

KETOGENIC DIETS FOR MENTAL HEALTH

CLINICIAN TRAINING PROGRAM

*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 and metabolic strategies appeal strongly to people who prefer not to take medication, don't respond to medication, don't tolerate medication, or can't access medication—but many lack the 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 psychiatric symptoms as well as changes in medication levels and side effects that require careful planning and close clinical monitoring.

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

This comprehensive course consists of live video modules providing you with the scientific understanding and clinical tools you need to begin safely and confidently incorporating ketogenic metabolic therapies into your practice. The program is delivered via five weekly, 90-minute sessions consisting of 60 minutes of slide-supported educational content and 30 minutes for questions and discussion. Each training is limited to six participants to ensure a high quality interactive group experience in which you have the opportunity to connect, learn, and share with fellow nutrition-oriented clinicians from around the world. Video recordings of all sessions are available for your review during the program.

ABOUT YOU

This program is appropriate for most adult outpatient clinical settings and for most types of clinicians, including psychiatrists, social workers, psychologists, primary care physicians, nurses, nurse practitioners, nutrition therapists, and nutrition coaches. You may join a small group training as an individual clinician or schedule a closed training for your group practice or clinic. If you work exclusively with inpatients, people under age 18, pregnant/nursing women, people undergoing acute treatment for substance use disorders, people in crisis, or people with anorexia, this program is probably not right for you. If you have questions, please [submit this inquiry form](#) and I'll get back to you promptly.

CURRICULUM MODULES

1

The Science of Ketogenic Diets for Mental Health

- Nutritional and metabolic underpinnings of psychiatric disorders
- Brain metabolism: glucose, ketones, insulin resistance
- Therapeutic impact of ketosis on inflammation, oxidation, neurotransmitter regulation, energy delivery, and neuroplasticity
- The latest research: how ketogenic diets affect specific mental health conditions

2

Modern Psychiatric Evaluation and Client Engagement

- Medical and psychiatric contraindications to ketogenic diets
- Clinical testing: insulin resistance, nutrient status, inflammation, autoimmunity
- Engagement: expectations, readiness, obstacles, goal-setting, motivation, support
- Care coordination and contingency planning for mental health emergencies

3

Implementation of Ketogenic Metabolic Therapies

- Brain-healthy diet principles
- Macronutrient calculation, metabolic monitoring, ketone target ranges
- Keto-adaptation: general concerns, mental health concerns, mitigation strategies
- MCTs, exogenous ketones, and time-restricted eating

4

Medication Management

- The metabolic impact of psychiatric medications
- Medication safety and monitoring concerns
- Diabetes medications and other nonpsychotropic medications
- Psychiatric medication adjustment and tapering strategies

5

Troubleshooting

- Assessing and addressing dietary quality
- Troubleshooting ketone levels
- Identifying and managing food sensitivities and food addiction
- Managing treatment resistance and non-responders

SUPPORTING MATERIALS

Your tuition for the comprehensive five-module *Ketogenic Diets for Mental Health* program includes all of the detailed resources listed to the right. Totalling more than 100 pages, these exclusive materials minimize your need for notetaking during the course and include handy reference guides to efficiently support your clinical practice, as well as documents designed to be shared with patients and colleagues. All content is fully referenced, continuously updated, lists clinical values in both conventional and standard international (SI) units, and includes live links to additional information.

- The Science of Ketogenic Diets for Mental Health
- Client Assessment and Engagement
- Treatment Planning and Implementation
- Ketogenic Diets and Medication Management
- Troubleshooting Ketogenic Diets for Mental Health
- Insulin Resistance Tests
- Laboratory Tests Checklist
- Guide to Metabolic Monitoring
- Calculating Macronutrients
- Guide to Nutrients
- Consent Form for Ketogenic Diet Therapy
- Intake Form Sample Questions
- Pre-Ketogenic Diet Checklist
- Recommended Resources
- Patient Handout: Is the Ketogenic Diet Safe?
- Patient Handout: Tips for Success
- Patient Handout: Paleo Diet Food List
- Patient Handout: Ketogenic Diet Food List
- Shareable Resource: Rationale for the Use of Ketogenic Diets in Psychiatric Conditions



CONTINUING EDUCATION

The AAFP has reviewed *Ketogenic Diets for Mental Health Clinician Training Program*, and deemed it acceptable for **7.00 Online Only, Live AAFP Prescribed Credits**. Term of approval is from 01/11/2021 to 01/11/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Board for Certification of Nutrition Specialists, the certifying board of the American Nutrition Association (ANA), designates this activity for a maximum of **6.5 continuing education credits for the Certified Nutrition Specialist®**. Term of approval is from 04/22/2021 to 04/22/2024.



