

Powerful Information & Recovery Stories:

Selected Research Articles

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Scientific Papers on Metabolism & Mental Health (External Links)



The role of β -hydroxybutyrate testing in ketogenic metabolic therapies

This review examines the effectiveness of using β -hydroxybutyrate (BHB) blood tests to measure nutritional ketosis for both clinical and research purposes.



A combination of ketogenic diet and voluntary exercise ameliorates anxiety and depression-like behaviors in Balb/c mice

In an animal model, this pre-clinical study discovered that a ketogenic diet paired with voluntary exercise notably lessened behaviors associated with anxiety and depression.



Fasting or the short-term consumption of a ketogenic diet protects against antipsychotic-induced hyperglycaemia in mice

This study on mice demonstrates that fasting or a brief period on a ketogenic diet can offer protection from the high blood sugar levels often induced by antipsychotic medications.



Effects of beta-hydroxybutyrate administration on MK-801-induced schizophrenia-like behaviour in mice

This pre-clinical research explores the hypothesis that long-term use of BHB can mimic the therapeutic benefits of a ketogenic diet for schizophrenia in mouse models.



Ketogenic diet prevents impaired prepulse inhibition of startle in an acute NMDA receptor hypofunction model of schizophrenia

Based on findings from animal models, researchers propose that metabolic interventions could hold therapeutic potential for treating schizophrenia.



Ketogenic diet reverses behavioral abnormalities in an acute NMDA receptor hypofunction model of schizophrenia

This pre-clinical research examined if a ketogenic diet could undo behavioral symptoms resembling schizophrenia in mice, which were induced by NMDA receptor disruption.



Ketogenic Food Ameliorates Activity-Based Anorexia of Adult Female Mice

This investigation centers on how a ketogenic diet may lessen the severity of a relapse in Anorexia Nervosa by decreasing compulsive exercise behaviors.



Modeling combined schizophrenia-related behavioral and metabolic phenotypes in rodents

This study utilizes various animal models to replicate the interconnected behavioral and metabolic issues observed in patients with schizophrenia.



Ketosis and bipolar disorder: controlled analytic study of online reports

This analytical paper seeks to identify the connections between following a ketogenic diet and achieving mood stability for people with bipolar disorder.



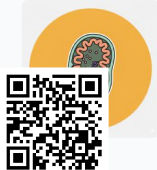
Therapeutic ketogenic diet as treatment for anorexia nervosa

This review presents a neurological framework explaining how ketogenic therapy might correct core issues in anorexia nervosa and curb the drive for weight loss.



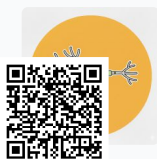
Ketogenic diet as a metabolic treatment for mental illness

This paper reviews recent clinical studies to explain the mechanisms by which ketogenic diets may improve the underlying biology of mental illness.



Linking Mitochondrial Dysfunction, Neurotransmitter, and Neural Network Abnormalities and Mania

This review details recent discoveries, focusing on two main neurobiological problems in Bipolar Disorder: mitochondrial issues and dysfunction in neurotransmitters and neural networks.



Transdiagnostic remission of psychiatric comorbidity in PTSD, ADHD, and binge-eating disorder

This case series follows a 38-year-old woman who achieved remission from PTSD, ADHD, and Binge-Eating Disorder after an 8-week Ketogenic Metabolic Therapy (KMT) program.



Remission of obsessive-compulsive disorder using ketogenic metabolic therapy

A 12-week case study examining how ketogenic metabolic therapy was used alongside traditional ERP to help a 26-year-old man with treatment-resistant OCD.



Pilot study of a ketogenic diet in bipolar disorder: a process evaluation

This evaluation offers a deeper understanding of the experiences of individuals with bipolar disorder as they start and maintain a ketogenic diet.



Ketogenic Diet Intervention on Metabolic and Psychiatric Health in Bipolar and Schizophrenia: A Pilot Trial

This Stanford clinical trial revealed promising early data, with adherent participants showing remission from bipolar disorder and schizophrenia.



Complete Remission of Depression and Anxiety Using a Ketogenic Diet: Case Series

This report details the cases of three adults who experienced full recovery from major depression and anxiety after adopting a ketogenic diet.



Ketogenic Diet for Refractory Mental Illness: A Retrospective Analysis of 31 Inpatients

A study of treatment-resistant inpatients in France found that all lost weight and saw reduced psychiatric symptoms, with almost half achieving remission.



Treating Insulin Resistance With Metformin as a Strategy to Improve Clinical Outcomes in Treatment-Resistant Bipolar Depression

This research shows that enhancing insulin sensitivity can lead to remission in patients with treatment-resistant bipolar depression, even after many years of illness.



Ketogenic Therapy in Serious Mental Illness: Emerging Evidence

This commentary examines the growing body of evidence that supports nutritional ketosis as a viable treatment option for severe mental health conditions.