

Beth Zupec-Kania, R.D.N

Registered Dietitian & Nutritionist
1325 Victoria Circle S. Elm Grove, WI 53122

Safe and effective use of nutritional ketosis for neurological disorders, certain cancers and other metabolic based conditions require careful formulation, supplementation and laboratory surveillance. My objective is to implement and teach careful application of ketogenic therapies.

Professional Positions

Children's Hospital of Wisconsin, Milwaukee, Wisconsin: 1990-2014.

Developed the ketogenic diet program for pediatric epilepsy in 1997 with Neurology Service.

Nutrition Consultant, owner Ketogenic Therapies, LLC: 2006-Current.

- Consultant to The Charlie Foundation for Ketogenic Therapies.
 - Chair of the Scientific Advisory Board.
 - Designer of web-site: charlifoundation.org.
 - Creator of *Ketodietcalculator™*, web-based calculator for ketogenic diets.
- Co-organizer and speaker: Ketogenic Diet Therapies Summit, Phoenix, AZ, 2016
- Steering Committee member *2012 & 2016 Global Symposiums (Chicago, Alberta)*
- Chair of 2015 Ketogenic Diet Conference: Manhattan Beach, CA- March 26-27, 2015.
- Chair of 2009 *Dietitians' and Nurses' Forum*, Scottsdale, AZ.
- Co-chair, 2008 *Diet Therapies for Epilepsy and Other Neurological Disorders*, Phoenix.
- International speaking engagements:
 - Diet Therapy for Epilepsy Symposium: Fulda, Germany 2006, 2007, 2008.
 - Neurology conference for pediatrics; Ljubljana, Slovenia, 2007.
 - Pediatric Symposium on Epilepsy Therapies; Salzburg, Austria, 2009.
 - Asianic Child Neurology Conference, Seoul Korea, 2009.
 - Clinical Nutrition Therapy Conference; Jeddah, Kingdom of Saudi Arabia-2009
 - International Symp; Diet Therapies for Neuro. Disorders, Edinburgh, UK-2010
 - Ketogenic treatment options for glioblastoma, Dominican Republic - 2011
 - International Symposium; Diet Therapies for Epilepsy & Other Disorders - 2012
 - Caribbean Congress on Epilepsy, Antigua, West Indies - 2012
 - Hippocrates Institute Cancer Therapies Conference, Palm Beach FL- 2014
 - 4th Global Symposium; Ketogenic Diet Therapies, Liverpool, UK – 2014
 - Epilepsy Week Neurologist Conference, San Jose, Costa Rica, 2015
 - Genetic Metabolic Dietitian's International Conference, Scottsdale, AZ, 2016
 - 5th Global Symposium; Ketogenic Diet Therapies, Banff, Alberta, Canada, 2016
 - Nutritional Ketosis & Metabolic Therapeutics Conf., Tampa, FL, 2015, &, 2016

Ketogenic diet seminar & workshop training provided to the following medical centers:

- 200 medical centers in the USA & Canada. 2005-2016.
- International medical centers trainings:
 - University Children's Hospital, Ljubljana Slovenia, 2006.
 - Family Med. Centre of Tbilisi, Republic of Georgia, 2007.
 - Hospital Pediatrico de Coimbra, Portugal, 2007.
 - King Fahd Medical City, Riyadh, Saudi Arabia, 2009.
 - Children's Specialty Hospital, Kuwait City, Kuwait, 2009.
 - Universitätsklinikum für Kinder- und Jugendheilkunde der Paracelsus Medizinischen, Salzburg, Austria 2011.
 - Santo Domingo Hospital Nutritional Services, Dominican Republic, 2011.
 - Bustamante Children's Hospital, Kingston Jamaica, 2014.
 - National Children's Hospital, San Jose, Costa Rica, 2015.