Board for
Certification of
Nutrition
Specialists

AAFP prescribed credits are accepted by the following organizations:

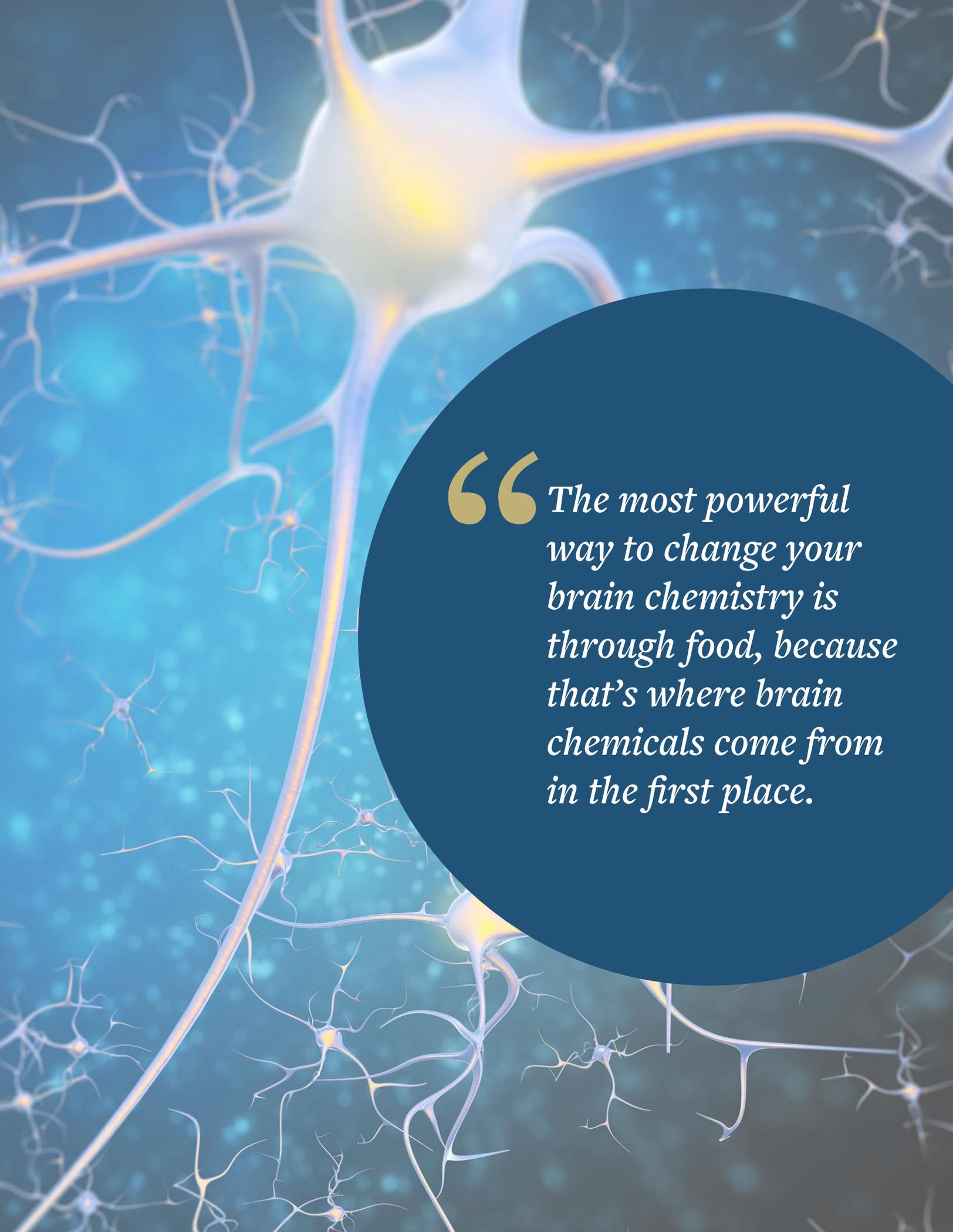
- American Medical Association (as PRA Category 1 Credit™)
- American Academy of Physician Assistants
- National Commission on Certification of Physician Assistants
- American Nurses Credentialing Center
- American Academy of Nurse Practitioners Certification Board
- American Association of Medical Assistants
- American Board of Family Medicine
- American Board of Emergency Medicine
- American Board of Preventative Medicine
- American Board of Urology
- American Osteopathic Association
- College of Family Physicians of Canada
- Department of Healthcare Professions, Ministry of Public Health - Qatar Equivalency

