



I am a Registered Dietitian in private practice that provides a wide range of routine services, digestive health services, and for the last six years have provided two types of therapeutic ketogenic diets (3:1 and 2:1) used under Physician oversight.

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.

**A 2:1 Therapeutic Ketogenic Diet** is used as adjunct therapy along with medication for individuals with depression, anxiety disorder, and some types of bipolar disorder, and for general improvement in overall mental health for individuals not taking any medications. A 2:1 Therapeutic Ketogenic Diet is similar in terms of macronutrient intake to the popular “keto diet” followed for weight loss or health improvements (75% fat, 15% protein, 10% carbohydrate), however the ratio of protein and fat to carbohydrates is much more tightly controlled for therapeutic purposes (more information about that [here](#)). The reason that I require that clients have medical oversight while implementing this diet is to monitor compliance to prescribed mental health medications and if they are taking any medications to lower blood sugar or blood pressure, to have their electrolytes monitored especially at the beginning, and optionally to have serum glucose and ketone levels assessed to ensure that client-collected data taken at home is similar.

**A 3:1 Therapeutic Ketogenic Diet** is used under medical oversight for epilepsy or seizure disorder, as adjunct treatment along with chemo and radiation for certain types of cancer, and as adjunct treatment in some types of psychiatric disorders, including schizophrenia and treatment resistant bipolar disorder. It is typically ~80% fat, 15% protein, 5% carbohydrate (more about 4:1 and 3:1 Therapeutic Ketogenic Diets [here](#)). The reason that I require that clients have medical oversight while implementing this diet is to monitor compliance to prescribed medications, to have their electrolytes monitored, and to have serum glucose and ketone levels assessed to ensure that the client is reaching the therapeutic level appropriate for their specific diagnosis, and that client-collected data taken at home is similar.

If you are willing to oversee your patient during the first 3-months of implementing a Therapeutic Ketogenic Diet, either 2:1 or 3:1 please complete the Medical Supervision of Patient Form that should have been provided to you (available [here](#)) and fax it to the fax number indicated on the form.

Best regards,

*Joy Y. Erdile MSc, RD*

