

**6TH INTERNATIONAL
KETO LIVE® CONFERENCE
IN SWITZERLAND
PROGRAM
8TH - 12TH OF JUNE 2026**

**Ketogenic Metabolic Therapies
Future Prevention & Treatment of NCDs**



HOTEL REINE VICTORIA - ST. MORITZ



Keto Live® Project

EKLC & SAKMT – The International & the Swiss Association for Ketogenic Metabolic Therapies proudly presents

Ketogenic Metabolic Therapies in Prevention & Treatment of NCDs

The 6th International Keto Live® Conference in Switzerland about the Power of Food & Ketogenic Metabolic Therapies as a Medical Tool

We offer **CME/CPD Credits** for Continuous Medical Education from:

The Bavarian State Chamber of Physicians **BLAEK**

The Swiss Society of General Internal Medicine **SGAIM SSMIG SSGIM**

The Swiss Society for Endocrinology and Diabetology **SGED-SSED 12**

The Swiss Neurological Society **SNS-SNG**

The Swiss Society for Physical Medicine and Rehabilitation **SGPMR 29**

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

Monday, the 8th of June - Neuropsychiatry Part I

CME/CPD Credits BLAEK , SNS-SNG , SGED-SSED, SGPMR 4 & SVDE-ASDD Points

- 12:30 Registration Office opens
- 13:30 "Hello & Welcome to our 6th International Keto Live® Conference in Switzerland"
Josephine Barbarino, EKLC – European Keto Live Centre, Germany, and
SAKMT - The Swiss Association for Ketogenic Metabolic Therapies
- 13:45 - 14:30 Welcome Presentation by our Non-Profit Partner
The Baszucki Group - Metabolic Mind, United States of America
Assoc Prof. Dr Kirk Nysten, University of Toronto
"Metabolic Psychiatry, A view from Baszucki Group on the distance traveled
and the road ahead."
- 14:30 - 14:45 Q & A / Discussion
- 14:45 - 15:30 Dr Iain Campbell, University of Edinburgh
"The Metabolic Psychiatry Hub"
- 15:30 - 15:45 Q & A / Discussion
followed by a Coffee Break
- 16:15 - 17:00 Assoc Prof. Dr Calogero Longhitano, James Cook University, AU
"The Psychiatric and Metabolic Effects of Ketogenic Metabolic Therapy in
Community Patients with Schizophrenia and Bipolar Affective Disorder:
Results and Reflections from the North Queensland Dietary Intervention
Randomised Controlled Trial"
- 17:00 - 17:15 Q & A / Discussion
- 17:15 - 18:00 Dr Jen Unwin, UK
"Latest News in Food Addiction Research"
- 18:00 - 18:15 Q & A / Discussion
- 18:30 Welcome Get Together at the Hotel Reine Bar, included in the Conference fee
19:30 Keto Dinner *

*Keto meals or drinks are not included in the conference fee—please book them at the hotel.



Tuesday, 9th of June – Insulin Resistance, Heart- & CVD CME/CPD Credits BLAEK , SNS-SNG, SGED-SSED 6, SGPMR 7 & SVDE-ASDD Points

- 06:30 “Change Happens through Movement - and Movement Heals”
Good Morning Pilates with anine Rensch - 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 Prof. Dr Christoph Wilhelm, University of Bonn, DE
“Metabolic Networks Controlling Tissue Repair and Resolution of Inflammation”
- 09:15 - 10:00 Q & A / Discussion
- 10:00 – 10:45 Dr Nathan Bryan, USA
“The Role of Nitric Oxide in Insulin Signalling and Glucose Uptake”
- 10:45 – 11:00 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr John Schoonbee Swiss Re
“GLP1 – Antagonists – Friend or Foe”
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Dr Caroline Roberts, Medical Director of Research at Virta Health, USA
“A Decade of Clinical Evidence for Ketogenic Therapy in Metabolic Disease - Evidence and Innovation from Virta Health”
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster Session
13:00 Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Prof. Dr Adrian Soto Mota, Mexico
“Making sense of Advanced Lipid Metrics”
- 15:15 - 15:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:00 - 16:45 Dr David Unwin, GP, UK
“Magnesium”
- 16:45 – 17:00 Q & A / Discussion
- 17:15 - 18:30 Walk and Talk – Q & A
In Alternating Groups, please register at the Get-Together – with
- | | |
|-----------|--|
| Group I | Prof Dr Adrian Soto Mota & Dr Stefan Goetz
“Prevention & Treatment of NCDs” |
| Group II | Dr Jen Unwin & Dr Ana Iacob “Food Addiction” |
| Group III | Dr Iain Campbell & Assoc Prof. Dr Calogero Longhitano
“KMT in Bipolar Research” |
| Group IV | Assoc Prof. Dr Christos Chinopoulos – Dr Tomás Duraj,
“Prevention and Treatment of Cancer” |
| Group V | Dr Ian Lake, Dr Zsofia Clemens
“Early Treatment Protocol to Preserve Pancreatic Function” |
| Group VI | Dr Roshani Sanghani, Endocrinologist, Ruth Neubauer
Gynecologist & Dr David Unwin “Prevention & Treatment of
Gestational Diabetes” |
| Group VII | Elise & Janine Rensch, “Scoliosis & Pilates” |
- 19:00 Keto Dinner at the Hotel Reine Restaurant *
- *Keto meals or drinks are not included in the conference fee—please book them at the hotel.
- 21:00 Evening Special – Dr Sofia Deloudi reads from her new book: “12 Step Keto”