Please check with your certifying board to determine how to report your credits.

PROGRAM TUITION

Tuition for the comprehensive, five-module, interactive *Ketogenic Diets for Mental Health* small group clinician training program, including 100+ pages of supplementary materials, is \$1,350 (US). Special pricing options are available upon request for clinic-wide or practice-wide trainings involving six or more participants.

Pricing for modified training programs is determined based on the number of sessions, degree of customization, and number of participants. Please complete the [inquiry form on my Training page](#) to submit questions or describe your training needs.



“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 bio-chemistry, wound healing, and diabetes laboratories, giving me valuable firsthand knowledge of scientific research. After completing my residency in general adult psychiatry 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 clinical experience in a variety of settings, including consultation-liaison psychiatry, community mental health, the Hallowell Center, Smith College, and Harvard University Health Services, where I was the first psychiatrist to offer nutrition-based treatments to students, faculty, and staff. In January 2019 I launched a virtual nutritional and metabolic psychiatry practice in which I consult with clients and colleagues around the world to help reduce the use of psychiatric medications and optimize total brain health.

TESTIMONIALS

Dr. Georgia Ede is a fantastic teacher. As a primary care physician, this course helped to expand my knowledge on the science and practical application of nutrition and mental disease. Fantastic, high level presentations and handouts. Dr. Ede is incredibly responsive to all questions. For questions she is unclear about, she looks up and provides the research answer. I especially enjoyed making connections with other members in my cohort.

—**Christine Najjar** MD, MS, Primary Care Physician, Enfield, Connecticut

I consider myself to have a good knowledge base in terms of implementing and trouble-shooting ketogenic diets, and using tools such as fasting. However this course was invaluable in terms of having a clear overview of the evidence base for use in mental health, and a framework for practical application when working with people with psychiatric disorders. I learned a considerable amount that will benefit my current practice, and it was refreshing to have the opportunity to learn directly from an experienced specialist when it comes to nutritional psychiatry. This was a thoroughly enjoyable course that I would recommend to any clinicians with an interest in incorporating dietary interventions to their practice. In my opinion, this is the future of psychiatric practice!

—**Rachel Brown** MBChB, Consultant Psychiatrist, Edinburgh, UK

Dr. Ede's knowledge on nutrition, scientific research, medication and human behaviors towards food is phenomenal, yet she condensed this into a very structured, practical, instantly applicable and 'fluff free' course. I have no idea how many 1000s of hours of research and nutritional psychiatry practice went into making the course, but she over delivered on value. Dr. Ede has a very nice manner and is beyond professional in how she conducts herself. I now feel confident seeing patients I would have avoided in the past. Dr. Ede's handouts and patient assesment/monitoring sheets are worth the price of the course alone.

—**Sara Pugh** Dr (Biochemistry), Hypnotherapist, Tower Clinic, Leeds, UK

Dr. Ede explains the theory and science behind food's direct impact on mental health in such a way that made it accesible to me and allows me to easily explain it to my clients. I truly appreciated and learned from this course!

