

INKS NEWS



INTERNATIONAL
NEUROLOGICAL
KETOGENIC SOCIETY
www.neuroketo.org

INTERNATIONAL NEUROLOGICAL KETOGENIC SOCIETY

NOVEMBER 2025 NEWSLETTER ————— VOLUME 1 • ISSUE 8

Welcome to Issue 8 of the International Neurological Ketogenic Society (INKS) Newsletter!



Insights from the 9th Global Symposium on Ketogenic Therapies, Paris... See inside!



Meet the European Glut1 Associations
(recorded in Paris)
**VIEW HERE AT THE INKS
YOUTUBE CHANNEL**



**DR MARISA ARMENO
ANNOUNCES NEW EDUCATIONAL
VIDEOS FOR INKS MEMBERS...
SEE PAGE 2**

SEE INSIDE FOR:



**BASIC SCIENCE,
TRANSLATIONAL RESEARCH,
AND CLINICAL TRIALS
SUMMARY**

BY ADRIENNE C. SCHECK, PHD



**KDRN PARIS MEETING
SUMMARY**



**PART 3: THE NITTY GRITTY
OF BUILDING AN IN-
PATIENT KETOKITCHEN**

WITH CHRISTINA BERGQVIST, MD



**JOHN FREEMAN &
MILLICENT KELLY
AWARDS, PARIS 2025**

NEW SHORT EDUCATIONAL VIDEOS FOR INKS MEMBERS

FROM THE INKS EDUCATION COMMITTEE

We're excited to announce that new short video modules are ready, designed to deliver high-impact, clinically relevant guidance in just a few minutes.

New high-impact short videos are now available on the INKS platform with the first available NOW. Eric Kossoff (USA) highlights a fast, inpatient carb-challenge approach to safely discontinue KD, offering a fresh alternative to slow weaning (Epilepsia 2025).

[CLICK HERE TO VIEW](#)

ACCESSIBLE TO INKS MEMBERS ONLY. ENSURE YOU ARE LOGGED IN TO YOUR ACCOUNT TO VIEW!

COMING SOON

Lenyacia Neri (Brazil) reviews the real-world barriers that limit KD access and showcases practical strategies to help families start and stay on treatment (Clin Nutr ESPEN 2025).

Raquel Samoes (Portugal) unpacks why adults often drop MAD, from adherence issues and side-effects to disengagement, while identifying clinical predictors to support better retention (Epilepsia 2025).

Short format, actionable insights - designed to elevate clinical practice fast. With more to follow...

REFLECTIONS FROM INKS 2025: LEARNING, CONNECTING, AND A LITTLE SNACK TIME

BY ROBYN BLACKFORD

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



Returning from the 9th Global Symposium on Ketogenic Therapies in Paris, I feel both re-energized and deeply grateful.

Beyond the incredible sessions and cutting-edge research, what stood out most was the chance to connect with others doing the same life-changing work. Whether through casual hallway conversations or more formal discussions, the symposium sparked new ideas for clinical workflows and patient care, future collaborations, and even co-authored publications.

One unexpected highlight! The 5-minute flash talks. These bite-sized presentations delivered high-impact insights in record time, pointing the way to the related poster or sparking a follow-up conversation. They were an efficient and exciting way to stay current with fresh, emerging work across the field.

And yes, I have to admit, some of my favorite moments happened during snack and lunch breaks! (Am I a dietitian or what?) These windows of time offered the perfect opportunity to recharge, explore vendor booths, try a new keto food, or simply catch up with friends and colleagues. It was during these breaks that many of the most meaningful conversations took place for me.

I left Paris with new knowledge, new connections, and new ideas I can't wait to bring into my clinical practice. If you've ever thought about attending, start planning for the next one!





FRIDAY MORNING SESSIONS IN PARIS:

BASIC SCIENCE, TRANSLATIONAL RESEARCH, AND CLINICAL TRIALS

BY ADRIENNE C. SCHECK, PHD

The Friday morning sessions on basic science, translational research, and clinical trials in ketogenic diet therapy continued the high level of excellence demonstrated throughout the conference.

The first presentation, by Dr. Richard Frye, explored the role of mitochondria in ketogenic diet therapy. He discussed evidence showing that the ketogenic diet modulates genes critical for mitochondrial function, though results in mitochondrial disease remain mixed. Specifically, the diet appears less effective when mutations are present in genomic genes encoding mitochondrial proteins. In contrast, in systems with intact genomes but dysfunctional mitochondria, the ketogenic diet seems to exert stronger therapeutic effects.

Dr. Antonella Riva followed with an update on the microbiome and ketogenic diet therapy. She demonstrated how ketogenic metabolic changes reshape both alpha and beta diversity of the gut microbiome, leading to elevated production of short-chain fatty acids and shifts in microbial composition. Her presentation included published work showing that microbiome alterations induced by the ketogenic diet in humans can transfer seizure resistance to mice. Additionally, her recent clinical study revealed that the gut microbiota differ significantly between drug-resistant and drug-sensitive epilepsy patients.



