

KETOGENIC DIETS FOR MENTAL HEALTH

CLINICIAN TRAININGS

*Apply the cutting-edge science of metabolic psychiatry
to your mental health practice*



Georgia Ede MD PLLC
diagnosisdiet.com

EXPAND YOUR OFFERINGS, EMPOWER YOUR PATIENTS TRANSFORM YOUR PRACTICE

Public interest in ketogenic diets for the management of psychiatric conditions is growing rapidly, but there are precious few specialists available to meet the rising demand. Nutrition strategies appeal strongly to people who prefer not to take medication, don't respond to medication, don't tolerate medication, or can't afford medication—but many lack the information and skilled professional guidance to safely and comfortably implement them. The treatment of psychiatric disorders with ketogenic diets poses some unique challenges, including the potential for temporary worsening of depression, anxiety, manic symptoms, disordered eating behavior, and medication level changes that necessitate careful dosage adjustments.

Ketogenic diets have been successfully used for a century to stabilize brain chemistry in people with epilepsy, a condition very similar to bipolar disorder. These ultra-low carbohydrate diets have since shown scientific and clinical promise in a wide variety of neuropsychiatric conditions due to their demonstrated ability to address many of the biochemical abnormalities that most brain illnesses share, including excessive inflammation, oxidative stress, neurotransmitter imbalances, and insulin resistance of the blood-brain barrier. A small but growing number of clinicians with experience prescribing ketogenic diets see unique and remarkable improvements in psychiatric symptoms that have allowed patients to avoid, reduce or even eliminate the need for psychiatric medications.

ABOUT THE PROGRAM

My standard program consists of four hours of training plus supplemental materials, but it is fully customizable and can be shorter or longer depending on your needs, areas of interest, and level of expertise. Special interest modules addressing Alzheimer's disease, carnivore diets, and plant-based diets are also available. I can also design offerings that address concerns unique to your clinical background and practice setting. The program is usually delivered via live, interactive, online video conferencing sessions, but in-person on-site training is also possible if you are interested. Please [contact me](#) to discuss how I can be most helpful to you.

ABOUT YOU

This program is appropriate for most adult outpatient clinical settings, and for most types of clinicians. I have experience training psychiatrists, dietitians, social workers, psychotherapists, nurse practitioners, nutrition therapists, and primary care physicians in the use of ketogenic diets for psychiatric disorders. Whether you are a solo practitioner, or work in a group practice, I can tailor this program to your clinical needs. If you work exclusively with inpatients, people under age 18, people undergoing acute treatment for substance use disorders, or people with anorexia, this program is probably not right for you. Please [contact me](#) with any questions.

CUSTOMIZED CURRICULUM

1

The Science Behind Ketogenic Diets for Mental Health

- Brain-essential macronutrients and micronutrients
- Foods to include that nourish the brain
- Foods to avoid that damage the brain
- Brain metabolism: ketones, glucose, and gluconeogenesis
- Biochemical brain benefits of ketosis: inflammation, oxidation, insulin resistance, hormones, neurotransmitters
- How ketogenic diets impact specific mental health conditions

2

Pre-Assessment and Treatment Planning

- Medical and psychiatric contraindications to ketogenic diets
- Client engagement, consent, expectations, readiness, obstacles, goalsetting
- Food addiction: identification, challenges, opportunities
- Baseline evaluation and testing: insulin resistance, nutrient deficiencies, inflammation, autoimmune conditions, psychiatric symptoms
- Care coordination, contingency planning for mental health emergencies
- Calculating macros: low-carb, standard keto or medical keto?
- Glucose and ketone monitoring

3

Medications, Micronutrients, and Supplementation

- Overview of psychiatric medications
- Psychiatric medications and ketogenic diets: special considerations
- Medication adjustment issues
- Overview of common supplements
- Medication-supplement interactions
- Micronutrients for mental health: vitamins, minerals, fatty acids

4

Implementation and Fine-Tuning

- Keto-adaptation: general concerns, mental health concerns, mitigation strategies
- Troubleshooting ketone levels
- When mood worsens or doesn't improve
- Tips for success
- Expecting and learning from relapse
- FAQs: athletes, alcohol, sweeteners, caffeine, fasting, dairy

SUPPLEMENTAL MATERIALS

Your tuition includes an array of detailed clinician reference materials and resources tailored to your needs and interests, including all documents listed here. A complete, customized list will be provided for your consideration prior to contracting for any services. Also included is a two-sided patient handout addressing the common worries people have about low-carbohydrate, higher-fat diets. Patient-centered versions of many clinical reference materials are available to license for an additional fee.

