

INKS NEWS



INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY
www.neuroketo.org

INTERNATIONAL NEUROLOGICAL KETOGENIC SOCIETY

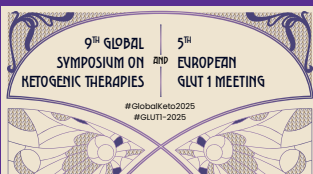
MARCH 2025 NEWSLETTER

VOLUME 1 • ISSUE 5

Welcome to Issue 5 of the International Neurological Ketogenic Society (INKS) Newsletter!



SEE INSIDE FOR:



An update on the forthcoming Global Symposium in Paris!



A tribute to KetoMan, Jim Abrahams



Keto RDs at the AES Los Angeles



Global Paris Awards Announcement!

NEW FEATURE! COMMUNITY KETO

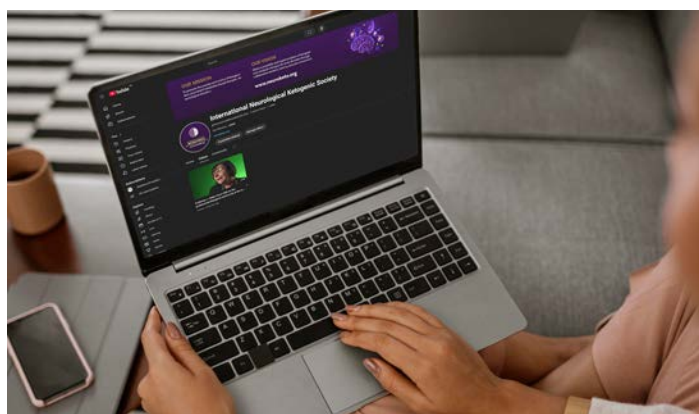
There are so many wonderful and creative examples around the world where INKS members are going above and beyond to make the ketogenic diet more practical and accessible.

Our new "Community Keto" series will share examples and practical knowledge. We hope these stories will inspire others with ideas and pathways to success. All contributors are willing to provide additional details and advice upon further request.

INKS News plans to feature these stories regularly. We encourage you to submit yours! Submit up to 400 words with at least one photo to: info@neuroketo.org



Our first "Community Keto" feature is a multi-part series focused on developing a dedicated Ketogenic Teaching Kitchen in a hospital setting. Dr. Christina Bergqvist, pediatric neurologist at Children's Hospital of Philadelphia, shares the process from start to finish: making the case for an on-site kitchen, and all of the steps that made it happen. She will also share the expanded benefits this kitchen has provided and that continue to make the kitchen successful and sustainable for their community. Enjoy! See Page 3 for Part 1...



CHECK OUT THE NEW INKS YOUTUBE CHANNEL

▶ [CLICK HERE TO VIEW](#)

Subscribe to receive notifications of new films as they are added!



9TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES | AND | 5TH EUROPEAN GLUT 1 MEETING

SEPTEMBER 16-19, 2025 • PALAIS DES CONGRÈS D'ISSY LES MOULINAUX • PARIS

As we move closer to the 9th Global Symposium on Ketogenic Therapies, held jointly with the 5th European GLUT-1DS Meeting, we are delighted to remind you that this exceptional event will take place in Paris, France, from September 16-19, 2025.

This symposium is a key opportunity to explore the latest advancements in ketogenic therapies, bringing together leading experts, healthcare professionals, researchers, and families.

The program promises to be particularly engaging, and we are pleased to give you a glimpse of the key themes that will be covered.

- Ketogenic diet therapies and related: basic science
- Nutritional Assessments
- KDT in epilepsies (translational and clinical)
- Quality of life/ Beyond seizures
- Neurology other than epilepsy

We are excited to announce that the Call for Abstracts will open on April 1st! This is your opportunity to share your research, insights, and advancements with a global audience of experts, healthcare professionals, and families.

Mark your calendars for April 1st and prepare to submit your work to be part of this inspiring event.

We look forward to discovering your contributions and shaping the future of ketogenic therapies together!

REGISTRATION IS NOW OPEN - CLICK HERE TO VISIT: WWW.KETO-PARIS-2025.COM

INKS MEMBERS RECEIVE A DISCOUNT!



MEMBERS! REMEMBER TO TAKE ADVANTAGE OF THE Q&A FEATURE!

You can visit the page here: neuroketo.org/member-homepage



View KD Webinars/Podcasts	Go to Q&A / member announcements	View / Edit Your Profile
View & Print Membership Certificate	View All Newsletters	Member Directory
Access the presentations from the 8th Global Symposium held in San Diego		Log Out

Here you can ask questions and start conversations with other members.

