

MARIA EDWARDS

SUBSTITUTE ASSISTANT PROFESSOR ♥ COPENHAGEN S, 2300, DENMARK ↓ +45 41 58 88 82

• DETAILS •

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Date / Place of birth

January 29th 1981 Malmoe, Sweden

> Nationality Swedish

Driving license Yes

o SKILLS o

Highly Organized

Complex Problem Solving

Ability to Work in a Team

Strong Communication Skills

LANGUAGES

Swedish

Danish

English

LINKS

LinkedIn Maria Edwards

Research Gate

ORCID

PROFILE

I am currently employed as a Substitute Assistant Professor at the Department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen. I am course responsible and examinator for the course *Basal Nutritional Pathophysiology* at the Master's Program in Clinical Nutrition, where I also lecture in 'Nutrient Metabolism' and 'Neurophysiology'. At the course *Pathology*, *nutritional physiology in disease and nutritional therapy* I lecture 'Therapeutic Ketogenic Diets in the Treatment of Disease'.

I am co-supervisor and examinator on the Master's Thesis project: 'Diet Induced Ketosis for Patients with PTSD – A Feasibility Study' and main-supervisor and examinator on the Bachelor's Thesis: 'The effect of the ketogenic diet on physical performance'

I am one of four members of the working group that is developing the new Master's Program in Human and Clinical Nutrition at Department of Nutrition, Exercise and Sports, Faculty of Science, University of Copenhagen.

My research area in Clinical Nutrition is Ketogenic Diet Therapies. My Master's Thesis was a Feasibility Study with Ketogenic Diet in Severe Brain Injury at the Department of Brain Injuries, Rigshospitalet, Copenhagen, Denmark. My BSc project in Food Science, Health and Nutrition deals with the Ketogenic Diet as a treatment for Epilepsy. I am continuing my research with the Ketogenic Diet as a potential treatment for severe brain injury.

EMPLOYMENT HISTORY

Substitute Assistant Professor at Department of Nutrition, Exercise and Sports - University of Copenhagen, Copenhagen

July 2021 — July 2022

Course responsible and **examinator** for the course Basal Nutritional Pathophysiology at the Master's Program in Clinical Nutrition.

Lecturer at the courses *Basal Nutritional Pathophysiology* and *Pathology, nutritional physiology in disease and nutritional therapy*

- Nutrient Metabolism I
- Nutrient Metabolism II
- Neurophysiology
- Therapeutic Ketogenic Diets in the Treatment of Disease

Co-supervisor and examinator on Master's Thesis: 'Diet Induced Ketosis for Patients with PTSD – A Feasibility Study'

Main-supervisor and examinator on Bachelor's Thesis: 'The effect of the ketogenic diet on physical performance'

Member of Core Working Group - Developing the new Master's Program in Human and Clinical Nutrition

Master Thesis Student at ©Department of Neurorehabilitation / Traumatic Brain Injury, Rigshospitalet (Satellite Department on Hvidovre Hospital), Copenhagen, Denmark August 2020 — June 2021

Master's Thesis in Clinical Nutrition

'Diet induced ketosis for patients with brain injury - A Feasibility Study, A Ketogenic diet with MCT supplementation as a potential treatment for adult patients with brain injury'

My Master's Thesis projects was a clinical trial that I solely initiated, planned and executed.

I wrote the study protocol and prepared the project budget, sent applications to the ethical committee and and data protection agency and applied for funds and sponsorships which covered all of the study expenses. I also planned the intervention, which included producing ketogenic recipes for the hospital kitchen and finding supplementary food products for occupational therapy. I included the maximum amount of patients for the study in 3 months. I assessed the patients nutrient and fluid needs daily and compiled their daily individual meal plan. I took glucose and ketone measurements of the patients three times daily and assessed their wellbeing and adverse events. One a week I performed bioelectrical impedance analysis on all the patients. I organised and performed all parts of the study and worked very closely with medical doctors, physiotherapists, occupational therapists and the kitchen staff.

The results of the study have been presented at 7th Global Symposium on Medical Ketogenic Dietary Therapies, Brighton, UK in October 2021 and will be presented at The 5th Annual Metabolic Health Summit, Los Angeles, USA, in May 2022. We are now in the publication process.

Volunteer at Café Blom, Copenhagen

February 2018 — June 2020

Café Blom is a social café, a haven for people with depression, bipolar disorder, anxiety or OCD. As a volunteer in Café Blom, you help create the welcoming atmosphere that prevails on the spot. You support and help both the individual guest and the warm and spacious community. It is an essential part of the work to, listen to and pay attention to the guests.

Disability support worker at Jes Erik Jessen, Kongens Lyngby, Denmark

October 2014 — April 2015

Jes has muscular dystrophy, is in a wheelchair and needs help with everything. He uses a CPAP several times a day to help with his breathing. I worked as a personal assistant for Jes part time while studying.

Disability support worker at Frank Christensen, Kongens Lyngby, Denmark July 2014 — April 2015

I worked as a part time personal assistant for Frank while I was studying. He has muscular dystrophy, is in a wheelchair and needs help with everything. Frank has a respirator and needs suction several times a day.

Disability support worker at Bruger & Hjælper Formidlingen, Copenhagen, Denmark October 2008 — January 2014

I've been a fulltime personal assistant for Bruger & Hjælper Formidlingen for 5,5 years. Bruger & Hjælper Formidlingen is an agency that hires personal assistants for people with handicaps. I've worked for people with multiple sclerosis, ALS, muscular dystrophy, tetra- and paraplegics, brain injuries, stroke and Alzeimers. I'm trained and certified to work with respirators, CPAP, BiPAP and suction.

