



Welcome to Issue 7 of the International Neurological Ketogenic Society (INKS) Newsletter!



9TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES | 5TH AND EUROPEAN GLUT 1 MEETING
SEPTEMBER 16-19, 2025 • PALAIS DES CONGRÈS D'ISSY LES MOULINEX • PARIS

In this issue we look ahead to some of the highlights of the forthcoming Paris symposium.

We are pleased to share that **online registration** is now available for those that cannot join in person, with options to join the Glut1 meeting only, or both the Glut1 + Global Symposium on Ketogenic Therapies.

INKS MEMBERS RECEIVE A DISCOUNT ON IN-PERSON REGISTRATIONS!

[VISIT THE PARIS WEBSITE HERE](#)



SEE INSIDE FOR:



WHY I'M ATTENDING PARIS 2025 – AND WHY YOU SHOULD TOO

BY: ROBYN BLACKFORD, RD



THE JIM ABRAHAMS LECTURE



INDUSTRY SYMPOSIA – A LOOK AHEAD TO THE SATELLITE MEETINGS



SOCIAL EVENTS AT THE PARIS MEETING

A MESSAGE FROM THE INKS EDUCATION COMMITTEE CHAIR

MARISA ARMENO, MD, PHD

We are pleased to introduce a new series of short educational videos highlighting recent scientific articles in ketogenic therapy for epilepsy.

Each video, lasting 5 to 10 minutes, offers a concise and accessible summary of cutting-edge research to support INKS Members in staying up to date with the latest evidence.

Some of the videos will even feature the authors themselves, providing unique insights into their work. Stay tuned for our first releases!





INDUSTRY SYMPOSIA SESSIONS TO LOOK FORWARD TO AT THE PARIS GLOBAL SYMPOSIUM

WEDNESDAY
17TH SEPTEMBER
3:00PM - 4:00PM



K.Vita - An alternative Dietary Management Option for drug resistant epilepsy - Real World Evidence

THURSDAY
18TH SEPTEMBER
12:45PM - 1:30PM



Overcoming Barriers to KDT:
Enabling more Families to Benefit from Life Changing Impact on Seizure Management

FRIDAY
19TH SEPTEMBER
8:20AM - 9:30AM



Ketogenic Therapy in Mental Health:
A Movement Informed by Lived Experience

FRIDAY
19TH SEPTEMBER
12:50PM - 1:35PM



Advancing Nutritional Precision and Safety in Food Products for Adult Ketogenic Care

[VISIT THE WEBSITE HERE FOR FULL DETAILS OF THE INDUSTRY SYMPOSIA SESSIONS](#)



We always look forward to visiting the stands of exhibitors and sponsors of the Global Symposia – check out who's going to be in Paris!

[VIEW EXHIBITORS & SPONSORS HERE](#)

COMING TO PARIS? JOIN US FOR SOCIAL EVENTS!

A Networking event for all attendees on 17th September, 6:30PM - 7:30PM at the conference venue.

Plus the Congress Dinner on 18th September, from 8:00 PM (pre-registration is required for the congress dinner) that promises to be an exceptional evening.

Enjoy an Apéritif, along with a seated 3-course dinner & after party with a DJ and an open-bar.



[VIEW WEBSITE FOR FULL DETAILS HERE](#)

LOOKING FORWARD TO PARIS 2025 WHY I'M ATTENDING AND WHY YOU SHOULD TOO

BY ROBYN BLACKFORD

Clinical Coordinator of Ketogenic Diet Therapies
at Ann & Robert H. Lurie Children's Hospital of Chicago



As a ketogenic dietitian, attending the 9th Global Symposium on Ketogenic Therapies in Paris this September is more than just a professional development opportunity – it's a chance to reconnect with the heart of this life-changing work.

Hosted by INKS and co-organized with the European GLUT1DS Meeting, this event draws clinicians, researchers, and dietitians from around the world, all dedicated to advancing the science and practice of ketogenic therapies.

Here's a preview of the sessions I'm most excited about.

The History and Applications of Ketogenic Diet Therapies

There's something profoundly inspiring about hearing the legends speak on KDT. Their presentations on the history, mechanisms, and expanding uses of the diet never fail to reenergize my passion for this field. I've heard some version of these talks multiple times—and I would gladly listen over and over again.

Dietitian-Focused Guidelines and Best Practices

One of the highlights for me this year will be the session led by the Ketogenic Dietitian Research Network (KDRN). While I've attended many of their virtual meetings, there's nothing quite like being in the room with these trailblazing colleagues. The knowledge-sharing, collaboration, and energy are unmatched—and always leave me with new tools and ideas for clinical care. Cheers, my RD friends!

Practical Implementation and Lived Experience

Sessions focused on diet adaptations, patient-centered care, case studies and lived experience help me stay grounded in what matters most: my patients and their families. I look forward to hearing real-world stories that spotlight both challenges and successful strategies—because, honestly, everything I've learned, I have learned from my patients and their families.

Cutting-Edge Research and Clinical Trials

I'm especially eager to hear updates on how KDT are being applied in emerging areas like bipolar disorder, brain tumors, and autism. These sessions offer a vital bridge between bench research and bedside care, helping clinicians like me translate complex science into actionable treatment strategies.

Attending INKS 2025 in Paris offers a rare opportunity to:

- Deepen my expertise in the clinical use of KDT across conditions and age groups
- Learn updated best-practice protocols directly from global leaders in the field
- Explore new therapeutic applications supported by current research
- Bring home strategies and resources that will empower both my patients and the medical teams I work with
- Connect with a global community committed to improving lives through KDT

If you're a clinician, dietitian, or researcher working in the ketogenic diet therapy space—or hoping to—this is the place to be. I can't wait to learn, share, and grow together in Paris. See you there!

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

PARIS 2025 THE INAUGURAL JIM ABRAHAM'S LECTURE

**THURSDAY 18TH SEPTEMBER
8:30AM – 9:00AM**

**We look forward to Reflections and
Developments from 32 Years of Ketogenic
Diet Therapy from Beth Zupec-Kania RDN.**



The use of Ketogenic Therapies is expanding rapidly. Be part of the professional growth by becoming a member of INKS.

Discover the opportunities that an INKS membership can bring to you, your career, your profession, and ultimately, to patients. Access up-to-date information on research and clinical care of patients affected by brain and mental health conditions using ketogenic and other metabolic dietary therapies.

INKS MEMBERSHIP BENEFITS CURRENTLY INCLUDE:

- A 10% discount* on registration fees to the biannual INKS Global Symposia.
- Access to timely news and professional updates through regular INKS newsletters.
- Networking with international colleagues and experts.
- Opportunities to join and work with INKS committees.
- A 30% discount on books from Springer Publishing.
- Regular video summaries of cutting-edge research.

*Discount rates subject to change at the discretion of each biennial Global Symposium organizing committee.

There are more benefits soon to come, including:

- Opportunities to enhance professional growth through mentoring, fellowships, scholarships / bursaries, and personal development.



**SCAN QR CODE FOR
DIRECT LINK TO OUR
MEMBERSHIP FORM**

NEXT ISSUE

Our Insights From Paris!

Look forward to
the next instalment
of **A Keto Kitchen**
by Christina Bergqvist
MD, Part 3 Community
Kitchen.



**We welcome your
stories, photos, and
upcoming events for
future issues of INKS
News – [Submit here](#)**



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SAVE THE DATE

— THE 4TH KETOCOLLEGE ADVANCE EVENT —
12, 13 & 14 MAY 2026
FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

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OF LEARNING FOR HEALTH PROFESSIONALS
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★★★★★ (9)

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



Scan to learn more!

