

Faculty Bio



Georgia Ede, MD

Nutritional and Metabolic Psychiatry

Psychiatrist, Speaker, Clinical Educator, Researcher, Author

Amesbury, Massachusetts

Georgia Ede M.D. is a Harvard-trained psychiatrist specializing in nutrition science, brain metabolism, and mental health. She has more than two decades of clinical experience including many years as a college psychiatrist and nutrition consultant at Smith College and Harvard University Health Services, where she was the first psychiatrist to offer nutrition-based approaches as an alternative to conventional care for students, faculty and staff. Her pre-medical experience includes seven years as a research assistant at the Joslin Diabetes Center in Boston, the Institut für Diabetesforschung in Munich, and other academic laboratories in the fields of biochemistry, immunology and metabolism.

Through her virtual consultation practice, she uses nutrition and metabolic interventions including paleo diets, ketogenic diets, intermittent fasting, and elimination diets to help people around the world address root causes of mental health conditions, improving their metabolic health and often reducing the need for psychiatric medications.

Dr. Ede speaks internationally about dietary approaches to psychiatric disorders, nutrition science, and nutrition policy reform. She is also the creator and director of the first medically accredited course in ketogenic diets for mental health practitioners. In 2022, she co-authored the first inpatient study of the ketogenic diet for serious mental illnesses and was honored to be named a recipient of the Baszucki Brain Research Fund's first annual Metabolic Mind Award. Her forthcoming book *Change Your Diet, Change Your Mind* will be published by Hachette Book Group in English-speaking markets worldwide on January 23, 2024.