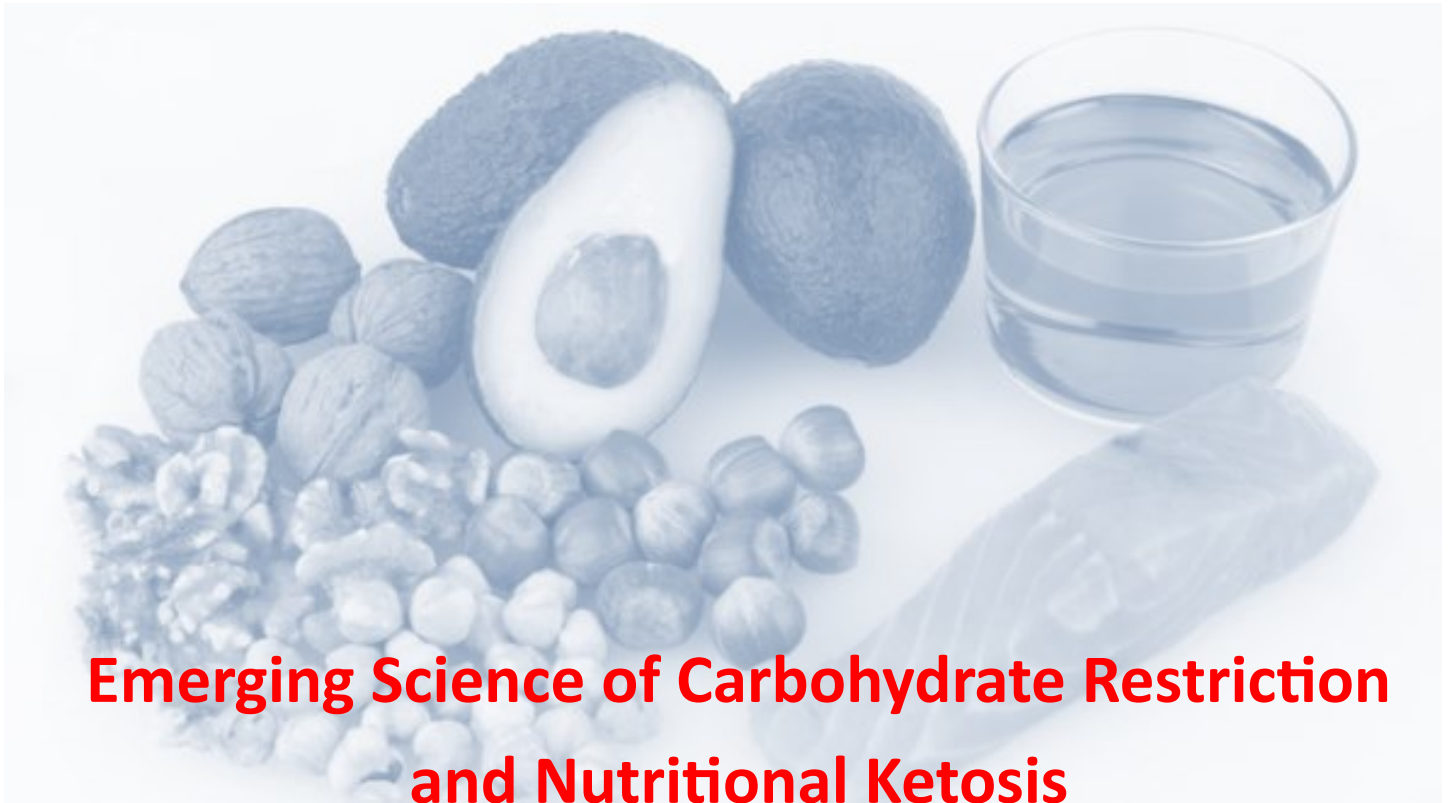




THE OHIO STATE UNIVERSITY

FOOD INNOVATION CENTER



**Emerging Science of Carbohydrate Restriction
and Nutritional Ketosis**

Scientific Sessions at the Ohio State University

August 16 -17, 2018

The Blackwell Inn and Conference Center

2018 Partnership Opportunities

EMERGING SCIENCE OF CARBOHYDRATE RESTRICTION AND NUTRITIONAL KETOSIS

EXECUTIVE SUMMARY

Decades of flawed nutritional advice to limit fat is now coming to an end. An impressive body of scientific proof now shows that improved physical, cognitive and overall health comes from carbohydrate restriction, specifically ketogenic diets. Although the scientific evidence is compelling, consumer habit, policy and industry practice are just starting to reverse the unhealthy trends of the past five decades.

