# Research Roundup – June 2025

New this month in therapeutic carbohydrate reduction and metabolic health.

Curated by
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**Metabolic studies**

1. Adams, R.N. *et al.* (2025) 'Sustained metabolic improvements in a remotely delivered ketogenic nutrition programme for veterans with type 2 diabetes: A 3-year observational study', *Diabetes, Obesity & Metabolism* [Preprint]. Available at: https://doi.org/10.1111/dom.16525.
2. Alqarni, S. *et al.* (2025) 'Healthcare professionals' perception of the ketogenic diet among patients with chronic obstructive pulmonary disease: a cross-sectional study', *Frontiers in Nutrition*, 12, p. 1558151. Available at: https://doi.org/10.3389/fnut.2025.1558151.
3. Athinarayanan, S.J. *et al.* (2025a) 'Effects of a continuous remote care intervention including nutritional ketosis on kidney function and inflammation in adults with type 2 diabetes: a post-hoc latent class trajectory analysis', *Frontiers in Nutrition*, 12, p. 1609737. Available at: https://doi.org/10.3389/fnut.2025.1609737.
4. Gower, B.A. *et al.* (2025) 'Beneficial Effects of Carbohydrate Restriction in Type 2 Diabetes Can Be Traced to Changes in Hepatic Metabolism', *The Journal of Clinical Endocrinology and Metabolism*, p. dgaf324. Available at: https://doi.org/10.1210/clinem/dgaf324. ABSTRACT
5. Haddad, R.R. *et al.* (2025) 'Role of Fasting in the Management of Non-alcoholic Fatty Liver Disease (NAFLD): A Systematic Review of Clinical Trials', *Cureus*, 17(5), p. e84259. Available at: https://doi.org/10.7759/cureus.84259.
6. Korakas, E. *et al.* (2025) 'Low-Carb and Ketogenic Diets in Type 1 Diabetes: Efficacy and Safety Concerns', *Nutrients*, 17(12), p. 2001. Available at: https://doi.org/10.3390/nu17122001.
7. Pescari, D. *et al.* (2025) 'Comparative Effects of Time-Restricted Eating and the Ketogenic Diet on QRISK3-Assessed Cardiovascular Risk in Individuals with Obesity: A Longitudinal Analysis of Metabolic, Anthropometric, and

Lifestyle Factors', *Nutrients*, 17(12), p. 1963. Available at: https://doi.org/10.3390/nu17121963.

8. Pujol-Busquets, G. *et al.* (2025) 'Between support and scepticism: Health professionals' perceptions of a nutrition education program promoting low-carbohydrate, high-fat diets in under-resourced South African communities', *PLOS One*. Edited by M. Essouma, 20(6), p. e0325179. Available at: https://doi.org/10.1371/journal.pone.0325179.
9. Sadeghi, C. *et al.* (2025) 'Improved Cardiac Function Following Ketogenic Preparation for FDG-PET Imaging: Evidence from a Retrospective Study', *Journal of Nuclear Medicine*, 66(supplement 1), pp. 251797–251797. Available at: https://jnm.snmjournals.org/content/66/supplement_1/251797 (Accessed: 23 June 2025).
10. Salcedo, A.C. *et al.* (2025) 'The uterus is an end organ: a preliminary study of the association between abnormal uterine bleeding and hyperinsulinemia', *Menopause* [Preprint]. Available at: https://doi.org/10.1097/GME.0000000000002548.
11. Zheng, Q. *et al.* (2025) 'Are low carbohydrate diet interventions beneficial for metabolic syndrome and its components? A systematic review and meta-analysis of randomized controlled trials', *International Journal of Obesity* [Preprint]. Available at: https://doi.org/10.1038/s41366-025-01822-5. ABSTRACT

**General reviews**

1. Klement, R.J. (2025) 'Is the ketogenic diet still controversial in cancer treatment?', *Expert Review of Anticancer Therapy*, 0(0), pp. 1–5. Available at: https://doi.org/10.1080/14737140.2025.2522936.

**Neurology and Psychiatry**

1. Bai, L. *et al.* (2025) 'Progress in research on nutrition, neuroinflammation and dopaminergic alterations in Tic disorders', *Frontiers in Pediatrics*, 13, p. 1526117. Available at: https://doi.org/10.3389/fped.2025.1526117.
2. Chaves, C. *et al.* (2025) 'Ketogenic therapy for schizophrenia: evidence, mechanisms, and clinical perspectives', *Frontiers in Pharmacology*, 16. Available at: https://doi.org/10.3389/fphar.2025.1603722.
3. Dawson, S., Rucklidge, J.J. and Schofield, G. (2025) 'Whole Food and Ketogenic-Informed Dietary Interventions for OCD: A Metabolic Perspective', *Current Treatment Options in Psychiatry*, 12(1), p. 25. Available at: https://doi.org/10.1007/s40501-025-00361-0.
4. Rees, E. and Kaler, G. (2025) 'The Effect of the Ketogenic Diet on Aggression and Violence in Patients with Severe Mental Illness: A Systematic Review',

*BJPsych Open*, 11, pp. S62–S62. Available at: https://doi.org/10.1192/bjo.2025.10213.
5. Wang, Y. *et al.* (2025) 'Ketogenic diet and neurological diseases', *Precision Nutrition*, 4(2), p. e00109. Available at: https://doi.org/10.1097/PN9.0000000000000109.
6. Yardi, R. *et al.* (2025) 'Managing Refractory Epilepsy in a Resource-Limited Setting—Doing More With Less', *Epilepsy Currents*, p. 15357597251318562. Available at: https://doi.org/10.1177/15357597251318562.

**Psychiatry Case studies**

1. Bellamy, E.L. and Laurent, N. (2025) 'Transdiagnostic remission of psychiatric comorbidity in post-traumatic stress disorder, ADHD, and binge-eating disorder using ketogenic metabolic therapy: a retrospective case report', *Frontiers in Nutrition*, 12. Available at: https://doi.org/10.3389/fnut.2025.1600123.
2. Laurent, N. and Tague, K.A. (2025) 'Remission of obsessive-compulsive disorder using ketogenic metabolic therapy in support of exposure and response prevention: a retrospective case report', *Frontiers in Psychiatry*, 16. Available at: https://doi.org/10.3389/fpsyt.2025.1555591.
3. Newiss, M. (2025) 'Case Report: Remission of schizophrenia using a carnivore ketogenic metabolic therapy with nutritional therapy practitioner support', *Frontiers in Nutrition*, 12. Available at: https://doi.org/10.3389/fnut.2025.1591937.

**Other Case studies**

1. Acevedo, A. and Zapata Laguado, M. (2025) 'Clear Cell Renal Cell Carcinoma With Brain Metastases Treated With Complementary Ketogenic Metabolic Therapy: A Case Report', *Cureus*, 17(5), p. e84962. Available at: https://doi.org/10.7759/cureus.84962.
2. Aishwarya, C.V. *et al.* (2025) 'The impact of a ketogenic diet on autoimmune encephalitis: A case report', *International Journal of Nutrition, Pharmacology, Neurological Diseases*, 15(2), pp. 221–225. Available at: https://doi.org/10.4103/ijnpnd.ijnpnd_71_24.