Next, Dr. Robin Williams discussed metabolism in the context of the ketogenic diet. His presentation highlighted transcriptomic data illustrating that distinct cell types and disease states display unique metabolic adaptations to ketogenic conditions. He also presented findings on medium-chain fatty acids, focusing on the K.Vita MCT blend, an 80:20 mixture of decanoic

and octanoic acids. Remarkably, this formulation produced metabolic effects similar to a classical ketogenic diet even in the absence of glucose restriction, while also inducing additional novel effects.

Two flash talks by Dr. Daniela Weber concluded the basic science and translational research block. The first showed that a ketogenic diet enhanced the efficacy of immunotherapy in neuroblastoma. In the second, she compared the effects of a classical ketogenic diet and various fasting-induced ketosis models in healthy mice, identifying changes in specific metabolic markers.

The second portion of the morning focused on clinical trials, beginning with Dr. Helen Cross, who presented results from the Ketogenic Diet in Infants With Epilepsy (KIWE) trial.

She described the design and challenges of the study, noting that the ketogenic diet demonstrated comparable efficacy and side effect profiles to antiseizure medications. The findings confirmed that the ketogenic diet is safe, well-tolerated, and should be considered a second-line treatment for infantile seizures.

Dr. Sarah Drobny then discussed emerging clinical trials in bipolar disorder as part of the growing field of metabolic psychiatry, which links metabolism to mental health. She summarized two published trials—one pilot study in bipolar disorder and schizophrenia showing improvements in psychiatric, metabolic, and quality-of-life measures, and a second producing similar outcomes. Her team has now secured funding for a full-scale clinical trial.

Following this, Dr. Jethro Hu presented research on ketogenic diet therapy for malignant brain tumors. His initial phase 1 pilot trial confirmed feasibility and suggested improved survival outcomes. Multiple new trials are now underway in glioblastoma and other cancers, including his ongoing phase 2 study. Intriguingly, he noted emerging work demonstrating neuronal-cancer cell connections via microtubular tunnels through which mitochondria are transferred from neurons to tumor cells—a finding with fascinating implications for ketogenic metabolic therapy in oncology.

Finally, Dr. Stéphane Auvin addressed clinical trials in autism spectrum disorder (ASD). His talk began with thoughtful reflections on the challenges of designing trials in this complex population, particularly with dietary interventions such as the ketogenic diet. He reviewed the limited but growing body of published work, noting that while early results are promising, more rigorous clinical evidence is needed to confirm efficacy.



KDRN MEETING SUMMARY OF GLOBAL 2025 MEETING

BY DR NATASHA SCHOELER



The Ketogenic Dietitians Research Network (KDRN) held a meeting on the Wednesday morning.

This is a group of over 200 paediatric and adult ketogenic dietitians and associated healthcare professionals, charity and industry representatives and academics. All with one aim in mind: to foster ketogenic diet-related multi-disciplinary research.

We were overwhelmed by the number of attendees: over 200! We will request a bigger room next time! It was wonderful to see many new faces, including from Sweden, Qatar and Poland, and for many of our existing international members, this was the first time for us to meet face-to-face.

After an introduction from the network's chair, Dr Natasha Schoeler, giving an overview of the aims of the group and

our published and ongoing projects, we heard from Victoria Whiteley on existing consensus recommendations and guidelines related to ketogenic diets.

We thank Dr Elles van der Louw for helping prepare this in-depth presentation. It sparked much discussion on what other ketogenic diet guidance is needed. That'll keep us going for the next ten years...!

We had time for networking, discussion of future project ideas and also some clinical questions. We explored what the priorities of the network should be in the upcoming years: what is important to YOU. We were so pleased to have many new member requests following the meeting, and we look forward to supporting more dietitians to get involved in research and continuing our positive international collaborations.

For further information about KDRN, please visit our website www.kdrn.co.uk or follow us on Instagram [@keto_dietitians_research_ntwrk](https://www.instagram.com/keto_dietitians_research_ntwrk)

BI-ANNUAL AWARDS AT THE PARIS MEETING

The Awards Committee of INKS was thrilled to provide our 2 biannual awards at the Paris meeting to Dr. Joerg Klepper (John Freeman MD Award) and Dr. Liz Neal (Millicent Kelly RD Award).

There were many incredible nominations this year, but both of these ketogenic diet therapy champions stood out for their lifetime of clinical care, research, and passion for our ketogenic diet community. Both were present in Paris along with their family to accept the awards, which were created and designed with the assistance of Julie Fountain of Matthew's Friends. The Awards Committee looks forward to helping choose and honor two more deserving members of our community at the 2027 Cape Town meeting!



Paris 2025 Inks Awards Committee, Chaired By Professor Eric Kossoff

THE DESTINATION FOR THE 10TH GLOBAL SYMPOSIUM ON KETOGENIC THERAPIES IS CAPE TOWN, SOUTH AFRICA 2027!



