



EUROPEAN KETO LIVE® CENTRE

INFORMATION & TRAINING CENTRE - ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES



Fuelling an Active Lifestyle: The Ketogenic Path for Type 1 Diabetes Mellitus

Join our founding and Advisory Board Member, Dr. Ian Lake, as he embarks on a remarkable cycling journey from the South West of the United Kingdom to St. Moritz, Switzerland, to lecture at the

1st International Keto Live® Sports Conference.

Ian is a dedicated medical professional, a sports enthusiast with type 1 diabetes mellitus (T1DM), and a passionate advocate for the ketogenic lifestyle in T1DM. To raise awareness and celebrate his way of life with T1DM, he is cycling across Europe and along the Rhine for 1600 km.

Highlights:

Start of journey: Monday 20th May 2024

Starting Point: Stroud, UK

End of journey: Sunday the 9th of June 2024,
in time for the 1st International Keto Live® Sports Conference

End Point: Hotel Reine Victoria, Via Rosatsch 18, 7500 St. Moritz, Switzerland

Dr. Ian's ride is not a test of endurance; it's a message of empowerment.

With precise management of his T1DM (through optimisation of insulin use with a ketogenic diet), Ian maintains peak physical condition and enjoys an active lifestyle. His journey will show how dietary choices can expand the horizons and enhance the freedom and quality of life for individuals with T1DM.

The 1st International Keto Live Sport Conference

Discover the latest research and practical insights into ketogenic diets for athletes, their teams, and everyone interested in preventing NCD - to regain metabolic health for a longer, happier health span.

Date: 10th and 11th June 2024

Conference Highlights:

Keynote Speakers: Leading experts on ketogenic diets and sports performance, like Prof. Dr Dominic D'Agostino, Prof. DR Ben Bikman, Dr Anthony Chaffee, neurosurgeon and former Rugby pro and of course, Dr Ian Lake himself. Program with information on the speaker's European-Keto-Live-Centre.com

Panels & discussions: engage with medical professionals and athletes.

Networking Opportunities: Connect with fellow ketogenic lifestyle enthusiasts.

Why Attend?

Learn how nutritional strategies can optimise sports performance and diabetes management.

Learn how a ketogenic lifestyle contributes to the prevention and treatment of non-communicable diseases,(NCD), like Heart and CVD, Cancer, Neuropsychiatric disorders, like Trauma, Migraines, Depression, Stroke, Alzheimer's & Parkinson's

Join us live in St. Moritz at the Conference: <https://ketolive-Sports-2024.eventbrite.com/>

Follow Dr Ian Lake's journey on Instagram: https://www.instagram.com/ian_lake_insulin_optimiser/

Visit his website <https://type1keto.com/>

Interview with Prof. Dr Thomas Weimbs & Dr Ian Lake <https://www.youtube.com/watch?v=JcwFglYUkbg>

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Beratung & Leitung der Konferenzen Prof. Dr med Markus Stoffel, Dr med Suzan Oruc & Dr med Jürg Kuoni