



3rd International Keto Live Conference in Switzerland 12th - 16th of June 2023

Ketogenic Metabolic Therapies Future Prevention and Treatment of NCD





Keto Live Project proudly presents

Ketogenic Metabolic Therapies Future Prevention and Treatment of NCD

3rd international Keto Live Conference in Switzerland
about the power of food &
the Ketogenic Metabolic Therapies as a medical tool.

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

The Swiss Society for Medical Oncology **SSMO-SGMO-SSOM**

The Swiss Society for Endocrinology and Diabetology **SGED-SSED**

The Swiss Neurological Society **SNG**

The Swiss Society for Psychiatry and Psychology **SGPP**

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

The British Association for Nutrition and Lifestyle Medicine **BANT-CPD**

Conference Program 2023

This schedule is subject to change

Monday, 12th of June - Neurology & Psychiatry Part 1

CME/CPD Credits SSMO-SGMO-SSOM, SGED, SGPP, SNG & SVDE-ASDD pending

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|--------------|---|
| 13:00 | Registration Office opens |
| 14:00 | “Hello & Welcome”
Josephine Barbarino EKLC – European Keto Live Centre, Germany
SAKMT - The Swiss Association for Ketogenic Metabolic Therapies
President Dr Jürg Kuoni, Switzerland |
| 14:15 -15:00 | “Have we got News for You?”
Dr John Schoonbee, South Africa, Switzerland, Swiss Re |
| 15:00 | Q & A / Discussion |
| 15:15 -16:00 | “Metabolic Mind - The year in Metabolic Psychiatry”
Dr Bret Scher, United States of America |
| 16:00 | Q & A / Discussion
<i>followed by a Coffee Break - included in the Conference Fee</i> |
| 16:30 -17:15 | “Ketogenic Metabolic Therapy for the
Treatment of Epilepsy and Rare Disorders”
Beth Zupec Kania RD, CD the Charlie Foundation |
| 17:15 | Q & A / Discussion |
| 17:30 -18:15 | “The Ketogenic Diet for Treatment-Resistant Mental Illness:
An Analysis of 31 Inpatients”
Dr Albert Danan, France and Dr Georgia Ede, United States of America |
| 18:15 | Q & A / Discussion |
| 18:30 | Introducing our new morning & evening program and
the “One Planet - One Future” Foundation
Josephine Barbarino |
| 19:00 | Welcome Get Together - <i>included in the Conference Fee</i> |
| 20:00 | <i>Keto Dinner at the Kurhaus Restaurant *</i> |



Tuesday, 13th of June – Insulin Resistance & CVD

CME/CPD Credits SSMO-SGMO-SSOM, SGED, SGPP, SNG & SVDE-ASDD pending

- 07:00 “Change Happens Through Movement & Movement Heals.”
Ueli Lanz, Switzerland - Good Morning Workout – meet in Front of the Hotel
Beth Zupec Kania, USA - Yoga at the Hotel Spa – included in the Conference fee
- “To Keto or not to Keto” - Breakfast Buffet*
included in the Hotel Kurhaus
- 08:30 Registration Office opens
- 09:00 -9:45 Ivor Cummins BE(Chem), CEng MIEI, Ireland
“Vegan versus Ketogenic Metabolic Therapies”
the Impacts on Health and Environment
9:45 Q & A / Discussion
- 10:00 -10:45 Prof Dr Christoph Wilhelm, Germany
“Impaired Ketogenesis ties Metabolism to T cell Dysfunction in COVID-19”
10:45 Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 11:15 -12:00 Prof Dr Benjamin Bikman, USA
Infertility in both Men and Women:
Erectile Dysfunction in Men - Polycystic Ovary Syndrome (PCOS) in Women
12:00 Q & A / Discussion
- 12:15 Poster Session I
- 12:30 Keto - Lunch Buffet*
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 -15:15 Prof Dr Benjamin Bikman, USA
“The Metabolic Origins of Heart Disease”
15:15 Q & A / Discussion
- 15:30 -16:15 Dr Elke Lorenz, Germany
"Nature wants us to be fat - Evolutionary advantage as a CVD risk factor?"
16:15 Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 16:30 -17:15 Prof Dr Adrian Soto-Mota, Mexico
"LDL metabolism during carbohydrate restriction and its implications
for assessing cardiovascular risk".
17:15 Q & A / Discussion
- 18:00 -18:45 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
“Food Addiction: Assessment, Treatment and Maintenance”
Session 1. Symptoms, prevalence & assessment tools
Q & A / Discussion
- 18:00 Workshops In alternating Groups, please register at the get together
No1 It’s all about the right timing – Exogenous Ketones & The GKI
Prof.Dr Dominic D’Agostino, Ass.Prof.Dr Csilla D’Agostino, Dorian Greenow
- No 2 The Cooking Workshop - Keto Bread
Orsolya Szathmari, HU, CH & Beth Zupec-Kania, USA
followed by Dinner in the historic kitchen of the Kurhaus*
- 19:30 Keto Dinner at the Kurhaus Restaurant
- 21:00 “The Earth Protectors” Documentary Auditorium of the Kurhaus
Live introduction and Q & A with Anne de Carbucia, One Planet One Future



