

MAYBE IT'S NOT WHAT EATING THEM, MAYBE IT'S WHAT THEY'RE EATING PRESENTATION REFERENCES

The following are references for the presentation, "Maybe It's Not What They Are Eating, Maybe It's What's Eating Them", given on June 7th, 2025 for the Hudson Valley Psychological Association (HVPA). Additional information can be requested by writing me at info@tayloremarkewich.com

VIDEOS ON METABOLIC PSYCHOLOGY

[Metabolism, Mitochondria, & Bipolar Disorder – by Dr. Chris Palmer](#)

BOOKS ON METABOLIC PSYCHOLOGY

- *Brain Energy* by Dr. Chris Palmer, M.D. (BenBella, 2022)
- *Change Your Diet, Change Your Mind* by Dr. Georgia Ede, M.D. (Balance, 2024)
- *The Inflamed Mind* by Edward Bullmore, FRCP, FRCPsych, FMedSci (Picador, 2018)

STATISTICS CITED:

- [Survey conducted between 2009 and 2016 found that only 12% of people in the U.S. are metabolically healthy.](#)
- [Mental health needs in the U.S. compared to nine other countries](#)
- [One in two people globally will experience a mental health issue in their lifetime.](#)
- [Three in ten people report poor mental health.](#)
- [US spending on healthcare in 2022 increased to \\$4.5T or \\$13,500 per person](#)
- [“What’s Driving Chronic Disease?” Trends in calorie consumption and food types between 1960 and 2010s, including seed oils, aka “seed oils.”](#)
- [Global sugar consumption trends.](#)
- [America runs on vegetable oils.](#)
- [NOVA Food Classification System](#)
- [farmdocDaily: Food costs statistics](#)

METABOLIC DYSFUNCTION AND MENTAL HEALTH DISORDERS STUDIES CITED:

- [Targetable Pathways for Alleviating Mitochondrial Dysfunction in Neurodegeneration of Metabolic and Non-Metabolic Diseases](#)
- [COVID-19 and mental illness in vaccinated and unvaccinated people](#)
- [The pathophysiology and management of depression in cardiac surgery patients](#)
- [Insulin resistance, diabetes, and brain structures in bipolar disorders](#)
- [Psychological depression and cardiac surgery](#)
- [Brian glucose metabolism in borderline personality disorder](#)

- [Type-2 Diabetes in people with schizophrenia, bipolar disorder, and major depressive disorder. A systematic, large meta-analysis.](#)

METABOLIC DYSFUNCTION AND MENTAL HEALTH DISORDERS STUDIES CITED:

- [A systematic review of worldwide consumption of ultra-processed foods: findings and criticisms.](#)
- [Consumption of soda and fast food related to anxiety, depressive symptoms, and suicide ideation in teens.](#)
- [Mice study showing soybean oil consumption damage to the hypothalamus and cause gene dysregulation.](#)

IMPACT OF KETOGENIC DIET STUDIES ON MENTAL HEALTH STUDIES:

- [Ketogenic diet in depression](#)
- [Low carb intervention and metabolic treatment for binge eating and ultra-processed foods addiction](#)
- [Ketogenic diet and anorexia nervosa](#)
- [Ketogenic diet for refractory mental illness: A retrospective analysis](#)
- [Ketogenic diet for bipolar disorder](#)
- [Ketogenic diet for depression](#)
- [Ketogenic diet to reduce alcohol withdraw symptoms](#)

RESOURCES FOR PROMOTING AFFORDABLE LOW CARB DIETS

- [For Richer, for Poorer: Low Carb Diets Work for All Incomes – by Nina Teicholz, PhD](#)
- [Low Carb for Any Budget Patient Guide – last updated 4/15/25](#)
- [OwanaHealth Low Carb Booklet](#) (PDF file)

PROGRAMS / TRAINING FOR CLINICIANS INTERESTED IN LEARNING MORE

- **Ketogenic Diets for Mental Health Clinical Training Course:** Dr. Georgia Ede, MD, five 2.5 hour training program in cohorts of six. Online training program available as well. I am working with Dr. Ede's office to ensure she can be a CEU provider for psychologists in New York.
- **Metabolic Psychiatry for Nonprescribers:** Nicole Laurent, LMHC teaches a training for psychotherapists. CEUs are available for psychologists, social workers, counselors and Allied Mental Health professionals.
- **Society of Metabolic Health Practitioners:** Organization that provides accreditation, clinical guidelines, and professional resources for carbohydrate-restricted diets.
- **SUGAR®:** Bitten Jonsson, Leg.SSK, RN, a pioneer in the sugar addiction field, has developed a sugar addiction diagnostic tool and certification training program.