



EUROPEAN KETO LIVE® CENTRE

INFORMATION & TRAINING CENTRE ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES

"Howto" Ketogenic Metabolic Therapie – Handouts for doctors and their patients

A publication by the "European Keto Live Center" to support doctors to use Ketogenic Metabolic Therapies as a medical tool.

We would like to produce leaflets/handouts on "how to" implement /start a Ketogenic Metabolic Therapy, getting into and staying in nutritional Ketosis. Real scientific proven information for the practitioners, to educate themselves, but mainly to give simple first-hand information to their patients - since we know they only have "10 Minutes" to give the information about a life changing lifestyle change to their patients...

Easy to understand and follow information and advice for the patient and their families about the does and don'ts. One leaflet per topic so in time we will have a "Library" of "How to" on the most needed Information:

- How to get into and how to stay in nutritional Ketosis
- Understanding and measuring blood sugar and Ketones
- Information on Fats
- Food Lists
- Cooking for the brain / different names and ratios of Ketogenic Metabolic Therapies
- Migraines / how and when to use Excecious Ketones
- Typ 2 Diabetes

With the help of our friends, we will translate the leaflets into German, Italien, French, Russian, Danish, Dutch, Croatian and Romanian - we are planing to produce handouts for other topics like

- Cancer
- Typ 1 Diabetes
- High Blood pressure/ CVD
- Depression
- MS
- a.s.o.

We need medical sound information/ leaflets on Ketogenic Metabolic Therapies - without the old scary advice, like Keto is only for very sick children, too complicated and not palatable for grown ups, warnings on developing serious kidney disease or children not growing properly...

"Your child will be a dwarf!"

This is not true and really terrible if you are already in the situation with a seriously sick child!
Or facing an NCD diagnosis of any kind.

Healthcare providers - who only use artificial "Keto" formula, puddings, bars etc.(by Danone and Nestle) instead of real food - "Can you cook a Ketogenic Diet?"

This has to be changed!

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