Tell everyone about your latest publication; announce meetings and anything else you want to share with other members. HOWEVER, this area is only successful if you, the members, visit the area and post!! Check it out and post!

A Keto Kitchen

by Christina Bergqvist MD

PART 1: THE NEED FOR A TEACHING KITCHEN



I have been using the ketogenic diet since I began my child neurology training over 30 years ago at CHOP (Children’s Hospital of Philadelphia).

At the time we had a small program. All the food came up from the central kitchen and families weighed the food to ratio, at the bedside. Many of the patients were either tube fed or ate very limited types of food during the diet initiation. A typical breakfast: scrambled eggs with butter and cheese, broccoli, ketchup and sausage. Lunch; ham, mayonnaise, cheese with mustard wrapped in lettuce and butter and cream on the side. Dinner; hotdog cauliflower with cheese butter and cream. Any cooking, (if you can call it that) was done in the microwave in the nutrition room. Not very fancy, we kept it simple.



Some programs did not even use food when they started the ketogenic diet, instead used formula, an all liquid initiation. At those centers the families left with a few copies of recipes they had never cooked and the responsibility of making the ketogenic food, finding recipes that worked. Not the best formula for adherence and keto success.

I heard horror stories from parents telling me about the 10 hours spent in the kitchen at home, only to have their child refuse to eat the meal they had made. Many parents did not know how to cook, and had not even boiled an egg. They live busy lives with fast food, take out, and TV dinners prepared in the microwave in addition to a child with treatment resistant epilepsy.

How do you teach people who have never cooked a meal to cook ketogenic meals without a kitchen? The answer is “you don’t”. If we do not have this type of space this wonderful treatment would be successful only in those few families who had the drive and energy to do all the work themselves.

As our program grew the need for a teaching kitchen space, with real life recipes that tasted and looked like regular food, became very clear in my mind. You cannot teach a teenager to drive without a car. You need a kitchen to teach parents to cook a ketogenic diet!

Our kitchen did transform our program, last year we started our 1000th patient, we have chef, cookbook, a web site with instructional cooking videos etc. I work with a phenomenal ketogenic team and the ketogenic diet is accessible to “almost” all families and children who need it at CHOP.

In this newsletter series I am going to tell you how we created our kitchen and hopefully help you start your own kitchen.

Coming up in Issue 6 of INKS NEWS...

PART 2 GETTING STARTED: MONEY

Annual American Epilepsy Society (AES) meeting in December 2024

LOS ANGELES, CALIFORNIA
By Robyn Blackford RDN, LDN



A few of the US Ketogenic Dietitians in attendance at AES

- Lisa Vanatta – Phoenix Children’s Hospital
- Heidi Pfeifer – Boston Children’s Hospital
- Denise Potter – Advanced Ketogenic Therapies
- Robyn Blackford – Lurie Children’s Hospital of Chicago
- Lauren Kronisch – Texas Children’s Hospital

The keto dietitians used the listserv to find who was planning on attending the AES conference. We found the best days and times based on everyone’s schedule and planned ahead to meet up a few times throughout the meeting.

We spent time networking, attending sessions together, supporting each other’s presentations, sharing our individual research projects and poster abstracts with each other, and talking about how our keto clinics are functioning (or not functioning). We even chatted a bit about what is going on in the keto world and in our individual keto jobs and lives.

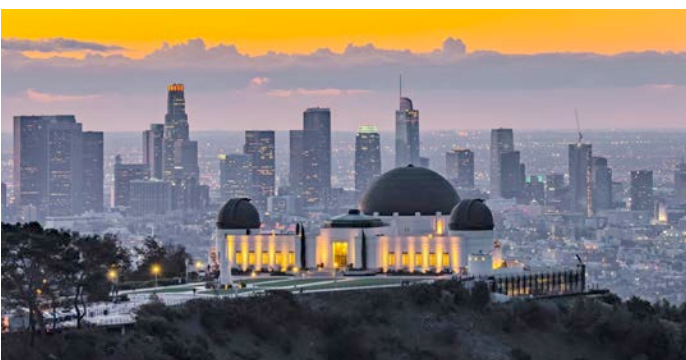
Many of us had poster abstracts to share at the meeting and a few had lectures and discussions to present, making for great, relevant conversation among the group.

It’s always so nice to meet up with other RDs doing the same work. It helps us to return home inspired and ready to take on the next keto hurdle ahead of us with enthusiasm! It is so refreshing to be in community together. We cannot wait to do this again soon in Paris and future AES meetings!