—**Kay Simmeth** LMFT, Marriage & Family Therapist, Los Angeles, California

Dr. Ede is both a great instructor and an experienced physician with real life clinical experience. She brings these strengths to this class on top of the well-organized and structured content and creates an atmosphere for engaging discussion. Finally I was able to fill in some knowledge gaps! Thank-you!

—**Polly Lysen- Halpern** ARNP, Nurse Practitioner, Seattle, Washington

It was a delight, as well as an honor and privilege to participate in this comprehensive training with Dr. Ede, a leading expert in the field. Dr. Ede's extensive knowledge of the topic, clear well-organized presentations, and genuine warmth and accessibility made this an outstanding clinician training. Highly recommend!

—**Diana Allen** MS, CNS, Clinical Nutritionist, Hadley, MA

***Clinician references available upon request.**

TESTIMONIALS

A unique and amazing opportunity to learn about the science of nutrition and its powerful impact on mental health. This course provides the opportunity to combine science with the invaluable clinical experience of Dr. Ede, and thus be able to apply nutritional principles into clinical practice.

—**Catherine Bouchard** MD, Clinique médicale de Sillery, Quebec, Canada

I highly recommend Dr. Ede's clinical training program. Our clinical team of psychiatrists, psychiatric nurse practitioners, and psychotherapists learned a tremendous amount about the positive impact that ketogenic diets have on the brain and on mental health as well as about how to incorporate ketogenic nutritional therapies into our clinical practice. A number of our clients have already made significant progress on improving not only their mental health symptoms but various longterm physical health issues as well.

—**Asher Adelman** MBA, FNTTP, Nutritional Therapy Practitioner and CEO, Life Health and Wellness Center, Nevada, USA

Dr. Ede gave me tremendous tools and knowledge for my training of professionals. I can really encourage people I train to take this training. Extremely valuable.

—**Bitten Jonsson** Leg SSK, RN, Addiction Specialist, Nasviken, Sweden

Having a small group training experience with Dr. Ede was a wonderful way to expand my knowledge. I thoroughly enjoyed the content of the training as well as the exchange with colleagues. The case examples and time for questions and answers were most helpful. I highly recommend the training for other helping professionals.

—**Kelli Ritter** PhD, LPC, FNTTP, Georgia/Florida, USA

Dr. Ede has undertaken an extremely powerful, yet neglected dimension to psychiatry and healing. She has mastered the scientific and research underpinnings and her presentations demonstrate this beautifully with solid and believable understanding of the science as well as a caring and empathic knowledge of her patients and their issues.

—**Doug Leonard** DO, Psychiatrist, New Jersey, USA

I knew there was a connection between mood and food, but in this course I understood why the ketogenic diet, as a dietary intervention, was so valuable for mental health. Now I feel more confident recommending this way of eating to clients who struggle with mood disorders and mental health problems.

—**Eva Flech** FDN-P, Nutritional Therapist, Alicante, Spain

This course exceeded my expectations! Many of my clients are recovering from alcoholism/drug addiction and taking anti-depressant drugs and/or supplements. The course provided me with information I could share with my clients and their medical professionals to guide them to monitor, taper safely and de-prescribe where indicated.

—**Jayn Steele** Food Addiction Assessment/Coaching, BC, Canada

***Clinician references available upon request.**

LET'S GET STARTED!

If you think you may be interested in participating in this live program, please fill out the [brief inquiry form on my website training page](#) and I will respond promptly (usually within 24 hours) via email to answer any questions you may have and review scheduling options. I plan courses throughout the year around participant availability across time zones, so if you do not see a schedule listed on the training page that works well for you, I will take your availability into consideration when planning the next series.

Groups typically include a mix of practitioners from around the world with a diversity of professional backgrounds: MDs, RDs, PhDs, NPs, NTPs, therapists, health coaches, and more. Participants consistently share that the ability to interact with and learn from others across clinical disciplines and geographic regions is a particularly enriching and enjoyable aspect of the course. Upon completion of the course, you will be invited to join my closed email group where you can continue your connection with your classmates as well as past course participants for ongoing education and support.

[Click here to register now](#)

Help change the culture and future of mental health care by incorporating empowering, all-natural, root-cause interventions into your clinical practice.



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