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The remarkable impact of a ketogenic diet on brain health

Hippocrates said, "Let food be thy medicine, and medicine thy food." Today, we have a rapidly growing body of evidence-based medical research that supports the positive impact of the ketogenic diet on brain health.

Not only does the diet have general implications on multiple non-neurological chronic diseases such as cardiovascular and oncologic conditions, but it also has the power to cause a near-complete reversal of neurodegenerative diseases like Parkinson's, multiple sclerosis, and ALS. Recent research in 2024 demonstrates that the diet has even helped patients with mental illnesses such as schizophrenia and bipolar disorder, who previously relied on polypharmacy with terrible side effects. As more mainstream physicians turn to the power of nutrition to improve previously incurable diseases, we must explore the science behind "the metabolic mind" where diet replaces pharmaceuticals. It's time to recognize the power of food as medicine and embrace this revolutionary approach to health.

Keywords: Ketogenic Diet, Neurodegenerative Disease, Mental Illness, Functional Medicine

Biography

Amy Gutman's dedication to preventive care is a cornerstone of her approach to healthcare. With over three decades of experience in the field, she is board-certified in Emergency Medicine with Fellowships in prehospital care and resuscitation and specialized training/certifications in general surgery, maritime medicine, occupational medicine, and nutritional and ketogenic coaching. She is currently an Attending Emergency Physician in Orlando, Florida, having worked all over the United States and Internationally, including serving as a Medical Director for multiple large hospital departments and prehospital services. She has presented at over 100 conferences and has multiple original research publications. Her commitment to positively impacting patients' lives is unwavering as she strives to reduce the prevalence of debilitating chronic illnesses. She actively debunks medical misinformation, challenging a healthcare industry that often profits from keeping people sick rather than encouraging wellness. Her confidence in the power of knowledge to transform lives is the driving force behind her commitment to empowering individuals with evidence-based science to take control of their health.

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