

## Roundup - June 2024

New this month in therapeutic carbohydrate restriction and metabolic health.

### Metabolic Studies

1. Grundler, F. *et al.* (2024) 'Long-Term Fasting-Induced Ketosis in 1610 Subjects: Metabolic Regulation and Safety', *Nutrients*, 16(12), p. 1849. Available at: <https://doi.org/10.3390/nu16121849>.
2. Li, X. *et al.* (2024) 'Ketogenic diet-induced bile acids protect against obesity through reduced calorie absorption', *Nature Metabolism*, pp. 1–18. Available at: <https://doi.org/10.1038/s42255-024-01072-1>. ABSTRACT
3. Lodewijckx, I. *et al.* (2024) 'Potential therapeutic effect of a ketogenic diet for the treatment of lymphoedema: Results of an exploratory study', *Journal of Human Nutrition and Dietetics: The Official Journal of the British Dietetic Association* [Preprint]. Available at: <https://doi.org/10.1111/jhn.13330>.
4. London, A. *et al.* (2024) 'The Impact of Short-term Eucaloric Low-Carbohydrate and High-Carbohydrate Diet on Liver Triacylglycerol Content in Males with Overweight and Obesity; a Randomized Cross-Over Study', *The American Journal of Clinical Nutrition* [Preprint]. Available at: <https://doi.org/10.1016/j.ajcnut.2024.06.006>.
5. Nguyen, É. *et al.* (2024) 'Association between low-carbohydrate-diet score, glycemia and cardiovascular risk factors in adults with type 1 diabetes', *Nutrition, metabolism, and cardiovascular diseases: NMCD*, pp. S0939-4753(24)00164–9. Available at: <https://doi.org/10.1016/j.numecd.2024.04.014>.
6. Ometto, F. *et al.* (2024) 'Ab0444 Very Low-Calorie Ketogenic Diet in Patients with Psoriatic Arthritis: A Proof of Concept Study', *Annals of the Rheumatic Diseases*, 83(Suppl 1), pp. 1481–1482. Available at: <https://doi.org/10.1136/annrheumdis-2024-eular4445>. ABSTRACT
7. Barton, K. (2024) 'Clinical outcomes of patients with SIBO and adherence to the carnivore diet: An analysis from a functional medicine perspective'. OSF. Available at: <https://doi.org/10.31237/osf.io/v5ema>.
8. Obaid, K.H. and Majeed, M.J. (2024) 'Exploring the Impact of the Ketogenic Diet on Thyroid Function', *Modern Sport*, 23(2), pp. 0157–0163. Available at: <https://doi.org/10.54702/f687pe37>. ABSTRACT
9. Willis, H.J. *et al.* (2024) '612-P: Impact of Continuous Glucose Monitoring (CGM) vs. Blood Glucose Monitoring (BGM) on Dietary Adherence and Weight during a Medically Supervised Ketogenic Diet Program (MSKDP) in People with Type 2 Diabetes (T2D)', *Diabetes*, 73(Supplement\_1), pp. 612-P. Available at: <https://doi.org/10.2337/db24-612-P>. ABSTRACT

## General Reviews

1. Diab, R. *et al.* (2024) 'Intermittent Fasting Regulates Metabolic Homeostasis and Improves Cardiovascular Health', *Cell Biochemistry and Biophysics* [Preprint]. Available at: <https://doi.org/10.1007/s12013-024-01314-9>.
2. Gertler, T.S. and Blackford, R. (2024) 'Bringing nutritional ketosis to the table as an option for healing the pediatric brain', *Frontiers in Nutrition*, 11. Available at: <https://doi.org/10.3389/fnut.2024.1408327>.
3. Leaf, A. *et al.* (2024) 'International society of sports nutrition position stand: ketogenic diets', *Journal of the International Society of Sports Nutrition*, 21(1), p. 2368167. Available at: <https://doi.org/10.1080/15502783.2024.2368167>.

