

Roundup - November 2022

New this month in therapeutic carbohydrate restriction and metabolic health.

General Reviews

1. Saris CGJ, Timmers S. Ketogenic diets and Ketone supplementation: A strategy for therapeutic intervention. *Front Nutr.* 2022;9:947567. doi:[10.3389/fnut.2022.947567](https://doi.org/10.3389/fnut.2022.947567)
2. Nuwaylati D, Eldakhakhny B, Bima A, Sakr H, Elsamanoudy A. Low-Carbohydrate High-Fat Diet: A SWOC Analysis. *Metabolites.* 2022;12(11):1126. doi:[10.3390/metabo12111126](https://doi.org/10.3390/metabo12111126)

Metabolic (Diabetes/Obesity/CVD and other)

1. Norwitz NG, Mindrum MR, Giral P, et al. Elevated LDL-cholesterol levels among lean mass hyper-responders on low-carbohydrate ketogenic diets deserve urgent clinical attention and further research. *Journal of Clinical Lipidology.* Published online November 2, 2022. doi:[10.1016/j.jacl.2022.10.010](https://doi.org/10.1016/j.jacl.2022.10.010)
2. Rozanski A, Han D, Blaha MJ, et al. Association between hypercholesterolemia and mortality risk among patients referred for cardiac imaging test: Evidence of a “cholesterol paradox?” *Progress in Cardiovascular Diseases.* 2022;74:60-69. doi:[10.1016/j.pcad.2022.10.007](https://doi.org/10.1016/j.pcad.2022.10.007)
ABSTRACT
3. Price SA, Sumithran P. Using a Very Low Energy Diet to Achieve Substantial Preconception Weight Loss in Women with Obesity: A Review of the Safety and Efficacy. *Nutrients.* 2022;14(20):4423. doi:[10.3390/nu14204423](https://doi.org/10.3390/nu14204423) (Ketogenic diet)
4. Cincione IR, Graziadio C, Marino F, et al. Short-time effects of ketogenic diet or modestly hypocaloric Mediterranean diet on overweight and obese women with polycystic ovary syndrome. *J Endocrinol Invest.* Published online November 19, 2022. doi:[10.1007/s40618-022-01943-y](https://doi.org/10.1007/s40618-022-01943-y) ABSTRACT
5. Deledda A, Palmas V, Heidrich V, et al. Dynamics of Gut Microbiota and Clinical Variables after Ketogenic and Mediterranean Diets in Drug-Naïve Patients with Type 2 Diabetes Mellitus and Obesity. *Metabolites.* 2022;12(11):1092. doi:[10.3390/metabo12111092](https://doi.org/10.3390/metabo12111092)
6. Oehm S, Steinke K, Schmidt J, et al. RESET-PKD: A pilot trial on short-term ketogenic interventions in autosomal dominant polycystic kidney disease. *Nephrol Dial Transplant.* Published online November 24, 2022:gfac311. doi:[10.1093/ndt/gfac311](https://doi.org/10.1093/ndt/gfac311) ABSTRACT
7. Palermo A, Li S, Hoeve J ten, et al. A ketogenic diet can mitigate SARS-CoV-2 induced systemic reprogramming and inflammation. Published online 2022. doi:[10.21203/rs.3.rs-2248501/v1](https://doi.org/10.21203/rs.3.rs-2248501/v1) (preclinical) [PDF](#)

Neuropsychiatry

1. Sethi S, Ford JM. The Role of Ketogenic Metabolic Therapy on the Brain in Serious Mental Illness: A Review. *Journal of Psychiatry and Brain Science.* 2022;7(5). doi:[10.20900/jpbs.20220009](https://doi.org/10.20900/jpbs.20220009)

