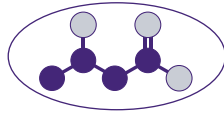


**BY INVITE ONLY**

Contact [erinb@ketosource.co](mailto:erinb@ketosource.co) for details



**Ketosource®**

## **KETOGENIC & FASTING SCIENCE WORKSHOP FOR PROFESSIONALS**

**Wednesday 4th December - 5pm to 9pm**

The complete stack of takeaways from 3 years of research and client experience with ketogenic diets, fasting and ketones. Designed to enable you to deliver consistent results to your clients.

### **AGENDA**

#### **OVERVIEW**

- The State of Ketogenic & Fasting Research in 2019
- The Tools: Ketogenic Diet, Fasting, MCT Oil and Exogenous Ketones
- The Applications: Removing Fat, Adding Muscle, Performance & Therapeutic

#### **SECTION 1: REMOVING FAT**

##### **THE KETOGENIC DIET - Erin Bellamy MSc**

- Part 1: The Best Ketogenic Diet for Fat Loss
- Part 2: The Risks and Considerations for Ketogenic Diets
- Part 3: Implementation - Ensuring Consistent Results & Troubleshooting

##### **FASTING - Zachariah Sellers PhD**

- Part 1: The Best Fasting Method for Fat Loss
- Part 2: The Risks and Considerations of Fasting
- Part 3: Implementation - Ensuring Consistent Results & Troubleshooting

##### **MCT OIL - Zachariah Sellers PhD**

- Part 1: The Best MCT Oil Method for Fat Loss
- Part 2: The Risks and Considerations for MCT Oil
- Part 3: Implementation - Ensuring Consistent Results & Troubleshooting

#### **SECTION 2: ADDING MUSCLE**

##### **THE KETOGENIC DIET - Matthew Carpenter MSc**

- Part 1: The Best Muscle/ Strength Gain Approach on the Ketogenic Diet
- Part 2: The Risks and Considerations (Protein, Sarcopenia, Training as You Age)
- Part 3: Implementation - Ensuring Consistent Results & Troubleshooting

#### **SECTION 3: SYSTEMATIZING RESULTS**

##### **- Damien Blenkinsopp MBA**

- Data-Driven Nutrition
- Ensuring Consistent Results

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# DIRECTIONS



**Ketosource®**

## **Ketogenic & Fasting Science Workshop**

### **LOCATION:**

**3 Merchant Square,  
Paddington,  
London W21AZ  
(Behind the Hilton Hotel)**

### **NEAREST TUBES:**

**Edgware Road &  
Paddington Station**

### **DATE:**

**Wednesday 4th December**

### **TIME:**

**17:00 to 21:00**

# LOGISTICS

- Please aim to arrive by 4:45pm
- If you are running late please call 01183100484 when you arrive
- Please note this is an exclusive workshop for invitees. So please make sure we have your names on the list by contacting [erinb@ketosource.co](mailto:erinb@ketosource.co).

**Any Queries or Need More Information or Directions?**

**Email [erinb@ketosource.co](mailto:erinb@ketosource.co) or call 01183 100 484**

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# ABOUT THE AUTHORS

## **Zachariah Sellers PhD.**

Zach graduated from the University of Louisville with a PhD in microbiology and immunology, where he researched the role of genomic imprinting in cancer malignancy.

He holds BSc degrees in chemistry and biology from the University of Kentucky and has a strong background in biochemistry.

Zach joined the Ketosource team in 2019 as a Nutrition Analyst and has since focused on reviewing the evidence base for different fasting protocols and MCT oils.

Zach also works with clients on a daily basis helping navigate the keto diet.

Zach has been self-experimenting with the Ketogenic Diet, Fasting and the Carnivore Ketogenic Diet for the last 2 years. He has a personal obsession with stem cells, fasting and their potential health and aging benefits.

## **Erin Bellamy MSc.**

Erin is a PhD student researching the role of Ketogenic Diets in Mood Enhancement and Anxiety Reduction at the University of East London.

She holds a BA(Hons) in Psychology and an MSc in Psychiatric Research. The focus for both was eating behaviour and eating disorders.

Erin joined the Ketosource team in 2017 as a Nutritional Consultant with work focused on fat loss via the Ketogenic Diet. Erin has worked with over 75 clients for predictable weight loss results.

She also supports the development of the Ketosource research base via evidence-reviews, design and execution of research experiments and development of Ketosource IP.

She has herself been living a Carnivore-Ketogenic lifestyle for 5 years.

## Matthew Carpenter MSc.

Matt is a PhD student researching methods to optimise exercise performance in keto-adapted athletes with and without the addition of carbohydrates.

Matt joined the Ketosource team in July 2018 as a Research Analyst, and in December 2018 took on the role of Nutrition Analyst.

At Ketosource Matt focuses on research and client work relating to sports performance and body composition. His work has included in depth reviews and investigations into the effects of ketogenic diets and ketone esters on these areas.

## Damien Blenkinsopp MBA

Damien is the founder of Ketosource and the host of the popular health tech/data podcast, [The Quantified Body](#).

He has an MBA from London Business School and both French (ESC) and UK 1st Class Hon. undergraduate degrees. His career has had a data-driven and analytical focus, spanning strategy consulting, market analyst and health tech/data.

Damien has a passion for health, longevity and predictable results. The Quantified Body and Ketosource projects are both focused on leveraging data and analytical tools to help people get the results they want with confidence.

Damien speaks 5 languages and has lived in 11 countries across 5 continents.

## ABOUT KETOSOURCE

Exploring the Emerging Science on Ketogenic Diets, Fasting and Ketones

Ketosource's mission is to help people achieve their personal health goals with specialised knowledge in keto science.

We specialise in two areas in the pursuit of this mission:

- **Ketone Metabolism:** Translating scientific research on ketogenic diets, ketones and fasting into practical results for people.
- **Data-Driven Solutions:** Combining evidence and our own data sets to drive predictable results for people.

Areas where we are exploring using keto science to help people include fat loss, muscle gain and preservation, performance, general health & wellness and therapeutic.

Learn more about Ketosource at [Ketosource.co](https://ketosource.co)

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