

## PREVIEW\_ Georgia Ede - Q&A (San Diego 2017) 2

**Questioner man:** Thank you so much for your presentation. About your work with college students, can you describe... when you change your diet how it changes their depressive symptoms, anxiety symptoms, their ability to tolerate stress?

**Dr. Georgia Ede:** Yes, I wish more of my students would change their diet. I have to be honest with you, it is tough in college setting, because they are eating in dining halls, they feel like they have no control over food.

They actually have a lot more control than they realize, which is part of what I try to help them understand. But, you know, there are sweets at every meal unlimited and all night long, and vending machines, and parties. And it's terrible, the culture of college food.

But the ones who have changed their diet, you see remarkable results, I've seen in some cases, by just changing to a low-carb high-fat diet, bipolar symptoms, migraines, premenstrual dysphoria...

And depression is little tougher, I'm not sure exactly why that it is, but a lot of the overactive symptoms especially manic symptoms can really quiet right down... anxiety responds very beautifully and so does a binge eating bulimia, responds very beautifully to low-carb high-fat.

Because you don't get the urge to binge. And, you know, what do people binge on? I don't know a single person in 15 years as a psychiatrist who binges on meat or vegetables, you know. They binge on carbs and dairy. So if they can at least get the carbs out, they usually have a fighting chance.