



CV - Dr Ignacio Cuaranta MD

About me

I am a Doctor, Clinical Psychiatrist graduated from the National University of Rosario, Santa Fe - Argentina.

I have special interest and dedication to work with approaches that consider food, its effect on the human body and behaviors.

The impact that overweight, obesity, and other metabolic pathologies have on the quality of life, on our way of thinking, our brain and the health of society as a whole is truly enormous. In daily clinical practice, in the office, I consider cognitive functioning, mood, stress management and energy level management as essential aspects of the way we face our daily lives and our projects. The association between our diet, our behavior towards food and the consequences they have on our health are increasingly evident.

Academic and Professional training

- Specialist in Clinical Psychiatry.
- Former medical intern for 3 months at the *Beaumont Weight Control Center* in Troy, Michigan - USA (2006).
- Specialization in the treatment of Overweight and Obesity. Integrated therapy with preparation and indication of Bariatric Surgery. Participation as an adjunct in 3 investigations that occurred during that period.
- Rotation at *Intensive Dietary Management* in Scarborough, Ontario- Canada (2017).
- Intensive dietary intervention program coordinated by Dr. Jason Fung, nephrologist, with special emphasis (worldwide reference) on the implementation of Intermittent Fasting in combination with a low-carbohydrate diet to correct hyperinsulinemic states.
- *Low Carb Conference* , San Diego-USA. as a participant (2017, 2018).
- *Nutrition Network* LCHF Course - South Africa (2018) First Virtual International Course on "Low Carb High Fat " eating styles. Directed by Prof. Dr. Tim Noakes, world reference in the implementation of the Banting, Low Carb diet.
- Medical Advisory Board Member of the European Keto Live Centre – IAssociation for Ketogenic Metabolic Therapies since July 2021

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