The Ohio State University is calling attention to this extremely promising yet little known solution to major health problems of our time. Over the last 15 years a growing number of researchers have contributed to what is now a critical mass of science that provides compelling clinical evidence that ketogenic diets uniquely benefit weight loss, pre-diabetes, and type-2 diabetes. In the last five years, basic scientists have discovered that β -hydroxybutyrate (BHB), the primary circulating ketone, is a potent signaling molecule that decreases inflammation and oxidative stress. BHB has been suggested to be a longevity metabolite, with strong support from recently published mouse studies showing decreased midlife mortality and extended longevity and healthspan. Although type-2 diabetes is often described as a chronic progressive disease, emerging evidence indicates that sustained nutritional ketosis can reverse the disease. There is growing interest in studying potential therapeutic effects of ketosis on cardiovascular diseases, cancer, and neurodegenerative diseases including Alzheimer's and Parkinson's. There are even reasons certain athletes may benefit from nutritional ketosis and ketone supplements — debunking the long-standing dogma that high carbohydrate intake is required to perform optimally.

This conference will bring together the top experts in these fields to share what has been achieved and what remains to be done to advance this exciting field of scientific discovery.

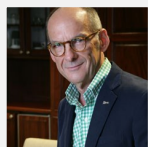
With the support of the well-established [Ohio State Food Innovation Center](#), we are building a center of excellence in evidence-based nutrition and food science. This initiative has high impact implications for long term faculty hires under the [Ohio State University Discovery Themes](#) devoted to solving food issues. Ohio State faculty experts have served on the Dietary Guidelines for Americans Science Advisory Committees and we have hosted two [Dietary Guideline summits](#).

We are now inviting select foundations and other interested groups to join us in this important conversation and support our efforts. We are offering a range of partnership opportunities outlined here for your convenience. Our leadership team is happy to answer any questions and discuss your specific interests in the program. Thank you in advance for your support.

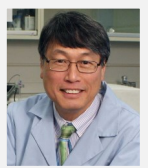
Program Overview

Location	The Ohio State University, Columbus, OH— Blackwell Inn and Conference Center
Date	August 16-17, 2018
Planning Committee	Ken Ford, PhD / Stephen Phinney, MD, PhD / Jeff Volek, PhD, RD / Ken Lee, PhD /
Goals	<ul style="list-style-type: none"> ◆ Bring together national and international experts to share what has been achieved and what remains to be done around the science and applications of nutritional ketosis. ◆ Explore real applications of the existing science of ketones and ketogenic diets, their use as a therapeutic tool and to increase human performance and resilience. ◆ Raise awareness and learning in influential audiences. ◆ Advance low carb and ketogenic research and outreach.
Target Audience	200 scientists/researchers, healthcare professionals (e.g., physicians, nurses, dietitians), practitioners, government/military employees and food policy influencers
Funding	Registration fees Invited partners support University sources
Accreditation	Continuing Medical Education (CME), Commission on Dietetic Registration Continuing Professional Education (CPE)

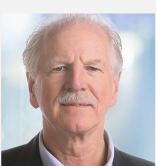
About our Leadership Team



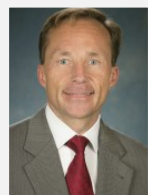
[Dr. Ken Ford](#) is the Founder and Chief Executive Officer of the Florida Institute for Human & Machine Cognition, a not-for-profit research institute in Pensacola, FL. Dr. Ford is the author of hundreds of scientific papers and six books. Dr. Ford's research interests include: artificial intelligence, cognitive science, human-centered computing, and entrepreneurship in government and academia.



[Dr. Ken Lee](#) is a Professor of Food Science at the Ohio State University and Director of the OSU Food Innovation Center. Dr. Lee's lab investigates new food safety technologies. He has led the OSU FIC since 2009, an initiative that specializes in innovative ways to improve the human condition by way of food. He has published more than 70 scholarly papers and was elected as a Fellow of the American Association for the Advancement of Science in 2015



[Dr. Stephen Phinney](#) is a physician-scientist and Professor of Medicine Emeritus at the University of California-Davis and serves as the Chief Medical Officer at Virta Health. He has twenty-five years of clinical experience as a director of multi-disciplinary weight management programs. He's contributed to numerous books and peer reviewed articles and is an expert in low carb nutrition and metabolism, fatty acids, inflammation, and the metabolic syndrome.









[Dr. Jeff Volek](#) is a registered dietitian and professor in the Department of Human Sciences at the Ohio State University. For the last two decades, he has performed cutting edge research elucidating how humans adapt to diets restricted in carbohydrate with a dual focus on clinical and performance applications. His work has contributed to the existing robust science of ketones and ketogenic diets, their use as a therapeutic tool to manage insulin resistance, plus their emerging potential to augment human performance and resiliency.

