Roundup - February 2024

New this month in therapeutic carbohydrate restriction and metabolic health.

Metabolic (TCR intervention)

1. Lambadiari, V. *et al.* (2024) 'The Effect of a Ketogenic Diet versus Mediterranean Diet on Clinical and Biochemical Markers of Inflammation in Patients with Obesity and Psoriatic Arthritis: A Randomized Crossover Trial', *International Journal of Molecular Sciences*, 25(5), p. 2475. Available at: https://doi.org/10.3390/ijms25052475.
2. Pretorius, A., Engelbrecht, L. and Terblanche, E. (2024) 'A 6-Week Ketogenic Diet Enhances the Phosphocreatine Energy System Contribution During Intermittent Sprints', *Journal of Science in Sport and Exercise* [Preprint]. Available at: https://doi.org/10.1007/s42978-023-00271-8.
3. Verde, L. *et al.* (2024a) 'Very low-calorie ketogenic diet (VLCKD) in the management of hidradenitis suppurativa (Acne Inversa): an effective and safe tool for improvement of the clinical severity of disease. Results of a pilot study', *Journal of Translational Medicine*, 22, p. 149. Available at: https://doi.org/10.1186/s12967-024-04853-0.

General Reviews

1. Lakananurak, N. *et al.* (2024) 'The Efficacy of Dietary Interventions in Patients with Gastroesophageal Reflux Disease: A Systematic Review and Meta-Analysis of Intervention Studies', *Nutrients*, 16(3), p. 464. Available at: https://doi.org/10.3390/nu16030464.
2. Lane, M.M. *et al.* (2024) 'Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses', *The BMJ*, 384, p. e077310. Available at: https://doi.org/10.1136/bmj-2023-077310.
3. Roster, K. *et al.* (2024) 'Impact of Ketogenic and Low-Glycemic Diets on Inflammatory Skin Conditions', *Cutis*, 113, pp. 75–80. Available at: https://doi.org/10.12788/cutis.0942.
4. Tagliabue, A. *et al.* (2024) 'Ketogenic diet for epilepsy and obesity: Is it the same?', *Nutrition, Metabolism and Cardiovascular Diseases*, 0(0). Available at: https://doi.org/10.1016/j.numecd.2024.01.014.
5. Volek, J.S. *et al.* (2024) 'Expert consensus on nutrition and lower-carbohydrate diets: An evidence- and equity-based approach to dietary guidance', *Frontiers in Nutrition*, 11. Available at: https://www.frontiersin.org/articles/10.3389/fnut.2024.1376098.
6. Wu, Y. and Chen, X. (2023) 'Ketogenic dietary intervention as therapy for thrombocytopenia', *Cancer Pathogenesis and Therapy*, 1(3), pp. 227–228. Available at: https://doi.org/10.1016/j.cpt.2023.01.004.

Neurology

1. Cunha-Oliveira, T. *et al.* (2024) 'Mitochondria: A Promising Convergent Target for the Treatment of Amyotrophic Lateral Sclerosis', *Cells*, 13(3). Available at: https://doi.org/10.3390/cells13030248.
2. Griffen, C. *et al.* (2024) 'Tolerance, adherence, and acceptability of a ketogenic 2.5:1 ratio, nutritionally complete, medium chain triglyceride-containing liquid feed in children and adults with drug-resistant epilepsy following a ketogenic diet', *Epilepsia Open*, p. epi4.12910. Available at: https://doi.org/10.1002/epi4.12910.

3. Iyer, S.H. *et al.* (2024) 'Dietary and Metabolic Approaches for Treating Autism Spectrum Disorders, Affective Disorders and Cognitive Impairment Comorbid with Epilepsy: A Review of Clinical and Preclinical Evidence', *Nutrients*, 16(4), p. 553. Available at: https://doi.org/10.3390/nu16040553.
4. Liu, Y. *et al.* (2024) 'Ketogenic therapy towards precision medicine for brain diseases', *Frontiers in Nutrition*, 11. Available at: https://www.frontiersin.org/articles/10.3389/fnut.2024.1266690.
5. Mendonça, C.N. de *et al.* (2024) 'Ketogenic diet in pharmacoresistant epilepsies: a clinical nutritional assessment', *Arquivos de Neuro-Psiquiatria*, 82(2), pp. 1–7. Available at: https://doi.org/10.1055/s-0044-1779269. ABSTRACT
6. Orr, E. *et al.* (2024) 'Ketogenic Diet: Parental Experiences and Expectations', *Journal of Child Neurology*, p. 08830738241227066. Available at: https://doi.org/10.1177/08830738241227066.

Metabolic Psychiatry

1. Brooks, S.J. *et al.* (2024) 'A neuroinflammatory compulsivity model of anorexia nervosa (NICAN)', *Neuroscience & Biobehavioral Reviews*, 159, p. 105580. Available at: https://doi.org/10.1016/j.neubiorev.2024.105580.
2. Campbell, I.H. and Campbell, H. (2024) 'The metabolic overdrive hypothesis: hyperglycolysis and glutaminolysis in bipolar mania', *Molecular Psychiatry*, pp. 1–7. Available at: https://doi.org/10.1038/s41380-024-02431-w.
3. Choi, J. *et al.* (2024) 'Sleep, mood disorders, and the ketogenic diet: potential therapeutic targets for bipolar disorder and schizophrenia', *Frontiers in Psychiatry*, 15, p. 1358578. Available at: https://doi.org/10.3389/fpsyt.2024.1358578.
4. Hedayati, A. *et al.* (no date) 'Lithium Chloride, Ketogenic Diet and Stem Cell Transplantation in Treatment of Bipolar Disorder'. Int J Nutr Sci. 2024;9(1):80-82. doi:10.30476/IJNS.2024.99601.1250.
5. Laurent, N. (2024) 'From theory to practice: challenges and rewards of implementing ketogenic metabolic therapy in mental health', *Frontiers in Nutrition*, 11. Available at: https://www.frontiersin.org/articles/10.3389/fnut.2024.1331181.
6. Tonetto, S., Weikop, P. and Thomsen, M. (2024) 'Nutritional ketosis as treatment for alcohol withdrawal symptoms in female C57BL/6J mice', *Scientific Reports*, 14, p. 5092. Available at: https://doi.org/10.1038/s41598-024-55310-3. (preclinical)
7. Wiers, C.E. *et al.* (2024) 'Ketogenic diet reduces a neurobiological craving signature in inpatients with alcohol use disorder', *Frontiers in Nutrition*, 11. Available at: https://www.frontiersin.org/articles/10.3389/fnut.2024.1254341.

Case Studies

1. Ozoran, H. *et al.* (2024) 'Prolonged remission followed by low insulin requirements in a patient with type 1 diabetes on a very low-carbohydrate diet', *Endocrinology, Diabetes & Metabolism Case Reports*, 2024(1). Available at: https://doi.org/10.1530/EDM-23-0130.