- Guide to Ketogenic Diets and Mental Health
- Ketogenic Diets and Psychiatric Medications
- Insulin Resistance Tests
- Baseline Labs Checklist
- Nutrient Labs Checklist
- Calculating Macros
- Client Engagement and Assessment Tips
- Strategies for Low-Carb Success
- Scientific References
- List of Recommended Resources
- Patient handout: Is the Ketogenic Diet Safe?

OPTIONAL MODULES

a

Carnivore Diets

- Theoretical underpinnings, indications and contraindications, risks and benefits
- Menu planning, nutrients of concern, implementation challenges, common pitfalls
- Troubleshooting side effects and non-responders

b

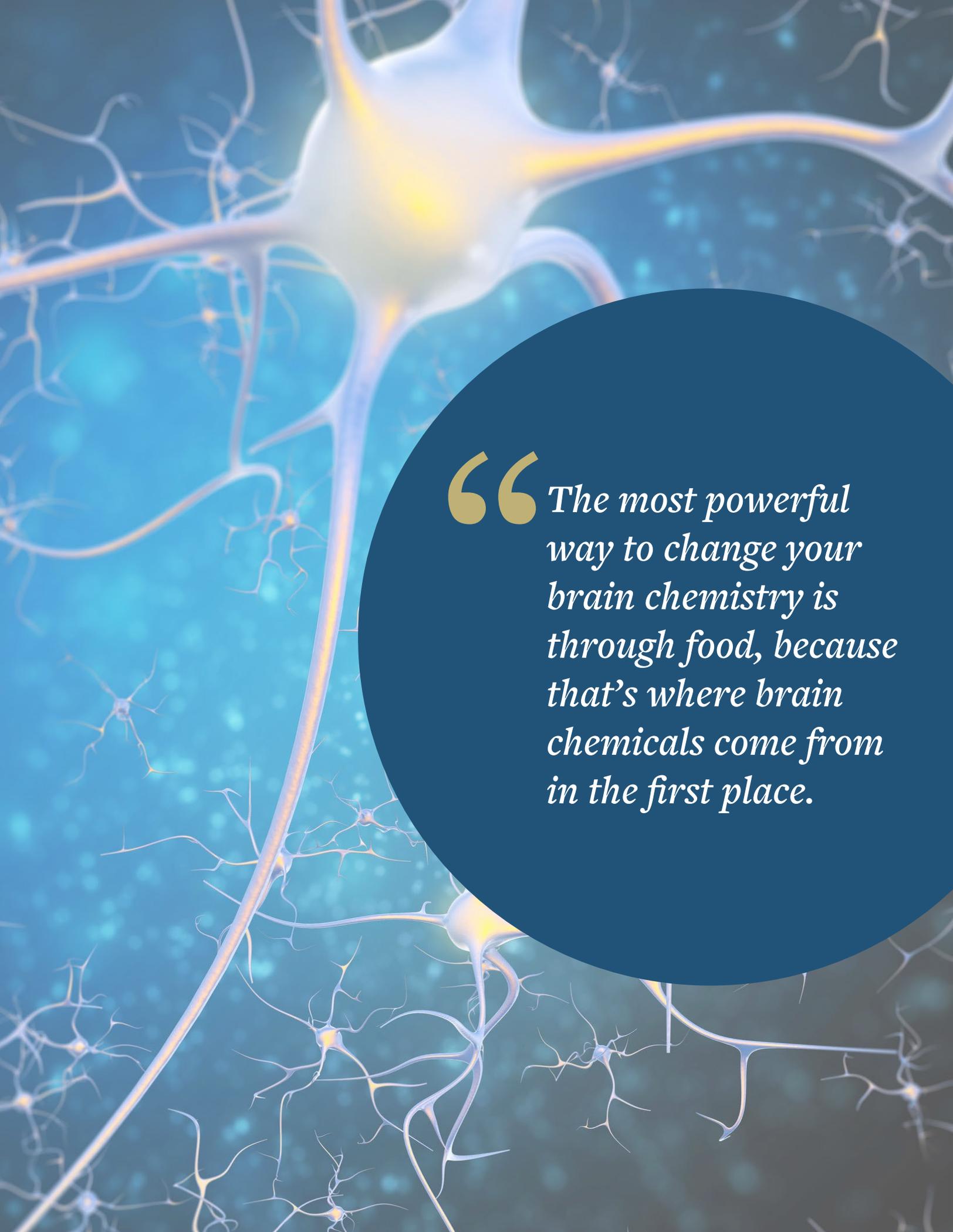
Ketogenic Diets for Alzheimer's Disease

- Scientific support for Alzheimer's disease as a metabolic disorder rooted in insulin resistance
- Patient selection criteria, collateral support, clinical collaboration, medical considerations
- Managing the unique challenges of implementing ketogenic diets in this population

c

Optimizing Plant-based Diets for Brain Health

- Ketogenic and non-ketogenic vegan and vegetarian dietary strategies
- Dietary quality, plant food risk stratification, common side effects
- Nutrients of concern and proper supplementation



“The most powerful way to change your brain chemistry is through food, because that’s where brain chemicals come from in the first place.”

ABOUT DR. EDE

With nutrition as the cornerstone of my practice, I feel less like a prescriber and more like a healer, empowering people on their journey to optimal brain health.



I am a Harvard-trained, board-certified psychiatrist specializing in nutritional and metabolic psychiatry. I speak internationally about ketogenic and other dietary strategies for psychiatric conditions, the nutritional differences between plant and animal foods, and global nutrition policy. I write about food and the brain for Psychology Today, DietDoctor.com, and my own website DiagnosisDiet.com. My areas of expertise include paleo, ketogenic, carnivore, and elimination diets.

Between earning my bachelor's degree in Biology from Carleton College and my M.D. from the University of Vermont, I spent seven years as a research assistant in biochemistry, wound healing, and diabetes laboratories, giving me valuable firsthand knowledge of scientific research. After completing my residency at Cambridge Hospital, I practiced conventional care for the first ten years of my career. It wasn't until I faced a number of my own perplexing health problems such as fibromyalgia, migraines, IBS and chronic fatigue

