



# INTERNATIONAL KETO LIVE® SPORTS CONFERENCE 2024 JUNE 10th & 11th ST. MORITZ



**SAKMT**  
SWISS ASSOCIATION  
FOR KETOGENIC  
METABOLIC THERAPIES



# Keto Live® Project proudly presents

## The 1st International

## Keto Live® Sports Conference 2024

A Conference about Sports Nutrition, Sports Medicine and the power of food, in Performance, Training, Competition, Metabolic Health and Prevention of NCD

We applied for **CME/CPD Credits** for Continuous Medical Education by:

The Bavarian State Chamber of Physicians **BLÄK**

The Swiss Association for Dieticians and Nutritionists **SVDE-ASDD**

## Conference Program 2024

[This schedule is subject to change](#)

Monday, 10th of June

[CME/CPD Credits](#)

- 12:00 Registration Office opens
- 13:00 - 13:30 "Hello & Welcome - to Dr Ian Lake"  
Josephine Barbarino, GER & Patricia Daly, CH, I, EKLC – European Keto Live Centre, SAKMT - The Swiss Association for Ketogenic Metabolic Therapies  
President Dr Jürg Kuoni, CH
- 13:30 - 14:15 Prof. Dr Dominic D'Agostino, USA  
"Diet and Supplement Effects on Performance, Fat Oxidation, Glucose and Cardio-Metabolic Health"  
14:15 Q & A / Discussion
- 14:30 - 15:15 Prof. Dr Benjamin Bikmann, USA  
"The Energy of Exercise"  
15:15 Q & A / Discussion  
[followed by a Coffee Break - included in the conference fee](#)
- 16:00 - 16:45 Prof. Dr Natalie Rasgon  
"Insulin Resistance - a Link in Brain-Body Interactions"  
16:45 Q & A / Discussion
- 17:00 - 17:45 Dr Anthony Chaffee, AUT  
"The Ketogenic Carnivore Athlete"  
17:45 Q & A / Discussion
- 18:00 – 18:45 Panel with Scientists and Athletes  
"Sugar and Sports – a Tragic Lovestory"  
led by Dr John Schoonbee Swiss Re, Prof. Dr Ben Bikman,  
Prof. Dr Dominic D'Agostino, Prof. Dr. Paul Reynolds, Dr Anthony Chaffee  
18:45 Q&A
- 19:00 Welcome Get Together at the Reine Victoria Bar  
[included in the conference fee](#)
- 20:00 [Keto Dinner at the Reine Victoria Restaurant\\*](#)  
\* Keto Meals and Accommodation are not included in the Conference fee



## Tuesday, 11th of June

### CME/CPD Credits

- 06:30 "Change Happens through Movement & Movement Heals"  
Ueli Lanz, CH - [Good Morning Workout – meet in front of the Hotel](#)
- 07:00 ["To Keto or Not to Keto" - Breakfast Buffet \\*](#)
- 08:00 Registration Office opens
- 08:30 - 09:15 Dr Elke Lorenz – Keto by Heart®, DE  
"Can we outrun CVD?"
- 09:15 Q & A / Discussion
- 09:30 - 10:15 Patricia Daly, BA Hons, DIPTN, BANT, CNHC Nutrition Therapist, I, SUI  
"Preventative Medicine for Athletes - My Cancer Journey from Professional Triathlete - to Nutrition Scientist and Therapist"
- 10:15 Q & A / Discussion  
[followed by a Coffee Break - included in the conference fee](#)
- 10:45 - 11:30 Prof Dr. Paul Reynolds, USA  
"The Air we Breathe: the Dichotomy of Glycation and Ketones"
- 11:30 Q & A / Discussion
- 11:45 - 12:30 Assoc. Prof. Dr Csilla Ari D'Ágostino, USA  
"Ketones for Neuroprotection, Behavioral and Cognitive Benefits"
- 12:30 Q & A / Discussion
- 12:45 Poster  
[Keto - Lunch Buffet \\*](#)  
[Enjoy nature, have a chat, go for a walk, bike - or have a nap.](#)
- 14:30 - 15:15 Dr Ian Lake, UK  
"Type 1 Diabetes and Physical Activity; Is it Possible and Safe to Multifuel?"
- 15:15 Q & A / Discussion
- 15:30 - 16:15 Dr Shaun Scott, UK  
"Running on empty"
- 16:15 Q & A / Discussion  
[followed by a Coffee Break - included in the conference fee](#)
- 16:45 - 17:30 Panel with Scientists and Athletes - "*Believes & Myths die hard*"  
led by Prof Dr Adrian Soto Mota, Dave Feldman  
Dr Shaun Scott, Dr Ian Lake, Dr Elke Lorenz  
& Assoc. Prof. Dr Csilla Ari D'Ágostino
- 17:30 Q & A / Discussion

[Conference Venue:](#) Hotel Reine Victoria, Via Rosatsch 18, 7500 St. Moritz,

Phone: +41 81 553 90 00, E-Mail: [info@reine-victoria.ch](mailto:info@reine-victoria.ch)

[Medical counselling and management of the conference:](#)

Prof. Dr. med. Markus Stoffel, München, DE

Dr. med. Suzan Oruc, Burghausen, DE

Dr. med. Elke Lorenz, München, DE

Dr. med. Jürg Kuoni, Zürich, CH

[A big thank you to our Non-Profit Partners:](#)

[Metabolic Mind Foundation, USA and The Chaja Foundation, DE](#)

[and to our Exhibition Sponsors:](#)

[RX-Sugar, USA](#)

[Keto Mojo & My Mojo Health, USA](#)

[Loving-Nutrition, CH,](#)



## THE MAGIC MOUNTAIN KETO LIVE® - METABOLIC HEALTH CENTRE IN SWITZERLAND

If you enjoyed the conference and would like to support our work, make our vision of the "Magic Mountain - Metabolic Health Centre" the first Education, Wellness, Treatment, and Research Centre for Ketogenic Metabolic Therapies a reality. Please help us to be the change in the fight against preventable and reversible NCDs to protect the health and happiness of our children, families, and friends!

Become a partner, shareholder, or donor.

To join the Movement, please contact us via E-Mail  
[ketoliveproject@gmail.com](mailto:ketoliveproject@gmail.com) or Phone +49 151 25 25 0100



## KETOGENIC METABOLIC THERAPIES

"IT SOUNDS LIKE MAGIC - IT LOOKS LIKE MAGIC.  
AND IT FEELS LIKE MAGIC  
BUT IT IS PURE SCIENCE & BIOCHEMISTRY  
THE FUNDAMENTALS OF HOLISTIC MEDICINE"

Josephine Barbarino