



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 from:

The Bavarian State Chamber of Physicians **BLÄK 16 CME - Credits**

The Swiss Association for Dieticians and Nutritionists **SVDE-ASDD 10 Points**

Conference Program 2024

[This schedule is subject to change](#)

Monday, 10th of June

CME-Credits BLÄK 7, CPD-Credits SVDE-ASDD 4 Points

- 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
"Fueling Performance: Carbohydrates vs Ketosis"
14:15 Q & A / Discussion
- 14:30 - 15:15 Prof. Dr Benjamin Bikman, 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

BLÄK CME-Credits 9, CPD-Credits SVDE-ASDD 6 Points

- 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 Assistant Prof. Dr Csilla Ari D'Ágostino
"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 - "Beliefs & Myths Die Hard"
led by Prof Dr Adrian Soto Mota, Dave Feldman
Dr Shaun Scott, Dr Ian Lake, Dr Elke Lorenz
& Assistant 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

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

to our Exhibition Sponsors:

RX-Sugar, USA, Keto Mojo and My Mojo Health, USA,

Audacious Nutrition, USA, Santa Barbara Nutrients, USA, Loving-Nutrition, CH,

and to our Research Publishing Partner, Frontiers in 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 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