that I became curious about the intersection between food and health. Having successfully reversed all of those mystery syndromes with a highly unorthodox low-plant ketogenic diet, my passion for nutrition science was born. Close reading of the primary research across a wide variety of scientific disciplines has gifted me with a deep understanding of and appreciation for the power of food to heal the body and mind.

I have two decades of experience in a variety of clinical settings, including consultation-liaison psychiatry, community mental health clinics, the Hallowell Center, Smith College, and Harvard University Health Services, where I was the first psychiatrist to offer nutrition-based approaches as an alternative to conventional care to students, faculty and staff. In 2019 I launched a virtual nutrition consultation practice that allows me to work with clients and colleagues around the world to help optimize brain health and reduce the use of psychiatric medications.

SUPPLEMENTAL MATERIALS

PRICING

Pricing is determined based on the number of sessions, degree of customization, and number of participants. Please [contact me](#) to describe your training needs and I'll send a quote and program proposal for your consideration.

HOURLY SERVICES

One-on-one clinician consultation sessions are available as needed to discuss challenging cases, address additional nutrition therapy questions, or research special topics to support your clinical work. In addition to ketogenic diets, I also offer support for paleo diet implementation, plant-based diet optimization, and carnivore dietary strategies. Contact me or see my [consultation page](#) for rates or to schedule an appointment.

“*In my opinion, every mental health clinician should learn about and provide ketogenic nutritional protocols, as this can be a real game-changer for a lot of clients, and Dr. Ede's training program is the perfect way for clinicians to acquire the knowledge, tools, and resources to be able to successfully implement such protocols into one's clinical practice.*”

—**Asher Adelman**, MBA, FNTTP
Nutritional Therapy Practitioner
Life Health and Wellness Center, Las Vegas, NV

GEORGIA EDE MD PLLC

www.diagnosisdiet.com/contact