to study and apprentice work

Two small guest apartments (bedroom, bathroom, study with kitchenette) for doctors and scientists during their lecturers, courses or studies

A professional kitchen for cooking workshops & small restaurant/café where visitors can experience and enjoy Keto-Real-Food

**Advisory Board Members:****General Internal Medicine – Cardiology**

Prof Dr Markus Stoffel MD Munich, DE  
Dr Cristina Tomasi MD, IT  
Kirsten Schwarz, Specialist in General Medicine, DE  
IHDA - Ivor Cummins BE(Chem) CEng MIEI PM, IE

**Medical Oncology:**

Prof Thomas Seyfried PhD, USA  
Dr Jean Pierre Spinosa MD, CH  
Patricia Daly BA Hons, dipNT, mBANT, rCNHC, CH, IE

**Endocrinology - Diabetology - Nephrology:**

Dr Ian Lake MD, UK  
Prof Dr Markus Säemann MD, AT  
Dr Laila Motamen MD, AT  
Dr Adrian Soto Mota MD, PhD, MX, UK  
Zainab Alghamdi SA

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Dr Gary Fettke MB, BS, FRACS, FAOrthA, AU-TAS

**Anaesthesiology:**

Dr Helmuth Ruatti, MD, IT

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Dr Elena Gross PhD, DE, CH  
Nicolas Norwitz PhD, USA  
Connectiones Cetogene, Sybille Bellamy-Kraft FR  
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Dr John Schoonbee MD, SwissRe, ZA, CH

**Nature and Environment:**

Dr Ernst-Josef Spindler PhD, DE

**Publishing & Education:**

Anita Kunz, CH

**Legal Advice & IP Management:**

Dr Thomas Kantenwein PhD, DE  
Dr Tatiana Zarubina PHD, CH



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European Keto Live Centre - Information & Training Centre - Association for Ketogenic Metabolic Therapies  
Keto Live Project e.V. - seinodernichtsein GmbH - Stadtplatz 116 - D 84489 Burghausen - [www.keto-live.com](http://www.keto-live.com) [ketoliveproject@gmail.com](mailto:ketoliveproject@gmail.com) - Telefon + 49 151 25 25 0 100 - Fax + 49 8677 15 64 - UST-ID: DE 311 90 69 91

Medizinische Beratung und Leitung der Konferenz: Prof.Dr. med. Markus Stoffel und Dr. med. Suzanne Oruc