Wednesday, 14th of June – Cancer

CME/CPD Credits SSMO-SGMO-SSOM, SGED, SGPP, SNG & SVDE-ASDD pending

- 07:00 “Change Happens Through Movement - and Movement Heals.”
Ueli Lanz, Switzerland - *Good Morning Workout – meet in Front of the Hotel*
Beth Zupec Kania, USA - *Yoga at the Hotel Spa – included in the Conference fee*
“To Keto or not to Keto” - Breakfast Buffet included in the Hotel*
- 08:30 Registration Office Opens
- 09:00 -09:45 Prof Dr Dominic D'Agostino USA
"Exploiting Cancer Metabolism with Ketogenic Metabolic Therapy & HBOT"
9:45 Q & A / Discussion
- 10:00 –10:45 Dr Wafaa Abdel-Hadi, Egypt
"Analyzing Mitochondrial Health & Tumor Microenvironment
to Keep Cancer at Bay"
10:45 Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 11:15 – 12:00 Dr Tomás Duraj, Spain
"Metabolically Supported Oncology Care:
From Theory to Clinical Application"
12:00 Q & A / Discussion
- 12:15 Poster Session
- 12:30 *Keto - Lunch Buffet* included in the Hotel*
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14.30 -15:15 Patricia Daly, Switzerland, Ireland
"The Fundamentals and Practical Applications of Nutrigenomic Testing"
15:15 Q & A / Discussion
- 15:30 -16:15 Dr Jean Pierre Spinosa, Switzerland
"The role of repurposed drugs in targeting cancer cell metabolism,
growth signaling pathways and in increasing anti-cancer immunity"
16:15 Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 16:30 -17:15 Panel Discussion - Standard of Care & the Patient
"Exogenous Ketones"
Prof Dr Adrian Soto Mota, ME, Prof. Dr Dominic D´Ágostino
Prof. Dr Thomas Weimbs,
17:15 Q & A / Discussion
- 18:00 -18:45 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
"Food Addiction: Assessment, Treatment and Maintenance"
Session 2. Addiction concepts & Abstinent food plans
18:45 Q & A / Discussion
- 18:00 *Workshops In alternating Groups, please register at the get together*
No1 It's all about the right timing – Exogenous Ketones & The GKI
Prof.Dr Dominic D´Ágostino, Ass.Prof.Dr Csilla D´Ágostino, Dorian Greenow

No 2 The Cooking Workshop - Keto Bread
Orsolya Szathmari, HU, CH & Beth Zupec-Kania, USA
*followed by Dinner in the historic kitchen of the Kurhaus**
- 19:30 *Keto Dinner at the Kurhaus Restaurant**
- 21:00 **CanceRevolution** Documentary Auditorium - Live introduction
and Q & A with Maggie and Brad Jones



Thursday, 15th of June - Diabetes

CME/CPD Credits SSMO-SGMO-SSOM, SGED, SGPP, SNG & SVDE-ASDD pending

- 07:00 "Change Happens Through Movement - and Movement Heals."
Ueli Lanz, Switzerland - *Good Morning Workout* – meet in Front of the Hotel
Beth Zupec Kania, USA - *Yoga at the Hotel Spa* – included in the Conference fee

