



ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

FOOD & MOOD RESEARCH

Metabolic Psychiatry & Nutritional Psychology

- *Metabolic Mind* – Research-based insights on how metabolism influences brain function <https://www.metabolicmind.org/>
 - *Stanford Metabolic Psychiatry Program* – Leading research on the connection between diet, metabolism, and mental health https://med.stanford.edu/psychiatry/patient_care/metabolic.html
 - *Harvard Nutritional Psychiatry* – The latest findings on food as medicine for the brain <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>
 - **The Nutritional Psychology Research Group (NPRG)** – Advancing research on food's effect on brain function and behavior <https://www.nutritional-psychology.org/>
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Websites & Additional Resources

- [The International Society for Nutritional Psychiatry Research \(ISNPR\)](#) – A hub for global research on food and mental health
- [The Gut Microbiome & Mental Health - APA](#) – The American Psychiatric Association's findings on gut-brain health
- [The Brain & Behavior Research Foundation](#) – Current research on the connection between nutrition and mood disorders
- [Dr. Benjamin Bikman's Research on Insulin Resistance](#) – Metabolic health and brain function
- [The Insulin Resistance Research Foundation](#) – Latest studies on blood sugar regulation and mental health
- [The Nutritional Psychology Research Group \(NPRG\)](#) – Dedicated to understanding how nutrition influences mental health
- [The Food & Mood Centre](#) – Leading research on diet and mental health interventions



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The Role of Keto & Low-Carb Diets in Psychiatry

Studies on ketogenic diets for mental health

- **Pilot Study on Ketogenic Diet and Severe Mental Illness**
Summary: A Stanford Medicine trial found that a ketogenic diet restored metabolic health in patients on antipsychotic medications and improved their psychiatric conditions.
[🔗 Read More](#)
- **The Potential Role of the Ketogenic Diet in Serious Mental Illness**
Summary: This review explores how ketogenic diets may prevent major depressive disorder, improve mood, and lower the risk of cognitive impairment.
[🔗 Read More](#)
- **Psychiatric Conditions Helped by Keto Diet**
Summary: A study discussing how a high-fat, low-carb diet restored metabolic health and improved psychiatric conditions.
[🔗 Read More](#)
- **The Use of the Ketogenic Diet in the Treatment of Psychiatric Disorders**
Summary: A review of 14 studies showing the ketogenic diet was beneficial in reducing symptoms associated with various psychiatric disorders.
[🔗 Read More](#)
- **The Ketogenic Diet as a Transdiagnostic Treatment**
Summary: Research providing evidence that the ketogenic diet may be an effective treatment for schizophrenia, bipolar disorder, and schizoaffective disorder.
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- **Can Physical Changes – Like a Keto Diet – Help Mental Illness?**

Summary: Ongoing clinical trials testing the ketogenic diet's effect on bipolar disorder, schizophrenia, and depression.

<https://www.psychiatrist.com/news/can-physical-changes-like-a-keto-diet-help-mental-illness/>

- **Ketogenic Diets in Clinical Psychology: Examining the Evidence**

Summary: Explores the use of ketogenic diets for mental health beyond neurological disorders.

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2024.1468894/full>

- **Serious Mental Illness Improves on Ketogenic Diet**

Summary: A study showing that patients with major depression, bipolar disorder, and schizophrenia improved significantly on a ketogenic diet.

<https://med.stanford.edu/news/all-news/2024/04/keto-diet-mental-illness.html>

- **Ketogenic Diet May Reduce Stress and Improve Mood, Study Finds**

Summary: Research suggests that a ketogenic diet may be associated with improved mood, lower stress, and better mental well-being

<https://www.uclahealth.org/news/article/new-study-attempts-link-keto-diet-and-anxiety>

FOOD & MOOD Research Articles & Randomized Controlled Trials

- **The Role of Diet in Major Depressive Disorder (MDD): A Meta-Analysis –**

Highlights the effects of dietary patterns on mood disorders

<https://doi.org/10.1016/j.psychres.2017.04.020>



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- **The SMILES Trial** – First randomized controlled study demonstrating diet’s impact on depression - Examines how gut bacteria influence anxiety and depression <https://pubmed.ncbi.nlm.nih.gov/30591059/>
- **Gut Microbiota and Mental Health: The Microbiome-Gut-Brain Axis** –
- **The Impact of the Mediterranean Diet on Mood and Cognition** – Evidence-based review on how diet affects mental health <https://pmc.ncbi.nlm.nih.gov/articles/PMC8235742/>
- **Insulin Resistance and Mood Disorders: A Systematic Review** – How metabolic dysfunction affects mental health <https://pubmed.ncbi.nlm.nih.gov/37086806/>
- **Metabolic Dysfunction and Bipolar Disorder: Emerging Evidence** – The role of blood sugar regulation in psychiatric conditions <https://pubmed.ncbi.nlm.nih.gov/20541810/>
- **Ketogenic Diet as a Metabolic Treatment for Mental Illness** – How stabilizing insulin levels improves mental health <https://pubmed.ncbi.nlm.nih.gov/32773571/>
- **The Role of Omega-3 Fatty Acids in Depression and Anxiety** – Clinical trials on the mental health benefits of anti-inflammatory diets <https://pmc.ncbi.nlm.nih.gov/articles/PMC9962071/>
- **Nutritional Psychiatry: The Future of Mental Health Treatment** – How diet interventions are being integrated into mainstream psychiatric care <https://pubmed.ncbi.nlm.nih.gov/31735529/>