



I am a Registered Dietitian in private practice and am providing this letter as your patient has expressed interest in following a therapeutic ketogenic diet to see if it might improve their mental health-related symptoms. I request that people first discuss this idea with their doctors to determine if they will be willing to oversee their general health during a 3-month trial period, as well as monitor their continuation on prescribed medication(s) under your direction.

A ketogenic diet is not new. It has been safely used for over a hundred years in the management of epilepsy and diabetes prior to the discovery of insulin. This referenced article titled Standard Treatment for Diabetes Prior to the Discovery of Insulin can be found under the Food for Thought tab on my website (bbdnutrition.com) or at this url:

<https://www.bbdnutrition.com/2021/02/16/standard-treatment-for-diabetes-prior-to-the-discovery-of-insulin/> documents this.

While a 2:1 ketogenic diet is similar in terms macronutrient intake to a “keto diet” for weight loss or health improvements, I request that my clients have medical oversight while implementing a therapeutic ketogenic diet if they have certain physical health conditions such as insulin-dependant type 2 diabetes or if prescribed some medications to lower blood sugar or blood pressure (more in [this article](#)). I also request that my clients have medical oversight if they have been diagnosed with mental health conditions such as major depressive disorder, bipolar disorder 1 and 2, or schizophrenia to ensure continuation on prescribed medication(s), as well as to periodically monitoring electrolytes, and overall health. You can read about use of a liberalized 2:1 ketogenic diet in mental health in this article titled *A Ketogenic Diet for Mental Health* that can be found under the Food for Thought tab on my website (bbdnutrition.com) or at this url: <https://www.bbdnutrition.com/2023/06/21/mental-health-use-of-ketogenic-diet/>.

A 3:1 therapeutic ketogenic diet is undertaken under physician oversight and may be used for epilepsy or seizure disorder, as an adjunct to chemo and radiation treatment [in specific types of cancer](#), as well as an adjunct for treatment-resistant major depressive disorder, bipolar disorder 1 and 2, and schizophrenia. You can read about use of a 3:1 ketogenic diet in mental health in an article titled *Use of a Therapeutic Ketogenic Diet in Mental Health* which can be found under the Food for Thought tab on my website (bbdnutrition.com) or at this url: [\(https://www.bbdnutrition.com/2023/05/11/therapeutic-ketogenic-diet-in-mental-health/\)](https://www.bbdnutrition.com/2023/05/11/therapeutic-ketogenic-diet-in-mental-health/).

Should you agree to oversee your patient as described above during a 3-month trial of a therapeutic ketogenic diet, please fax me a signed and dated note to that effect, or I can fax you a Request for Medical Supervision of Patient Form requesting this information.

Best regards,

Joy Y. Kiddie, MSc, RD