LOOK OUT FOR FURTHER DETAILS COMING SOON.

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

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

A Keto Kitchen

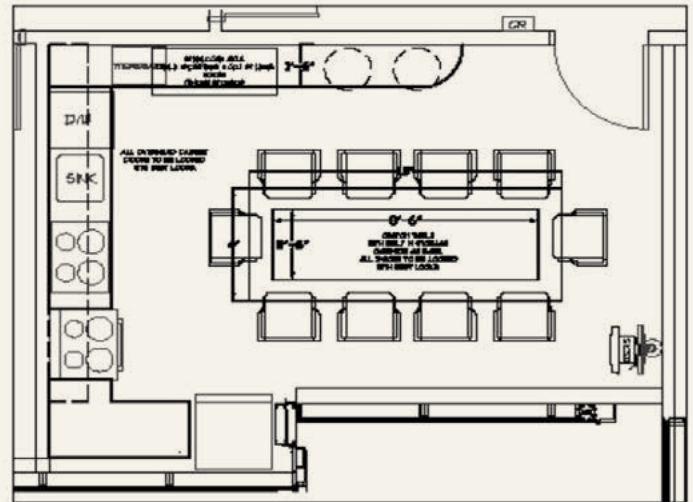
by Christina Bergqvist MD

PART 3: THE NITTY GRITTY OF BUILDING AN IN-PATIENT KETO-KITCHEN



You must find space for your kitchen. It does not have to be “grand”, but it must meet your needs. Write down the purposes and needs for the kitchen and rank them. This will be your starting point when you meet with the hospital architect and building team. Be willing to compromise and share. A small kitchen is better than no kitchen!

In general, unused space is very difficult to find in hospitals, but with the help of facilities, we found a closet that was combined with a smaller office. This became our kitchen, a rectangular space about 13 by 22 ft (4 by 6.7 m) with windows on one side.



Our kitchen had to be located on the neurology floor where our patients start the ketogenic diet and serve three needs. As a teaching kitchen, an office for the chef, and a meeting room when not used as a kitchen. We needed space for five caretakers cooking, and two assistants. The same room would also have to hold up to 10 people in a meeting.

We had many meetings with the hospital architect and building team as the project progressed.

Our architect designed a kitchen with a small workstation for the chef, a retractable screen and ceiling projector when used as a meeting room.

There is an island in the center of the room serving as a countertop. The short end of the island has counter space that is wheelchair accessible. The opposite end is raised to provide a podium for the chef to demonstrate the recipe. Storage space was maximized underneath the island and on the walls with locked cabinets.

We have a four-burner stove and a cooking top at the very end of the room with a temperature regulated dishwasher. The refrigerator is centrally monitored for temperature consistency.

There are many rules for hospital construction. The rules are likely to vary by both state and country. As a child neurologist you are not going to know any of them. There is one I would like to mention. You are not building a demonstration kitchen. You are building a keto-kitchen, and the children are going to eat the food that is prepared there. You will therefore need two sinks, one for cleaning pots and pans and a second separate sink for hand washing only. This rule almost delayed our celebration but thanks to the wonderful working crew at CHOP the second sink was installed, and we opened on time.



NEXT:
Part 4: Day to day running of the kitchen

ADVERTISEMENT

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!



ADVERTISEMENT



SAVE THE DATE

THE 4TH KETOCOLLEGE ADVANCE EVENT

12, 13 & 14 MAY 2026

FELBRIDGE HOTEL • EAST GRINSTEAD • WEST SUSSEX • UK

AN IN-PERSON ADVANCED PROGRAMME OF LEARNING FOR HEALTH PROFESSIONALS WORKING IN KETOGENIC THERAPIES

EXPERT MENTORS | 2 OR 3 DAY ATTENDANCE OPTIONS | NETWORKING | CPD PENDING

INTERACTIVE SESSIONS | INTERESTING CASE STUDIES | ADVANCEPLUS 3RD DAY

VISIT: KETOCOLLEGE.CO.UK
 EMAIL: INFO@KETOCOLLEGE.CO.UK

45 MINS BY TRAIN FROM LONDON • 20 MINS DRIVE FROM LONDON GATWICK
 PLACES ARE LIMITED



IN PERSON | UNBIASED | INTERACTIVE

11TH MAY 2026 • 12.30PM – 5.30PM

KetoCollege Foundations aims to equip newly practicing dietitians with the foundational theoretical knowledge and practical skills required to initiate, calculate, and manage ketogenic diet therapy (KD) for patients with drug-resistant epilepsy (DRE) and GLUT1 deficiency, safely and effectively.

BURSARIES AVAILABLE
 CPD PENDING • LIMITED SPACES

VISIT: KETOCOLLEGE.CO.UK
 EMAIL: INFO@KETOCOLLEGE.CO.UK