

[Awareness and best practices in using ketogenic therapy to treat serious mental illness: a modified Delphi consensus](#)

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[Panel Discussion with Metabolic Health Leaders](#)

March 25th, 2026 5:00-6:30pm Eastern Time

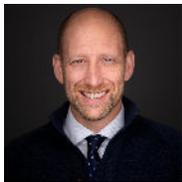
Guest Speakers List

Confirmed Speakers



Georgia Ede, MD, Author

Dr. Georgia Ede is a pioneering researcher, author, educator, speaker, and globally recognized expert in nutritional and metabolic psychiatry. Her 25+ years of clinical experience include 7 years at Harvard University, where she was the first psychiatrist to offer nutrition-based approaches to mental health conditions. Dr. Ede co-authored the first inpatient study of the ketogenic diet for serious mental illness, developed the first medically accredited course in ketogenic diets for mental health, and is a recipient of the Baszucki Metabolic Mind Award. She is also the author of [Change Your Diet](#), [Change Your Mind](#), recommended by *The New York Times Book Review*.



Matt Bernstein, MD, Co-Author

Dr. Matt Bernstein is a psychiatrist with 25 years of experience working with patients to achieve their best level of functioning. He is highly regarded for his expertise in helping complex patients with a variety of modalities including psychopharmacology, psychotherapy and psychosocial approaches. Never satisfied with the less than optimal outcomes, he has sought additional training in nutritional and integrative approaches to improving his patient's mental and physical health. Since 2021, he has focused on the connection between metabolic health and mental health, and the life-changing transformations that can be achieved by improving metabolism with therapeutic ketosis, targeted exercise, mindfulness and circadian rhythm alignment. In 2024, he opened the world's first immersive metabolic psychiatry clinic, Accord Mental Health.



Lori Calabrese, MD, Co-Author

Dr. Lori Calabrese trained at The Johns Hopkins University School of Medicine and Harvard Medical School and has held faculty positions at both Harvard and Yale. She is one of only a handful of physicians worldwide recognized as a Nutrition Network Certified Medical Practitioner.

With more than three decades of clinical experience and over 25,000 patients treated, Dr. Calabrese has pioneered the use of whole-foods ketogenic metabolic therapy in psychiatry and medicine. She published the first clinical cases demonstrating complete remission of severe, treatment-resistant anorexia nervosa, major depression, complex anxiety disorders, and obsessive–compulsive disorder, along with remission of ulcerative colitis—contributions that helped establish metabolic therapy as a transformative intervention in psychiatry.

She has authored seventeen peer-reviewed publications, and is the author of *Toxic Roots: The Rewiring of Our Generation – and the Science of Doing a 180* coming out in Fall, 2025. She is widely recognized for integrating neuroscience, nutrition, and metabolic medicine into innovative care models that emphasize recovery and sustained remission.



Chris Palmer, MD, Co-Author

Dr. Palmer is a leading expert in metabolic psychiatry, with nearly three decades of clinical experience and a pioneering approach that integrates neuroscience, metabolism, and nutrition to address the root causes of mental illness. He developed the “[Brain Energy](#)” theory, which proposes that mental disorders are metabolic disorders of the brain driven by mitochondrial dysfunction, and has been at the forefront of using ketogenic metabolic therapies to treat conditions such as depression, bipolar disorder, and schizophrenia. At McLean Hospital and Harvard Medical School, he leads research, clinical, and educational initiatives that bridge psychiatry, neurology, and endocrinology to drive a precision medicine approach to mental health. Dr. Palmer is internationally recognized for transforming how mental illness is understood and treated through the lens of metabolic health.



Beth Zupec-Kania, RDN, Co-Author

Beth is a Registered Dietitian Nutritionist and owner of Ketogenic Therapies LLC, began her career as a hospital dietitian. For more than twenty years, she specialized in managing ketogenic diets for epilepsy. Following her experience in hospital settings, Beth established a private practice where she offers therapeutic guidance to individuals with neurological, endocrine, selected cancers, and psychiatric disorders. Beth serves as a consultant in ketogenic research for psychiatric

disorders, and has authored numerous educational resources for both consumers and professionals, including the “Ketogenic Diet Therapy for Neurological Disorders Pocket Guide.” Beth has provided training on ketogenic therapies to over 300 medical centers and co-designed the Keto Mastery Therapeutics courses for medical professionals. She is the architect of KetoDietCalculator, a software tool for calculating and managing ketogenic therapies. Beth is also a founding member of Ketogenic Specialists and serves on the advisory boards of The Charlie Foundation, International Neurologic Ketogenic Society, Metabolic Mind, Glut1 Deficiency Foundation, and AnorExit. Beth is a member of the Academy of Nutrition and Dietetics and the Dietitians in Functional Medicine Practice Group.

Unconfirmed Speakers



Iain Campbell, PhD, Co-Author

Dr. Iain Campbell is the Baszucki Research Fellow in Metabolic Psychiatry at the University of Edinburgh. His primary research interests focus on the role of metabolic dysfunction in the brain and central nervous system and how these relate to symptoms of serious mental illness. Dr Campbell has a PhD in Global Health from the University of Edinburgh and is a principal investigator on a pilot trial of a ketogenic diet for bipolar disorder; a co-investigator on the UKRI MRC Metabolic Psychiatry Hub and a co-investigator leading lived experience workstreams on Wellcome Trust funded projects Helios-BD and Ambient-BD. Dr. Campbell has lived experience of Bipolar Disorder Type 2 which has informed his research.



Nicole Laurent, LMHC, Co-Author

Nicole is a mental health counselor and Executive Director of Brain Fog Recovery Source, a nonprofit expanding access to ketogenic metabolic therapy for psychiatric recovery. She delivers accredited continuing education for psychotherapists on supporting patients who use ketogenic therapy and conducts qualitative research on recovery experiences with ketogenic diets, with peer reviewed publications in *Frontiers in Nutrition* and *Frontiers in Psychology*. She serves on multiple clinical advisory boards. She directs patient facing implementation programs, and serves on several clinical advisory boards, providing guidance on clinician training, program design, and the translation of metabolic research into practice.



Shebani Sethi, MD, Co-Author

Dr. Shebani Sethi is a physician-scientist board-certified in both Psychiatry and Obesity Medicine. In 2015, she coined the term Metabolic Psychiatry to define a new clinical field addressing the connection between metabolic dysfunction and mental health, particularly in treatment-resistant conditions.

Dr. Sethi leads the Stanford Metabolic Psychiatry Clinic, the first academic program to formally integrate metabolic interventions into psychiatric care. She is the principal investigator of a clinical trial examining ketogenic therapy in patients with bipolar disorder, schizophrenia, and depression, supported by grants from the NIH and philanthropy. Dr. Sethi has founded Metabolic Psychiatry Labs to translate research into clinical practice and expand access to metabolic psychiatry as a model of care nationwide.

Dr. Sethi earned her MD jointly from Duke University School of Medicine and the National University of Singapore. She completed psychiatry residency at Stanford and specialized training in Obesity Medicine at Duke Medical Center.

Her research has been featured in *The New York Times*, *Forbes*, *The Hill*, and *Good Morning America*.