



1st Keto Live E-Learning Conference 2021/2022

Ketogenic Metabolic Therapies
Escape Route from the COVID-19 Risk Group



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Certified for Continuing Medical Education (CME) credits by the Bavarian State Chamber of Physicians (BLÄK). Awarded for fulfilling all Quality Requirements for E-Learning by the German for physicians in Germany, Austria, Switzerland, the USA and Canada.

50 CME Credits for Part I (in English)
22 CME Credits for Part II (in German)

We are very proud to announce the following highlights of this unique virtual program:

2021 – Honouring and celebrating the 100th Birthday of Ketogenic Metabolic Therapies

Hollywood producer and Charlie Foundation founder **Jim Abrahams** shares his personal story of how his family discovered the ketogenic diet, its effect on his son, the mission of the Charlie Foundation, and the new applications that have emerged. We are celebrating this centennial by including full access to his landmark 1997 film “First Do No Harm”, featuring Meryl Streep—in its original English in Part I, and in Part II, we present the German version “Weil es noch Hoffnung gibt”. Expert dietitian **Beth Zupec-Kania** describes the different formulations of the ketogenic diet used in epilepsy treatment as well as the science and practice of applying ketogenic diets to other health conditions.

Included in this course by special permission are three lectures recorded live at our 2019 inaugural conference in Bergün, Switzerland. Boston College cancer researcher **Professor Thomas Seyfried** gives two compelling lectures on cutting-edge metabolic approaches to cancer: “Cancer as a Metabolic Disease” and “Press-Pulse: A Novel Therapeutic Strategy for the Metabolic Treatment of Cancer” and US-based psychiatrist **Dr. Georgia Ede** introduces the audience to the important connection between metabolic health and neuropsychiatric conditions in “Understanding Food and the Brain: Nutritional Psychiatry Offers New Treatment Options for Mental Health Disorders.”

Dorian Greenow of Keto Mojo offers new insights into how measuring glucose and ketones could help patients and their physicians in their fight against noncommunicable disease.

In Part II of the program, which is given in the German language, **Prof. Dr. Helene von Bibra** contributes her pioneering work in the science of insulin resistance and cardiovascular disease, expert cancer nutrition therapist and author **Patricia Daly** kindly gives her lecture in both German and English, and **Dr. Sofia Deloudi** translates Beth Zupec-Kania’s lecture into German.

If there are any questions, please call: +49 151 25 25 0 100 or connect via e-mail at ketoliveproject@gmail.com.

Kind regards from Burghausen,

Josephine Barbarino, Founder & CEO Keto Live Project e.V.



Conference Program

Ketogenic Metabolic Therapies Escape Route from the COVID-19 Risk Group

Part I – Conference Language English

50 CME Credits

E-Learning Module 1: Introduction - The European Keto Live Centre

- 1.0 Welcome Speech: “The Elephant in the Room and the European Keto Live Centre”**
PStS **Stephan Mayer** MdB – Parliamentary State Secretary to the Federal Minister of the Interior, Member of the German Parliament - Germany
- 1.1 “Flatten the NCD Curve to Face Future Viral Attacks”**
Panel with Advisory Board Members of the European Keto Live Centre:
Dr John Schoonbee - Swiss RE, South Africa, Switzerland
Ivor Cummins BE(Chem), CEng MIEI – Ireland
Prof Dr Adrian Stoto Mota - Oxford University, Public Hospital Mexico City, UK / Mexico
Prof Dr Marcus Säemann - Wihelminenspital Vienna, Austria
- 1.2 “Introducing the European Keto Live Centre and Ketogenic Metabolic Therapies”**
Introduction to the new European Keto Live Centre, some of its advisory board members, and its mission. Includes Jim Abrahams, the founder of the Charlie Foundation, celebrating the 100th anniversary of the use of ketogenic metabolic therapies in the treatment of epilepsy.
Dr Tatiana Zarubina – IP Global Solutions, Russia / Switzerland
Prof Dr Thomas Seyfried – Boston College, USA
Dr Georgia Ede – DiagnosisDiet, USA
Patricia Daly BA Hons, dipNT, mBANT, rCNHC – Switzerland / Ireland
Dr Ian Lake – Type 1 Keto, UK
Dr Peter Voshol – Louis Bolk Institute, Netherlands
Dr Ana Jacob – Valais Hospital Psychiatric Department, Romania / Switzerland
Beth Zupec-Kania RDN, CD – Charlie Foundation, United States of America
Jim Abrahams – Charlie Foundation, United States of America
- 1.3 First Do No Harm**
Docudrama by the **Charlie Foundation**, United States of America
starring Meryl Streep, Fred Ward, Seth Adkins; directed by Jim Abrahams

E-Learning Module 2: Flatten the NCD Curve to Face Future Viral Attacks

- 2.1 “Interdisciplinary Keto Consultation Hours at the University-Hospital RWTH Aachen”**
Prof Dr Thorsten Cramer – University-Hospital RWTH Aachen, Germany
- 2.2 “Hyperinsulinemia & Insulin Resistance: Forming a Nexus of Modern Chronic Disease”**
Ivor Cummins BE(Chem), CEng MIEI – Ireland
- 2.3 “Vitamin D to Prevent Lockdowns and Breakdowns of our Economy and Healthcare Systems”**
Ivor Cummins BE(Chem), CEng MIEI – Ireland



E-Learning Module 3: Insulin Resistance – Cardiovascular Disease

- 3.1 **“Metabolic Profiling for Early Identification of Health Decline”**
Gabor Erdosi – Meterbolic Project, Hungary
- 3.2 **“High-Risk Atherosclerosis and Metabolic Phenotype”**
Dr Amy McKenzie – Virta Health, USA / Germany
- 3.3 **“Don’t wait till it’s too late! Understanding the Coronary Artery Calcium Score (CAC)”**
Ivor Cummins BE(Chem), CEng MIEI, Ireland
- 3.4 **“The Widowmaker”**
Documentary by **Irish Heart Disease Awareness**, directed by Patrick Forbes, Ireland