Wednesday, 10th of June – Cancer

CME/CPD Credits BLÄEK, SNS-SNG, SGED-SSED, SGPMR 7 & SVDE-ASDD Points

- 06:30 “Change Happens through Movement - and Movement Heals”
Good Morning Pilates with Janie Rensch, 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 Prof. Dr Athanasios Evangeliou, Aristotle University of Thessaloniki, GR
“Metabolomics in Clinical Oncology and Hematological Malignant Diseases -
the Metabolic Fingerprint in Childhood Acute Lymphoblastic Leukemia”
- 09:15 – 09:30 Q & A / Discussion
- 09:30 - 10:15 Assoc Prof. Dr Martha Spilioti, Aristotle University of Thessaloniki, GR
“Successful Application of Dietary Ketogenic Metabolic Therapy
in Patients with Glioblastoma”
- 10:15 -10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Tomás Duraj, Department of Biology, Boston College, USA
“Substrate-level Phosphorylation Dependency and Oxidative Phosphorylation
Insufficiency as the Primary Metabolic Phenotypes of Dysregulated Proliferation”
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Dr Isabella Cooper's Labs, Westminster University, United Kingdom
“Sex Hormone-Binding Globulin (SHBG) as a Central Regulator of
Endocrine-Oncogenic Signalling”
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster
Keto - Lunch Buffet *
Enjoy Nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Assoc Prof. Dr Christos Chinopoulos, Semmelweis University, HU
“Catabolic Rewiring in Cancer: Constraints on Dietary Interventions”
- 15:15 - 15:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:00 - 16:45 Panel with Dr Tomàs Duraj, USA, Prof Dr Athanasios Evangeliou, GR
Assoc Prof. Dr Martha Spilioti, GR, Zsófia Celemens, HU, Dr Isabella Cooper, UK
and Assoc Prof. Christos Chinopoulos, HU discussing
“KMT in Cancer Treatment - Skepticism, Controversies & Evidence”
- 16:45 - 17:00 Q & A / Discussion
- 17:15 - 18:30 Walk and Talk – Q &A
In Alternating Groups, please register at the Get-Together – with
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|-----------|--|
| Group I | Prof Dr Adrian Soto Mota & Dr Stefan Goetz
“Prevention & Treatment of NCDs” |
| Group II | Dr Jen Unwin & Dr Ana Iacob “Food Addiction” |
| Group III | Dr Iain Campbell & Assoc Prof. Dr Calogero Longhitano
“KMT in Bipolar Research” |
| Group IV | Assoc Prof Dr Christos Chinopoulos – Dr Tomás Duraj,
“Prevention and Treatment of Cancer” |
| Group V | Dr Ian Lake, Dr Zsofia Clemens
“Early Treatment Protocol to Preserve Pancreatic Function” |
| Group VI | Dr Roshani Sanghani, Endocrinologist, Ruth Neubauer
Gynecologist & Dr David Unwin “Prevention & Treatment of
Gestational Diabetes” |
| Group VII | Elise & Janine Rensch, “Scoliosis & Pilates” |
- 19:00 Keto Dinner at the Hotel Reine Restaurant*

*Keto meals or drinks are not included in the conference fee—please book them at the hotel.



