



# EUROPEAN KETO LIVE® CENTRE

INFORMATION & TRAINING CENTRE - ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES

Josephine Barbarino

I am based in Berlin and Burghausen Bavaria (close to Salzburg). Trained as an architect I am one of the first women who designed and realised a theatre building the size of the Munich Opera, located in the highly protected landscape in a Bavarian lake - opposite Neuschwanstein Castel.

## What Josephine & Stephan Barbarino did before Keto Live

Like many people, I collected a bunch of chronic diseases treated with a lot of medication - including the diagnosis of Insulin-dependent Type 2 Diabetes in 2014 - which was the turning point - since my grandfather and my father-in-law died from Type 2 Diabetes, I was terrified of starting insulin therapy. If I had known then, what I know now, I could have saved myself a lot of misery!

I had to fight for information and against family, friends, my doctors and my health insurance. But by changing my lifestyle I was able to put my Type 2 Diabetes into remission within 3 month only and I was off medication after 6 month! I am totally fascinated by Ketogenic Metabolic Therapies - learning about metabolic functions, the root cause of Insulin Resistance and the connection to our food choices. My journey was difficult and turned me into a Keto-Activist - not because of the diet itself, which I think is easy to follow and delicious - but because of indoctrination and the incredible amount of misinformation that is still out there, especially in the German-speaking parts of Europe.

I was shocked reading the "Deutscher Gesundheitsbericht Diabetes 2017 - Bestandsaufnahme" or the Swiss, "Herausforderung nichtübertragbarer Krankheiten - NCD Strategie 2017- 2024" despite Studies "Insulin Resistance as a Predictor of Age-Related Diseases" <https://www.ncbi.nlm.nih.gov/pubmed/11502781> from 2001, or Reports like the one on Sugar 2013 or Fat 2015 from the Credit Swiss Research Institute and so on, and so on...

My mission with the "Keto Live Project" is to spread the word - get real information out there about Ketogenic Metabolic Therapies as a powerful medical tool for prevention and treatment, the difference to LCHF, Paleo and so on, the importance of early detection/screening of Insulin Resistance, the importance of changing our dietary guidelines - to be able to change the food in our schools, hospitals and old peoples homes. Inform doctors, parents and teachers to enable them to make an informed choice!

I think we can not afford to wait for the institutions to make that change.

Next, to other activities, I have chosen Bergün for the first three Keto Live Conferences because it is one of the unspoiled small villages in Switzerland with farmers dedicated to the production of organic grass-fed and finished beef, eggs, delicious raw milk, butter and cheeses -almost like in 1930 when Weston Price visited Switzerland for his epic study demonstrating the importance of whole food nutrition, and the degeneration and destruction that comes from a diet of processed foods.

I like to give the audience the Live experience of the Ketogenic Metabolic Therapy cooked with real food, accompanied by unpolluted drinking water and fresh clean air. I believe that it is equally important to present talks by top specialists and to demonstrate how delicious and nutrient-rich a ketogenic meal plan can be. How different for each individual and disease this diet can be verified – and that you can easily stick to it for a lifetime! Whith our 3rd International Keto Live Conference we have outgrown the beautiful Bergün and the historic Hotel Kurhaus.

In 2024 we are moving on to the next vally - to St. Moritz and the Hotel Reine Victoria - I am looking forward to showing our attendees the marvelous beauty of the Upper Engadin to celebrate the 5th Annyversery of the European Keto Live Centre or Non-profit Association and over 100 years of Ketogenic Metabolic Therapies. I am proud that we are providing CME/CPD certified Countinuing Medical Education since 2019!

European Keto Live Centre - Information & Training Centre - Association for Ketogenic Metabolic Therapies  
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