E-Learning Module 4: Cancer

- 4.1 **“Ketogenic Metabolic Therapies in Cancer Treatment”**
Patricia Daly BA Hons, dipNT, mBANT, rCNHC – The British Association for Nutrition and Lifestyle Medicine, Switzerland / Ireland
- 4.2 **“Cancer as a Metabolic Disease”**
Prof Dr Thomas Seyfried – Boston College, United States of America
- 4.3 **“Press–Pulse: A Novel Therapeutic Strategy for the Metabolic Treatment of Cancer”**
Prof Dr Thomas Seyfried – Boston College, United States of America

E-Learning Module 5: Diabetes

- 5.1 **“Rethinking Nutrition in Type 1 Diabetes – zerofive100 Project”**
Dr Ian Lake – Type 1 Keto, UK
- 5.2 **“The Dutch Miracle - Reverse Diabetes 2 Now”**
Dr Peter Voshol – Louis Bolk Institute, Netherlands
- 5.3 **“Diabetes and the Kidney: New Frontiers”**
Dr Marcus Säemann – Wihelminenspital Vienna, Austria

E-Learning Module 6: Neurology & Psychiatry

- 6.1 **“The Type 3 Diabetes Hypothesis”**
Prof Dr Adrian Stoto Mota – Oxford University, Public Hospital Mexico City UK / Mexico
- 6.2 **“Understanding Food and the Brain: Nutritional Psychiatry Offers New Treatment Options for Mental Health Disorders”**
Dr Georgia Ede – DiagnosisDiet, USA
- 6.3 **“We Can Change the Future, Let's Start Today! How Metabolic Interventions Can Improve Our Neurological Health”**
Dr Eline Dekeyster – KU Leuven, Belgium / Netherlands

E-Learning Module 7: Tools to Regain Metabolic Health

- 7.1 **“About the Variations in Ketogenic Diet Therapies and the Different Applications Based on the Degree of Scientific Medical Evidence”**
Beth Zupiec-Kania RDN, CD – The Charlie Foundation, United States of America
- 7.2 **“Empowering the Patient & Giving Doctors the Tools for Success”**
Dorian Greenow – Keto Mojo, UK / USA
- 7.3 **“Extra Time” - Know Your Score**
Documentary by **Irish Heart Disease Awareness** and **Donal O’Neill**, Ireland



Ketogene Metabolische Therapien Fluchtweg aus der COVID-19 Risiko Gruppe

Part II – Konferenzsprache ist Deutsch

22 CME Credits

E-Learning Module 1: Einführung EKLC & Ketogene Ernährung

- 1.1 **Interview: „Ketogene Ernährung im Kampf gegen NCD“**
Dr. jur. **Susanne Zimmer** –
Josephine Barbarino – European Keto Live Centre - Deutschland
- 1.1 **Interview - „Die Pandemie über der Pandemie: Insulin Resistenz - gibt es einen Fluchtweg aus der COVID-19 Risiko Gruppe?“**
Prof. Dr. med. Helene von Bibra – Mind Carb, Deutschland
Josephine Barbarino – European Keto Live Centre, Deutschland
- 1.2 **„Was lernen unsere Ärzte über die Kraft der Ernährung? Können wir Type 2 Diabetes vorbeugen oder gar in Remission bringen?“**
Dr. med. Jürg Kuoni - Heartcheck, Schweiz
- 1.3 **100 Jahre Ketogene Metabolische Therapien: „Solange es noch Hoffnung gibt“**
Charlie Foundation, USA
Dokudrama mit Meryl Streep, Fred Ward, Seth Adkins, Regie Jim Abrahams

E-Learning Module 2: Ernährung – Insulinresistenz & die Folgen

- 2.1 **„Herzinsuffizienz (HFpEF) und Ihre Determinante Insulinresistenz“**
Prof. Dr. med. Helene von Bibra – Mind Carb, Deutschland
- 2.2 **„The Widower“ - Dokumentationsfilm zum CAC-Score (deutsche UT)**
IHDA - Irish Heart Disease Awareness, Irland
- 2.3 **„Ran an den Speck? Gesund, köstlich und dauerhaft Gewicht verlieren!“**
Anita Kunz, Nutrition Network Health Coach – Lakeside Sportsclub/ Heartcheck, Schweiz

E-Learning Module 3: Krebs, Psychiatrie & Neurologie

- 3.1 **„Ketogene Ernährung bei Krebs“**
Patricia Daly BA Hons, dipNT, mBANT, rCNHC - The British Association for Nutrition and Lifestyle Medicine, Schweiz / Irland
- 3.2 **„Ketogene Metabolische Therapien in meiner Neurologischen & Psychiatrischen Praxis“**
Dr. med. Zvonko Mir – Kroatien / Schweiz
- 3.3 **„Die Varianten Ketogener Metabolischer Therapien und ihre Anwendungen basierend auf dem Grad der wissenschaftlichen medizinischen Evidenz“**
Beth Zupec-Kania RDN, CD – Charlie Foundation, United States of America



The Conference is brought to you by:

Keto Live Project e.V.
The European Keto Live Centre
Information and Training Centre - Association for Ketogenic Metabolic Therapies
<https://www.european-keto-live-centre.com/>

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B. Braun-Stiftung Germany,
<https://www.bbraun-stiftung.de/de.html>

Keto Mojo USA
<https://keto-mojo.com>

Pro Pilates Zürich Switzerland
<https://www.jrpropilates.ch/>