"To Keto or not to Keto" - Breakfast Buffet included in the Hotel*
- 08:30 Registration Office Opens
- 09:00 – 09:45 Dr David Cavan, United Kingdom
"Insulin in Diabetes – Friend or Foe?"
0:945 Q & A / Discussion
- 10:00 -10:45 Prof. Dr Cirhuza Cikomola, Democratic Republic of Congo
"Diabetes in Africa"
10:45 Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 11:15 -12:00 Dr Ian Lake, United Kingdom
"Climb every mountain: the benefits of a ketogenic metabolic therapy
for physical activity in Type 1 diabetes."
12:00 Q & A / Discussion
- 12:15 Poster Session
- 12:30 Keto - Lunch Buffet*
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 -15:15 Dr David Unwin, United Kingdom
The "Discordant Doppelganger Dilemma": SGLT2i Mimics Therapeutic
Carbohydrate Restriction - Food Choice first over Pharma?
15:15 Q & A / Discussion
- 15:30 -16:15 Prof Dr Thomas Weimbs, USA
"Ketogenic Metabolic Therapies for Polycystic Kidney Disease - From
Mice, Rats and Cats to People"
16:15 Q & A / Discussion
followed by a Coffee Break- included in the Conference Fee
- 16:30 -17:15 Prof Dr Johannes Kovarik, Austria
"Ketogenic Metabolic Therapies and Chronic Kidney Disease
The Vienna Study Part II"
17:15 Q & A / Discussion
- 18:00 –18:45 Evening Lecture - Dr Jen Unwin, Consultant Clinical Psychologist &
Heidi Giaever, Consultant Nutritionist, United Kingdom
"Food Addiction: Assessment, Treatment and Maintenance"
Session 3. Recovery protection/relapse prevention
18:45 Q & A / Discussion
- 18:00 Workshops In alternating Groups, please register at the get together
No1 It's all about the right timing – Exogenous Ketones & The GKI
Prof.Dr Dominic D'Ágostino, Ass.Prof.Dr Csilla D'Ágostino, Dorian Greenow

No 2 The Cooking Workshop - Keto Bread
Orsolya Szathmari, HU, CH & Beth Zupec-Kania, USA
followed by Dinner in the historic kitchen of the Kurhaus*
- 19:30 Keto Dinner at the Kurhaus Restaurant
- 21:00 Evening Special - Dr Georgia Ede reads from her new Book



Friday, 16th of June – Neurology & Psychiatry Part 2

CME/CPD Credits SSMO-SGMO-SSOM, SGED, SGPP, SNG & SVDE-ASDD pending

- 07:00 "Change Happens Through Movement - and Movement Heals."
Ueli Lanz, Switzerland - *Good Morning Workout* – meet in Front of the Hotel
Beth Zupec Kania, USA - *Yoga at the Hotel Spa* – included in the Conference fee
"To Keto or not to Keto" - Breakfast Buffet* included in the Hotel
- 08:30 Registration Office Opens Credits
- 09:00 -09:45 "Remission of Metabolic Conditions include Sleep and Stress Management"
Dr Ignacio Cuaranta, Argentina
09:45 Q & A / Discussion
- 10:00 -10:45 "News from the first European Trail of a
Ketogenic Metabolic Therapy for Bipolar Disorder"
Dr Iain Campbell, United Kingdom
10:45 Q & A / Discussion
followed by a Coffee Break - included in the Conference Fee
- 11:15 -12:00 "Ketones: potential to achieve brain energy rescue & sustain cognitive
health during ageing"
Prof. Dr Adrian Soto Mota
12:00 Q & A / Discussion
- 12:15 -13:00 "The Metabolic Health Pilot – Connecting the Sciences"
Panel led by Dr John Schoonbee with Advisory Board Members:
Prof Ben Bikmann, USA, Prof Adrian Soto Mota, ME, Prof Thomas Weimbs,
USA, Dr Georgia Ede, USA and Dr David Unwin, UK
Q & A / Discussion
- 13:00 Farewell - "Keep on Keto" - See you again soon



More Information & Booking at <https://www.european-keto-live-centre.com/>
and at <https://www.Keto-Live-2023.eventbrite.com>

* Keto Breakfasts, Lunches & Dinners included in the Hotel Kurhaus full board
Our Keto Meals can be booked separately at the Kurhaus if you, your friends or
your family is staying in a different accommodation.

Conference Venue:
Kurhaus Bergün - www.kurhausberguen.ch
<https://kurhausberguen.ch/keto-room-request?lang=eng>

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Dr. med. Jürg Kuoni, Zürich
SAKMT – The Swiss Association for Ketogenic Metabolic Therapies

Idea, Concept & Organization:
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