Ketogenic Dietitians from around the world whipping up interest to register for the INKS conference in Paris after sharing a nice brunch together at a small local restaurant

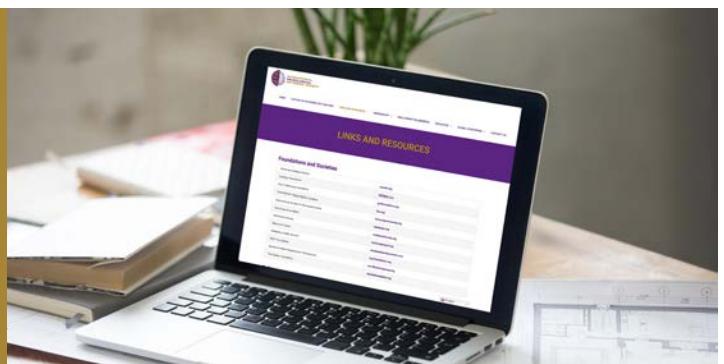
- Christi Sports – Phoenix Children’s Hospital
- Neha Kaul – Alfred Health, Monash University, Australia
- Robyn Blackford – Lurie Children’s Hospital of Chicago
- Yui Weng – Kaiser Permanente Los Angeles Medical Center
- Heidi Pfeifer – Boston Children’s Hospital



WHAT’S NEW IN KETO?

Check out the latest PubMed research links at the INKS website neuroketo.org, under ‘Links and Resources’!

[VISIT THE LINKS & RESOURCE PAGE HERE](#)



AWARDS COMMITTEE



The newly formed Awards Committee has been quite busy the past few months nominating and helping choose the winners of the 2025 John Freeman and Millicent Kelly Awards.

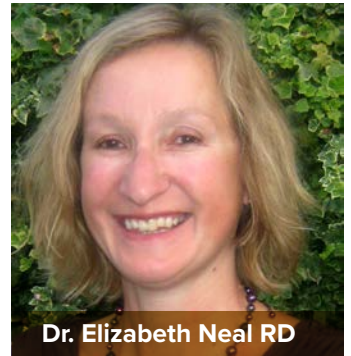
These awards are given out at the biannual conferences, usually on the last day, to celebrate the winners. Prior winners of the Freeman Award (given to a neurologist/physician/scientist in the keto field) are Drs. Elizabeth Thiele, Eric Kossoff, Jong Rho, Helen Cross, and Janak Nathan.

Prior winners of the Kelly Award (given to a dietitian) are Heidi Pfeifer, Eunjo Lee, Elles van der Louw, and Beth Zupec-Kania. Our current committee includes Eric Kossoff (Chair), Jong Rho, Philip Holt, Liu Lin Thio, Val Aldridge, Natasha Schoeler, Kevin Rathke and Heidi Pfeifer.

We are thrilled to announce the winners are Dr. Jörg Klepper and Dr. Elizabeth Neal! More information about their accomplishments and the timing of the award at the Paris meeting will be announced soon!



Dr. Jörg Klepper



Dr. Elizabeth Neal RD

AN INKS ENDORSED EVENT



— THE 3RD KETOCOLLEGE ADVANCE EVENT —
13, 14 & 15 MAY 2025
 FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

NEW SESSIONS FOR 2025!

- Prediction of responders to Ketogenic Dietary Therapies
- Ketogenic Diet and Neuroinflammation
- GLUT1DS & PDHD Ketogenic Diet Practicalities
- Mechanisms of the Ketogenic Diet
- Dietetic Practicalities of a National KDT Adult Service
- Overcoming Transition Challenges for the KDT Team
- The Role of the Psychologist in the Ketogenic Team
- Taking a KDT service from Good to Great!
- Other applications of KDT; Diabetes & Obesity, Mental Health, Headache Disorder
- Dietetic Research Updates

In addition to updates in our regularly featured topics:

- KDT in Infants – the Evidence & Practicalities
- KDT in Neonates
- Inborn errors of metabolism and mitochondrial disease
- KDT in Adults – the Evidence
- GLUT1DS & PDHD latest evidence
- Modular & Blended Ketogenic Diets
- The first 12-week challenges – a popular interactive session for trouble-shooting issues
- Managing Side Effects of KDT – short and long term
- Interesting Case Studies

INTERESTING CASE SUBMISSION CLOSES 31 MARCH 2025

CPD Pending

Visit: ketocollege.co.uk Email: info@ketocollege.co.uk



THE CHARLIE FOUNDATION:

A JOURNEY OF HOPE, RESILIENCE,
AND REVOLUTIONIZING EPILEPSY
TREATMENT

BY BETH ZUPEC-KANIA, RDN



It is impossible to overstate the impact Jim and Nancy Abrahams had on bringing public attention to the ketogenic diet over 40 years ago. With deep gratitude, we share this tribute to Jim Abrahams, 1944-2024.