Publications:

- Contributor: *Ketogenic diet & metabolic therapies*, Oxford, 2016.
- Author: *Blender Keto; a guide to making blended formula*. The Charlie Foundation, 2016.
- Co-author: *Modified keto cookbook*, Demos, 2016
- Author: *Medical Nutrition Therapy for Neuro Disorders* chapter in *Food & Nutrition*. Elsevier 2016.
- Author: *Parent's guide to the ketogenic diet*. The Charlie Foundation. 2005-2016.
- Author: *Modified Ketogenic Diet therapy: 1:1 and 2:1 Prescriptions*. The Charlie Foundation 2016.
- Author: *Professional's guide to the ketogenic diet*. Ketogenic Seminars 2006/2009/2010/2013/2016.
- Contributor: Adenosine; Key link between metabolism and brain activity. Springer, 2013.
- Co-author: Chapter 4. *Epilepsy & the ketogenic diet: clinical practice and scientific basis*. Stafstrom CE & Rho JM, Humana Press. 2004.
- Author: *Multidisciplinary management of the ketogenic diet*. Pediatric Nutrition – A Building Block for Life, Pediatric Nutrition Practice Group. Winter 2001.
- 2nd Author: *Optimal clinical management of children receiving the ketogenic diet: Recommendations of the International Ketogenic Diet Study Group*. *Epilepsia*.50(2)304-317. 2008.
- Author: *An Overview of the Ketogenic Diet for Pediatric Epilepsy*. *Nutrition in Clinical Practice*, Vol. 23, No. 6, 589-596. 2008.
- Co-editor: *Ketogenic diet and related Dietary Treatments*. *Epilepsia*, 49(Suppl. 8), 2008.
- Author - *Ketodietcalculator: A web-based calculator for the ketogenic diet*. *Epilepsia*, 49(Suppl. 8):14-16. 2008.
- Co-author: *Long-term management of the ketogenic diet: seizure monitoring, nutrition and supplementation*. *Epilepsia*, 49(Suppl. 8): 17-19. 2008.
- Contributing author: *Ketogenic Diets; Treatments for epilepsy and other disorders*. Fifth Edition, Demos. 2011.
- Author: *Enteral and parenteral applications of ketogenic diet therapy; experiences from four centers*. *ICAN*, Vol3, No 5, 274-281. 2011.
- Contributing author: *Adenosine; a key link between metabolism and brain activity*. Springer NY. 2013.
- Author: *Keto News (quarterly newsletter)*. The Charlie Foundation for Ketogenic Therapies.2006-2016.

Abstracts

- *Rapid initiation of the ketogenic diet without the traditional fasting period*. 2004 American Epilepsy Society Mtg. New Orleans, LA.
- *Incidence and management of carnitine deficiency in children on the ketogenic diet*. 2002 American Epilepsy Society Meeting, Seattle, WA.
- *Micronutrient content of the classic ketogenic diet*. 2007 KetoPag Conference. London.
- *Ketogenic diet as an adjuvant therapy in the treatment of brain tumors*. 2008 International Symposium on Diet Therapies for Epilepsy and Other Neur. Disorders. Phoenix, AZ.
- *Micronutrient analysis of optimally selected ketogenic diets*.2009 Int. Dietitian Forum on Diet Therapies for Epilepsy and Neurological Disorders, Scotland, AZ.
- *Concurrent betahydroxybutyrate and glucose levels in children receiving ketogenic diet therapy*. 2009 American Epilepsy Society Mtg. San Antonio, TX.
- *Pancreatic enzyme therapy reduces high triglycerides in ketogenic patient*. 2012 International Symposium on Diet Therapies, Bloomingdale, IL.
- *Two adult case reports of improved neurological status with the removal of gluten from diet*. 2012 International Symposium on Diet Therapies, Bloomingdale, IL.
- *Correction of acidosis in an enterally fed child receiving a ketogenic blenderized formula in combination with zonisamide*. 2012 International Symposium on Diet Therapies, Bloomingdale, IL.
- *Ketogenic diet as a successful treatment for new onset refractory status epilepticus syndrome*. 2012 International Symposium on Diet Therapies, Bloomingdale, IL.
- *An Exploration of Modified Ketogenic Diet Therapy for Prader-Willi Syndrome*. 5th Global Symposium; *Ketogenic Diet Therapies*, Banff, Alberta, Canada. 2016

Education and memberships

Bachelor of Science, Nutritional Science Major, Univ. of Wisconsin, Madison 1981.

The Academy of Nutrition & Dietetics; Dietitians in Functional Medicine

Certified Dietitian, State of Wisconsin

Mentor and Organizer– Ketogenic Consultants Project; 2016-2017.