## Neurology

1. Parveen, D. *et al.* (2024) 'Advances in Ketogenic Diet Therapies in Pediatric Epilepsy: A Systematic Review', *The Primary Care Companion for CNS Disorders*, 26(3), p. 55752. Available at: <https://doi.org/10.4088/PCC.23r03661>.
2. Rong, L. *et al.* (2024) 'Effects of ketogenic diet on cognitive function of patients with Alzheimer's disease: a systematic review and meta-analysis', *The Journal of nutrition, health and aging*, 28(8), p. 100306. Available at: <https://doi.org/10.1016/j.jnha.2024.100306>.
3. Tidman, M.M., White, D.R. and White, T.A. (2024a) 'Impact of a keto diet on symptoms of Parkinson's disease, biomarkers, depression, anxiety and quality of life: a longitudinal study', *Neurodegenerative Disease Management*, pp. 1-14. Available at: <https://doi.org/10.1080/17582024.2024.2352394>.
4. Olivito, I. *et al.* (2024) 'Mediterranean ketogenic diet accounts for reduced pain frequency and intensity in patients with chronic migraine: A pilot study', *Clinical Nutrition*, 43(8), pp. 1781-1787. Available at: <https://doi.org/10.1016/j.clnu.2024.06.015>.

## Metabolic Psychiatry

1. Bellamy, E.L. *et al.* (2024) 'Understanding the experiences of ketogenic metabolic therapy for people living with varying levels of depressive symptoms: a thematic analysis', *Frontiers in Nutrition*, 11. Available at: <https://doi.org/10.3389/fnut.2024.1397546>.
2. Huizer, K. *et al.* (2024) 'Potential Benefits of Ketone Therapy as a Novel Immunometabolic Treatment for Schizophrenia'. bioRxiv, p. 2024.05.23.595523. Available at: <https://doi.org/10.1101/2024.05.23.595523>.
3. Sahay, S. *et al.* (2024) *Metabolic Insights into Neuropsychiatric Illnesses and Ketogenic Therapies: A Transcriptomic View*. Available at: <https://doi.org/10.20944/preprints202406.0172.v1>.  
PREPRINT

4. Schaepers-Cheu, M. *et al.* (2024) 'Exploring the Gut Microbiome - Autism Spectrum Disorder Connection: Implications for Therapeutic Interventions and Future Directions', *Berkeley Pharma Tech Journal of Medicine*, 4(1), pp. 34–58. Available at: <https://doi.org/10.52243/bptjm.v4i1.54>.

### Case Studies and Preclinical studies

1. Brouner, J., Spendiff, O. and Carpenter, M. (2024) 'Case study: Carbohydrate supplementation improves ultra-endurance performance in a keto-adapted individual', *Kinesiology*, 56, pp. 78–86. Available at: <https://doi.org/10.26582/k.56.1.16>.
2. Falsaperla, R. *et al.* (2024) 'PURA-Related Neurodevelopmental Disorders with Epilepsy Treated with Ketogenic Diet: A Case-Based Review', *Genes*, 15(7), p. 848. Available at: <https://doi.org/10.3390/genes15070848>.
3. Romano, V., Bowser, S. and Cloutier, E. (2024) 'Carnivore Diet and Athletic Performance: A Case Study Analysis: Case Study', *Journal of Exercise and Nutrition*, 7(1). Available at: <https://doi.org/10.53520/jen2024.103173>.
4. Saputra, M.D., Herman, H. and Whitiana, G.D. (2024) 'Comparison between Ketogenic and Diabetic Conventional Diet on Wound Closure in Diabetic Rat Model', *Journal of Wound Management and Research*, 20(2), pp. 145–153. Available at: <https://www.jwmr.org/journal/view.php?number=489>
5. Watso, J.C. *et al.* (2024) 'Advanced Cardiovascular Physiology in an Individual with Type 1 Diabetes After 10-Year Ketogenic Diet', *American Journal of Physiology-Cell Physiology* [Preprint]. Available at: <https://doi.org/10.1152/ajpcell.00694.2023>.
6. Hains, L.R. *et al.* (2022) 'Diet-induced Resolution of Macular Oedema following Remission of Type 2 Diabetes Mellitus in a patient undergoing Therapeutic Carbohydrate Reduction', *Retinal Cases and Brief Reports*, p. 10.1097/ICB.0000000000001614. Available at: <https://doi.org/10.1097/ICB.0000000000001614>.