In 1993, Jim and Nancy Abrahams found themselves in a place no parent ever wants to be—watching their child, Charlie, suffer from relentless seizures with no relief in sight. After consulting five epilepsy specialists in three cities, trying seven different medications, and even undergoing brain surgery, Charlie was still experiencing daily seizures. The devastating diagnosis: treatment-resistant epilepsy, a condition that, at the time, came with bleak predictions of lifelong seizures and developmental regression.

But Jim and Nancy refused to accept that fate. Desperate for answers, Jim began searching through books on epilepsy at the UCLA medical library. That's where he stumbled upon a nearly forgotten treatment - ketogenic diet (KD) therapy. First documented in 1921 by Dr. Russel Wilder of the Mayo Clinic, this dietary approach had been successfully used to treat epilepsy for decades before falling into obscurity with the rise of anti-seizure medications.

With hope rekindled, the Abrahams family traveled across the country to Johns Hopkins Hospital in Baltimore to give the ketogenic diet a chance. With the help of their staff including dietitian Millicent Kelly, Dr. John Freeman and their administrator Ms. Diana Pillas, Charlie was started on a medically supervised ketogenic diet. Within days, his seizures stopped. Not slowed down. Not reduced. Stopped. And as the days passed, his cognitive and physical development slowly began to flourish.

Jim and Nancy knew they had to share this life-changing discovery with the world. In 1994, they founded The Charlie Foundation to educate and advocate for ketogenic diet therapy. But awareness alone wouldn't be enough; they needed to reach both the medical community and families facing the same struggles they once did. Using Jim's skills as a Hollywood writer and producer, they brought the story to life in the film *First Do No Harm*, starring Meryl Streep.

The movie, along with a feature on Dateline, ignited a surge in demand for KD therapy that led to dietitian Beth Zupec-Kania training thousands of medical professionals in hospitals and clinics around the world enabling them to establish keto programs.

Over the past 30 years, The Charlie Foundation has not only raised awareness but also set the gold standard for education and advocacy. They played a pivotal role in organizing authors of the first pediatric consensus guidelines for KD therapy in 2008 under the leadership of Dr. Eric Kossoff, later updated in 2018. Recognizing the need for adult treatment guidelines, Dr. Mackenzie Cervenka followed suit in coordinating the first official KD standards for adults in 2020. These guidelines have been instrumental in the safe and efficacious management of KD therapy. In addition, in 2008, The Charlie Foundation together with Dr. Jong Rho began hosting global symposiums, bringing together medical professionals, and researchers to expand the reach and understanding of ketogenic therapies. The International Ketogenic Society (INKS) has taken over the role of organizing these biennial meetings.

What started as one family's desperate search for answers has grown into a worldwide movement. Thanks to the work of The Charlie Foundation, ketogenic therapies are no longer seen as a last resort but as an option for epilepsy and a promising intervention for conditions such as brain cancer, diabetes, autism, endocrine, mental health, and genetic disorders.

A treatment that was nearly forgotten has now become a beacon of hope for an untold number of people. The Charlie Foundation remains steadfast in its mission: to ensure that everyone who may benefit - especially those with epilepsy - knows that dietary therapy is an option.

Charlie's story is not just one of survival. It's a testament to the power of perseverance, the impact of knowledge, and the unwavering love of parents who refused to accept 'no' for an answer. And because of them, countless lives have been transformed. Jim's legacy of advocating for, and education on ketogenic diet therapy for conditions for which there is medically proven benefit will remain strong.

For more information, visit our website, explore our resources, and discover how ketogenic therapy might change your life or the lives of your patients—just like it did for Charlie.



Charlie Foundation
FOR KETOGENIC THERAPIES

VISIT THE CHARLIE FOUNDATION WEBSITE HERE →

AN INKS ENDORSED EVENT

Ketogenic Therapeutics *Mastery*

All Courses
FOUNDATIONAL + ADVANCED: Combined
Courses 28 CPE

\$750.00

2 Courses



All Courses
ADVANCED Ketogenic Metabolic
Therapies Mastery Course 14 CPE

34 Lessons Total To
Provide 14 CPE

\$395.00




All Courses
FOUNDATIONAL Ketogenic Metabolic
Therapies 14 CPE

★★★★★ (9)

71 Lessons Total To
Provide 14 CPE

\$395.00



With Beth Zupec-Kania RDN, CD
& Denise Potter RDN, CSP, CDCES



Scan to learn more!



We welcome your stories, photos, and upcoming events
for future issues of INKSNews – submit [here](#).

9TH GLOBAL
SYMPOSIUM ON
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AND

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