2. Kackley ML, Brownlow ML, Buga A, Crabtree CD, Sapper TN, O'Connor A and Volek JS (2022) The effects of a 6-week controlled, hypocaloric ketogenic diet, with and without exogenous ketone salts, on cognitive performance and mood states in overweight and obese adults. *Front. Neurosci.* 16:971144. doi: [10.3389/fnins.2022.971144](https://doi.org/10.3389/fnins.2022.971144)
3. Jia D, Xu Y. Effects of an 8-week Baduanjin intervention combined with low-carbohydrates diet among overweight people who struggle with drug addiction. *Front Public Health.* 2022;10:989519. doi:[10.3389/fpubh.2022.989519](https://doi.org/10.3389/fpubh.2022.989519)
4. Gearhardt AN, DiFeliceantonio AG. Highly processed foods can be considered addictive substances based on established scientific criteria. *Addiction.* doi:[10.1111/add.16065](https://doi.org/10.1111/add.16065)
5. Rostanzo E, Marchetti M, Casini I, Aloisi AM. Very-Low-Calorie Ketogenic Diet: A Potential Treatment for Binge Eating and Food Addiction Symptoms in Women. A Pilot Study. *Int J Environ Res Public Health.* 2021;18(23):12802. doi:[10.3390/ijerph182312802](https://doi.org/10.3390/ijerph182312802)
6. Li H, Wan X, Wu Z, et al. β -hydroxybutyrate reduces reinstatement of cocaine conditioned place preference through hippocampal CaMKII- α β -hydroxybutyrylation. *Cell Reports.* 2022;41(9). doi:[10.1016/j.celrep.2022.111724](https://doi.org/10.1016/j.celrep.2022.111724) (preclinical)

Neurology

1. Li J, Gower B, McLain A, Yarar-Fisher C. Effects of a low-carbohydrate/high-protein diet on metabolic health in individuals with chronic spinal cord injury: An exploratory analysis of results from a randomized controlled trial. *Physiological Reports.* 2022;10(22):e15501. doi:[10.14814/phy2.15501](https://doi.org/10.14814/phy2.15501) (note: CHO 40%)
2. Lai JQ, Chen XR, Lin S, Chen CN, Zheng XX. Progress in research on the role of clinical nutrition in treating traumatic brain injury affecting the neurovascular unit. *Nutr Rev.* Published online November 21, 2022. doi:[10.1093/nutrit/nuac099](https://doi.org/10.1093/nutrit/nuac099) ABSTRACT
3. Ali M, Hussein M, Magdy R, et al. The potential impact of insulin resistance and metabolic syndrome on migraine headache characteristics. *BMC Neurol.* 2022;22:422. doi:[10.1186/s12883-022-02966-x](https://doi.org/10.1186/s12883-022-02966-x)
4. Serrano-Tabares C, Trujillo-Gómez J, Morales-Gil RM, Aguilar-Pérez Y, Jiménez-Villegas MJ. Tolerance and response to ketogenic therapy in neonates and infants younger than 4 months. Case series in a hospital center in Medellin, Colombia. *Rev Neurol.* 2022;75(10):305-310. doi:[10.33588/rn.7510.2022134](https://doi.org/10.33588/rn.7510.2022134) ABSTRACT
5. Phitsanuwoong C, Kim JA, Schimpf S, Nordli Jr DR. Experience with the ketogenic diet in premature neonates. *Epilepsia Open.* 2022. doi:[10.1002/epi4.12673](https://doi.org/10.1002/epi4.12673)
6. Elvira R, Anna Maria A. Beneficial effects of a ketogenic diet in a woman with Charcot-Marie-Tooth disease. *Arch Food Nutr Sci.* 2022;6(1):068-072. doi:[10.29328/journal.afns.1001040](https://doi.org/10.29328/journal.afns.1001040)
7. Fujikura Y, Yamanouchi K, Sugihara H, et al. Ketogenic diet containing medium-chain triglyceride ameliorates transcriptome disruption in skeletal muscles of rat models of duchenne muscular dystrophy. *Biochem Biophys Rep.* 2022;32:101378. doi:[10.1016/j.bbrep.2022.101378](https://doi.org/10.1016/j.bbrep.2022.101378) (preclinical)