Conference Overview

Day 1 - August 16, 2018

Session 1: *Basic Mechanisms of Ketones* (9:00 am - 12:30 pm)





CONFIRMED SPEAKERS		AFFILIATION
	Dr. Eric Verdin β-Hydroxybutyrate: A Signaling Metabolite	President/CEO Buck Institute for Research on Aging
	Dr. John Ramsey Ketogenic Diet and Aging	University of California - Davis
	Dr. Jeff Volek Translating Basic Science of Nutritional Ketosis	The Ohio State University
	Dr. Stephen Phinney Translating Basic Science - Keto-Adaptation	Virta Health
	Dr. Dominic D'Agostino KetoNutrition: From Science to Application	University of South Florida



Lunch Keynote Speaker - Dr. Tim Noakes, Professor Emeritus, University of Cape Town


Professor Noakes is an internationally known nutrition expert and endurance athlete. Through his work with the Noakes Foundation, his mission is to reverse the global trend of diet-induced chronic disease through the LCHF diet.

Session 2: *Clinical Applications for Diabetes and Dyslipidemia* (1:30 - 5:00 pm)

CONFIRMED SPEAKERS		AFFILIATION
	Dr. Andrew Mente The PURE Study	McMaster University
	Dr. Jake Kushner Medical nutrition therapy for type-1 diabetes	Baylor College of Medicine
	Dr. Sarah Hallberg Type-2 Diabetes Reversal	Indiana University Arnett
	Dr. Ron Krauss Human Lipoprotein Responses and Cardiovascular Risk	Children's Hospital Oakland Research Institute

5:00 - 6:30 pm

Reception and Poster Session







Dinner Keynote Speaker– Nina Teicholz, author of the New York Times best-selling book *The Big Fat Surprise*

Nina Teicholz is an investigative journalist and author who has challenged decades of conventional dietary guidance. Her 2014 book was also the first mainstream publication to make the full argument for why saturated fats—the kind found in dairy, meat, and eggs—are not bad for health.



Conference Overview


Day 2 - August 17, 2018

Session 3: *Clinical Applications for Cancer* (8:00 am - 11:00am)







CONFIRMED SPEAKERS	AFFILIATION
 Dr. Angela Poff Ketosis and Hyperbaric Oxygen Therapy	University of South Florida
 Dr. Adrienne Scheck Tumor Metabolism and the Ketogenic Diet	Barrow Neurological Institute (Retired)
 Dr. Colin Champ Dietary Recommendations for Cancer/Warburg Metabolism	UPMC Hillman Cancer Center
 Dr. Eugene Fine The RECHARGE Trial: Low Carb Diet Trial for Metastatic Cancer	Albert Einstein College of Medicine

Session 4: *Clinical Applications for Neurology* (11:00am - 12:45pm)

CONFIRMED SPEAKERS	AFFILIATION
 Dr. Stephen Cunnane Brain Glucose and Ketone Metabolism	Universite de Sherbrooke
 Dr. Erik Kossoff Ketogenic Diet and Seizure Management	Johns Hopkins Medicine

 Lunch Keynote Speaker - Gary Taubes, Investigative Science and Health Journalist Author of several best-selling nutrition books, Mr. Taubes promotes the benefits of a carbohydrate restricted diet.
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Session 5: *Human Performance* (1:45 - 5:00pm)

CONFIRMED SPEAKERS	AFFILIATION
 Dr. Tim Noakes Sports Applications and Beyond	University of Cape Town
 Dr. Stephen Phinney Keto-Adaptation	Virta Health
 Dr. Jeff Volek Physical Performance	The Ohio State University
 Dr. Brianna Stubbs Role of Ketone Supplements	Research Lead at HVMN
 Dr. Ken Ford Military, Space and Beyond	Florida Institute for Human & Machine Cognition
 Steve Tashjian Team Sports Perspective	Major League Soccer - The Columbus Crew

Partnership Opportunities

Category	Amount	Benefits
Gold Level	\$10,000	<ul style="list-style-type: none"> ♦ Organization logo on event website ♦ 4 full program registrations ♦ 2 additional dinner seats ♦ One hotel night at the Blackwell Inn ♦ Exhibit table
Silver Level	\$5,000	<ul style="list-style-type: none"> ♦ Organization logo on event website ♦ 2 full program registrations ♦ 2 additional dinner seats ♦ Exhibit table
Bronze Level	\$3,000	<ul style="list-style-type: none"> ♦ Organization logo on event website ♦ 1 full program registrations ♦ Exhibit table
Poster Session	\$1,500	<ul style="list-style-type: none"> ♦ Organization logo on event website ♦ 1 program registration ♦ 3 additional guests for poster session and cocktail hour

Contact Julie Manning, OSU Food Innovation Center Executive Manager for more information

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