Thursday, 11th of June – Type 1 & Type 2 Diabetes, CKD

CME/CPD Credits BLAEK 6, SNS-SNG, SGED-SSSED 6, SGPMR 7 & SVDE-ASDD 4 Points

- 06:30 “Change Happens through Movement - and Movement Heals”
Good Morning Pilates with Janine Rensch – 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 Ian Lake, GP United Kingdom
“If you want to know how insulin works in your body
ask some one with type 1 diabetes”
- 09:15 - 09:30 Q & A / Discussion
- 09:30 - 10:15 Dr Zsofia Clemens, PhD, International Center for Medical Nutritional Intervention,
“The Paleolithic Ketogenic Diet (PKD) and Type 1 Diabetes:
Benefits and Challenges”
- 10:15 - 10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Roshani Sanghani, Reisaan Health, India
“Gestational Diabetes Management”
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Dr. Melina Messing, PhD, UC Santa Barbara, USA
“Halting Cyst Progression in ADPKD
Using Ketogenic Metabolic Therapy and Exogenous Ketones”
- 12:45 - 13:00 Q & A / Discussion
- 13:00 Poster
- 13:00 Keto - Lunch Buffet *
Enjoy nature, have a chat, go for a walk, bike - or have a nap.
- 14:30 - 15:15 Prof. Dr Adrian Soto Mota, MX
"The Circadian Rhythm of BHB and Other Insights from
12 Million BHB Measurements."
- 15:15 - 15:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 16:00 - 16:45 Panel – led by Dr Ian Lake, GP, United Kingdom
Dr Caroline Roberts, USA, Dr Roshani Sanghani, IN, Dr Zsófia Clemens, HU &
Dr. Melina Messing, USA
- 16:45 - 17:00 Q & A / Discussion
- 17:15 - 18:30 Walk and Talk – Q & A In Alternating Groups, please register at the Get-Together
- | | |
|-----------|--|
| Group I | Prof Dr Adrian Soto Mota & Dr Stefan Goetz
“Prevention & Treatment of NCDs” |
| Group II | Dr Jen Unwin & Dr Ana Iacob “Food Addiction” |
| Group III | Dr Iain Campbell & Assoc Prof. Dr Calogero Longhitano
“KMT in Bipolar Research” |
| Group IV | Assoc Prof. Dr Christos Chinopoulos – Dr Tomás Duraj,
“Prevention and Treatment of Cancer” |
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Gynecologist & Dr David Unwin “Prevention & Treatment of
Gestational Diabetes” |
| Group VII | Elise & Janine Rensch, “Scoliosis & Pilates” |
- 19:00 Keto Dinner at the Hotel Reine Restaurant *
- * Keto meals or drinks not included in the Conference fee – please book separately at the Hotel
- 21:00 Evening Special – Dr Elena Gross reads from her book: “How to Master Migraine”



Friday, the 13th of June - Neuropsychiatry Part II

CME/CPD Credits BLÄEK 3, SNS-SNG 2, SGED-SSED, SGPMR 4 & SVDE-ASDD Points

- 06:30 "Change Happens through Movement - and Movement Heals"
Good Morning Pilates with Janine Rensch – 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 Assoc Prof. Dr Christos Chinopoulos, Semmelweis University, HU
"Do Astrocytes of the Human Brain Breathe?"
- 09:15 - 9:30 Q & A / Discussion
- 09:30 - 10:15 Prof. Dr Guido Frank, UC San Diego, USA
"Altered Brain Metabolism as a
Transdiagnostic Pathophysiology in Eating Disorders"
- 10:15 - 10:30 Q & A / Discussion
followed by a Coffee Break - included in the conference fee
- 11:00 - 11:45 Dr Nathan Bryan, USA
"The Future of Nitric Oxide Based Therapies for Alzheimer's and Dementia"
- 11:45 - 12:00 Q & A / Discussion
- 12:00 - 12:45 Panel with Dr John Schoonbee, Swiss Re, CH
"Are we Selling Snake Oil? Or a Safe and Affordable Solution to Fight NCDs"
Dr Peter Voshol, NL, Dr Caroline Roberts Virta Health, Dr Stefan Goetz, CH
Assoc Prof. Dr Kirk Nysten, CA, Assoc Prof. Dr Calogero Longhitano, ES
- 12:45 - 13:00 Q & A / Discussion

Farewell Outlook - "Keep on Keto" - See you again soon!

Conference Venue: Hotel Reine Victoria, Via Rosatsch 18, 7500 St. Moritz,
Please book Accommodation and Keto-Full-Board separately via
Phone: +41 81 553 90 00, or E-Mail: info@reine-victoria.ch

Medizinische Beratung & Leitung der Konferenz:

Prof. Dr. med. Markus Stoffel, München, DE
Prof. Dr. med. Adrian Soto Mota, MX
Dr. med. Suzan Oruc, Burghausen, DE
Dr. med. Ana Iacob, CH
Dr. med. Jürg Kuoni, Zürich, CH
Dr. med. Stefan Goetz, St. Katharinental, CH

A big thank you to our Non-Profit Partners:

The Baszucki Group, USA, and the Chaja Foundation, DE

to our Silver Sponsor:

Dr Schär, Specialist in Nutritional Solutions, IT

to our Exhibition Sponsors:

Keto Mojo & My Mojo Health, USA, and Santa Barbara Nutrients, USA

to our Research Publishing Partner:

Frontiers in Nutrition, CH

THE KETO LIVE® - METABOLIC HEALTH CENTRE IN SWITZERLAND

If you enjoyed the conference and would like to support our work, make our vision of the "**Keto Live® - Metabolic Health Centre**" the first Prevention, Treatment, Education, and Research Centre for Metabolic and Ketogenic 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 or donor to join the Movement, do not hesitate to get in touch ketoliveproject@gmail.com or Phone +49 151 25 25 0100

A PROJECT BY THE EUROPEAN KETO LIVE CENTRE & SAKMT
THE SWISS ASSOCIATION FOR KETOGENIC METABOLIC THERAPIES



KETOGENIC METABOLIC THERAPIES

"IT SOUNDS LIKE MAGIC - IT LOOKS LIKE MAGIC
AND IT FEELS LIKE MAGIC
BUT IT IS PURE SCIENCE
PHYSIOLOGY AND BIOCHEMISTRY
THE FUNDAMENTALS OF MEDICINE"

Josephine Barbarino