

Roundup - July 2022

New this month in therapeutic carbohydrate restriction and metabolic health.

Reviews/Mechanisms

1. Berger, A. and Thorn, E. (2022) 'Can low-carbohydrate diets be recommended for reducing **cardiovascular risk?**', *Current Opinion in Endocrinology, Diabetes, and Obesity* [Preprint]. Available at: <https://doi.org/10.1097/MED.0000000000000750>.
2. Defeudis, G. *et al.* (2022) 'The **gut microbiome** as possible mediator of the beneficial effects of very low calorie ketogenic diet on type 2 diabetes and obesity: a narrative review', *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity* [Preprint]. Available at: <https://doi.org/10.1007/s40519-022-01434-2>.
3. Ludwig, D.S. *et al.* (2022) 'Competing paradigms of obesity pathogenesis: **energy balance versus carbohydrate-insulin models**', *European Journal of Clinical Nutrition*, pp. 1–13. Available at: <https://doi.org/10.1038/s41430-022-01179-2>.
4. Shcherbakova, K. *et al.* (2022) 'Supplementation of Regular Diet With Medium-Chain Triglycerides for **Procognitive Effects**: A Narrative Review', *Frontiers in Nutrition*, 9. Available at: <https://www.frontiersin.org/articles/10.3389/fnut.2022.934497>.
5. Yu, S.J. *et al.* (2022) 'Efficacy of a Restrictive Diet in **Irritable Bowel Syndrome**: A Systematic Review and Network Meta-analysis', *The Korean Journal of Gastroenterology = Taehan Sohwagi Hakhoe Chi*, 80(1), pp. 6–16. Available at: <https://doi.org/10.4166/kjg.2022.014>.

COVID-19 Focus

1. Hirschberger, S. *et al.* (2022) 'Ketone Bodies Improve Human CD8+ Cytotoxic T-Cell Immune Response During COVID-19 Infection', *Frontiers in Medicine*, 9, p. 923502. Available at: <https://doi.org/10.3389/fmed.2022.923502>.
2. Karagiannis, F. *et al.* (2022) 'Impaired ketogenesis ties metabolism to T cell dysfunction in COVID-19', *Nature*, pp. 1–3. Available at: <https://doi.org/10.1038/s41586-022-05128-8>.
3. Volk, B.M. *et al.* (2022) 'Reduced COVID-19 severity elicited by weight loss from a medically supervised ketogenic diet in a geographically diverse ambulatory population with type 2 diabetes and obesity', *BMJ Nutrition, Prevention & Health*, p. e000444. Available at: <https://doi.org/10.1136/bmjnph-2022-000444>.

Trials/Studies

1. Choi, E.Y. *et al.* (2022) 'Intermittent Fasting is Associated with a Decreased Risk of Age-related Macular Degeneration: Intermittent fasting and **age-related macular degeneration**', *American Journal of Ophthalmology* [Preprint]. Available at: <https://doi.org/10.1016/j.ajo.2022.06.017>.

2. Danan, A. *et al.* (2022) 'The Ketogenic Diet for Refractory **Mental Illness**: A Retrospective Analysis of 31 Inpatients', *Frontiers in Psychiatry*, 13, p. 951376. Available at: <https://doi.org/10.3389/fpsy.2022.951376>.
3. Fioretti, M. *et al.* (2022) 'Diet in the management of **psoriatic disease**: Ketogenic or Mediterranean diet? Preliminary data', *Beyond Rheumatology*, 4(1). Available at: <https://doi.org/10.53238/br.20223.383>.
4. Franklin, K.A. *et al.* (2022) 'Effects of a palaeolithic diet on obstructive sleep apnoea occurring in females who are overweight after **menopause**—a randomised controlled trial', *International Journal of Obesity*, pp. 1–7. Available at: <https://doi.org/10.1038/s41366-022-01182-4>.
5. Hancock, S., Schofield, G. and Zinn, C. (2022) 'Healthy Food, Healthy **Teeth**: A Formative Study to Assess Knowledge of Foods for Oral Health in Children and Adults', *Nutrients*, 14(14), p. 2984. Available at: <https://doi.org/10.3390/nu14142984>.
6. Hu, M. *et al.* (2022) 'Effect of a Low-Carbohydrate Diet With or Without Exercise on **Anxiety** and Eating Behavior and Associated Changes in **Cardiometabolic Health** in Overweight Young Women', *Frontiers in Nutrition*, 9, p. 894916. Available at: <https://doi.org/10.3389/fnut.2022.894916>.
7. Li, J. *et al.* (2022) 'Effects of a Low-Carbohydrate, High-Protein Diet on Gut Microbiome Composition in Insulin-Resistant Individuals With Chronic **Spinal Cord Injury**: Preliminary Results From a Randomized Controlled Trial', *Archives of Physical Medicine and Rehabilitation*, 103(7), pp. 1269–1278. Available at: <https://doi.org/10.1016/j.apmr.2022.03.014>.
8. Pelsser, L., Stobernack, T. and Frankena, K. (2022) 'Physical Complaints Decrease after Following a Few-Foods Diet in Children with **ADHD**', *Nutrients*, 14(15), p. 3036. Available at: <https://doi.org/10.3390/nu14153036>.
9. Prins, P. *et al.* (2022) 'High fat diet improves metabolic flexibility during progressive **exercise** to exhaustion (VO₂max testing) and during 5km running time trials', *Biology of Sport* [Preprint]. Available at: <https://doi.org/10.5114/biolsport.2023.116452>.
10. Tiwari, S., Sapkota, N. and Han, Z. (2022) 'Effect of Fasting on **Cancer**: A narrative review of scientific evidence', *Cancer Science*, n/a(n/a). Available at: <https://doi.org/10.1111/cas.15492>.
11. Zeng, Y., Mu, J. and Zhou, D. (2022) 'Calculation and management of ketogenic diet parenteral nutrition in super-refractory **status epilepticus**', *Acta Epileptologica*, 4(1), p. 32. Available at: <https://doi.org/10.1186/s42494-022-00095-z>.

Case Studies

1. Phillips, M.C.L. *et al.* (2022) 'Time-Restricted Ketogenic Diet in **Huntington's Disease**: A Case Study', *Frontiers in Behavioral Neuroscience*, 16. Available at: <https://www.frontiersin.org/articles/10.3389/fnbeh.2022.931636>.