



CV - Ignacio Cuaranta, MD

Board Certified Clinical Psychiatrist – Argentina

Received medical degree from Universidad Nacional de Rosario, Argentina in 2009.

In 2006 assisted as an observer at Beaumont Weight Control Center – Michigan- United States.

2015 worked at a Psychiatric Center at ASM13, Paris, France.

2017 completed a week-long observation at the Intensive Dietary Management Program in Scarborough, Ontario, Canada, with Dr. Jason Fung and Megan Ramos, assimilating invaluable lessons for therapeutic fasting prescriptions in Clinical Group and Individual settings.

Dr. Cuaranta has completed the first online LCHF physician training course by the Nutrition Network & Noakes foundation, in a dynamic search to gain a depth of knowledge for his private practice.

First Semester 2021, completed the first “Keto for Mental Health” course, by Dr. Georgia Ede, MD.

Served as the head of the Mood Department at a Neuroscience Clinic in Rosario, Argentina 2015-2018.

Lecturer at the 2018 World Congress of Psychiatry in Mexico City, on the topic of “Quality of Life in Schizophrenia”

“As a physician, the high rate of obese patients and metabolic disorders that I was assessing, prompt me to consider a more integrative practice that would include Metabolic and other Lifestyle interventions into my practicing toolkit, to go beyond pharmacotherapy as an isolated strategy.

I began seeing frequent patterns in the clinical manifestations among my patient population that couldn't be explained by the classical arguments in psychiatry for compulsive behavior, impulsive behavior, lack of energy, lethargy, mental fog, mood instability, poor concentration to name a few.

Challenging my preconceived notions about nutrition, I started paying specific attention to the effect of food on the human body, brain health, behavior as well as the impact obesity and other metabolic disorders have on quality of life, mental, physical, and social health.

My focus is on prevention, mental health optimization and weight loss as a path to health recovery.

Lifestyle interventions above mentioned include diet, movement, sleep, technology use and stress management, having quality of life in mind and aiming to increase metabolic flexibility and patient self-empowerment.

In practice, my aim is to help patients promote and improve cognitive function, mood management, anxiety and stress-related issues assessing the potential association with food and behavior towards eating (or not eating: aka Fasting).

I endorse and promote low-carb, healthy-fat (LCHF) and ketogenic lifestyles as well as intermittent fasting protocols, in combination with pharmacotherapy when needed.

Speaker CV:

- LowCarb USA - 2019- 2020 - 2021 - All talks available at <https://keto-mojo.com/speakers/ignacio-cuaranta/>
- Keto Santiago - Chile: 2019
- Nutrition Network: Neurology Elective 2021 @ <https://courses.nutrition-network.org/course>

Current Projects:

- Argentina Congress of Psychiatry: the value of Metabolic Psychiatry in current practice - September 25-26
- Keto Santiago - Chile: November 2021 - Live Event
- Post - Graduate Orthomolecular Medicine: Neuropsychiatry- November- December 2021
- Case Reports
- First LowCarb Latin American e-course
- Keto Live Project - Advisory Board
- LowCarb USA San Diego - August 2021 - Breakout Talk - Fasting in the Clinical Practice - 10 key lessons

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