Disability support worker at Farhang Nezam Sarmadi, Farum, Denmark

November 2006 — October 2008

I worked fulltime as a personal assistant for Farhang for 2 years. He has Duchennes muscular dystrophy, is in a wheelchair and needs help with everything. He also uses a respirator and needs suction several times a day.

Visual Merchandiser at H&M Hennes & Mauritz Amagertory, Copenhagen, Denmark

June 2006 — November 2006

As a Visual Merchendiser I trained, motivated and coached my colleagues to constantly think commercially. My job was to present the garments in an attractive way and I was responsible for windows and in-store displays.

Freelance Make-up artist & Stylist at Self employed, Denmark & Sweden

January 2005 — March 2009

I worked primarily with fashion editorials and fashion shows, both as a make-up artist and stylist. I've also done films and advertising.

Store Merchandiser at Stadium Købmagergade, Copenhagen, Denmark

August 2005 — June 2006

As a Store Merchandiser I was solely responsible for all the merchandise in the store. I did all the windows and in-store displays. I also trained and coached my colleagues, about visual merchandising and garment presentation.

Tele Account Manager at StepStone, København

September 2004 — August 2005

As a Tele Account Manager I sold StepStones products within recruitment to the Swedish market.

Consultant at Adecco, Malmö

July 2001 — January 2003

As a consultant I was assigned to jobs within administration, office, warehouse and industry.

EDUCATION

MSc Clinical Nutrition, University of Copenhagen, Copenhagen, Denmark September 2018 — June 2021

BSc, Food science and Nutrition, University of Copenhagen, Copenhagen September 2015 — June 2018

BSc, Biochemistry, University of Copenhagen, Copenhagen

September 2014 — June 2015

Medical and Physiotherapy Certified Sports Massage Therapist, At Work, Copenhagen January 2013 — June 2013

Certified Make-Up Artist & Stylist, Art of Style & Beauty, Copenhagen January 2005 — January 2006

Natural Science, Senior High School, Komvux Kronborg, Malmö, Sweden January 2003 — June 2004

Social Science 4 years, Senior High School, Malmö Latinskola, Malmö, Sweden August 1997 — June 2001

COURSES

PhD Course - Responsible Conduct of Research, Department of Nutrition, Exercise and Sports - University of Copenhagen

May 2022 — May 2022

Responsible Conduct of Research: A case-based workshop for postdocs and assistant professors, Department of Nutrition, Exercise and Sports - University of Copenhagen April 2022 — April 2022

The CRISPR Health Revolution by Professor Jennifer Doudna, Frontiers Forum March 2022 — March 2022 PhD Course - Clinical Neuroscience, Faculty of Health and Medical Sciences - University of Copenhagen March 2022 — March 2022 The KetoMind Programme: Treating Mental Health Conditions with Ketogenic Diets by Stefan Ivantu, MD, MRCPsch, Psychiatry Redefined, Waltham, Massachusetts, USA February 2022 — February 2022 Epigenetic cell memory by Professor Anja Groth, The Royal Danish Academy of Sciences and Letters February 2022 — February 2022 The Sleeping Brain by Associate Professor Birgitte Rahbek Kornum, The Royal Danish **Academy of Sciences and Letters** February 2022 — February 2022 Functional Medicine for Depression - Addressing the Failure of the Current Psychiatric Treatment Model by James Greenblatt, MD, Psychiatry Redefined, Waltham, Massachusetts, USA February 2022 — February 2022 The link between meditation and psychedelics with Otto Simonsson & Dr Richard Chambers, Department for Clinicial Neuroscience at Karolinska Institutet, Sweden February 2022 — February 2022 The Brain Inside Out: Mapping the Nervous System's Wiring, The Scientist Symposium, Ontario, USA February 2022 — February 2022 PhD Course - Journal Club in Nutrition and Health, Department of Nutrition, Exercise and Sports - University of Copenhagen February 2022 — June 2022 The Influence of Rare Cells in the Nervous System, The Scientist Symposium, Ontario, January 2022 — January 2022 Ketogenic Diets For Psychiatric Disorders by Geogia Ede, MD and James Greenblatt, MD, Psychiatry Redefined, Waltham, Massachusetts, USA January 2022 — January 2022 A Functional Medicine Approach to Binge Eating & Food Addiction Is There a Place for the Ketogenic Diet? by James Greenblatt, MD, Psychiatry Redefined, Waltham, Massachusetts, USA January 2022 — January 2022 Cholesterol Redefined: The Role of Low Cholesterol in Substance Abuse, Depression, and Suicide by James Greenblatt, MD, Psychiatry Redefined, Waltham, Massachusetts, USA

January 2022 — January 2022

Responsible conduct of research, Department of Brain Injury, The Neurocenter of Rigshospitalet (Satellite Department at Hvidovre Hospital) Copenhagen University

January 2022 — January 2022

Biomarkers on the Brain: From Sequencing to Functional Imaging, The Scientist Symposium, Ontario, USA

December 2022 — December 2022

Theme day - Nutrition in Chronic Lung disease, Danish Society for Clinical Nutrition (DSKE)

December 2021 — December 2022

PowerPoint Lab, Centre for Online and Blended Learning, Faculty of Health and Medical Sciences - University of Copenhagen

November 2021 — November 2021

Course for Teachers teaching First-Year on BSc or MSc Programmes, Department of Science Education - University of Copenhagen

November 2021 — February 2022

PhD Course - Good Clinical Practice (GCP) Monitoring of clinical research, Department of Nutrition, Exercise and Sports - University of Copenhagen

November 2021 — December 2021

ABC Learning Design, Centre for Online and Blended Learning, Faculty of Health and Medical Sciences - University of Copenhagen

October 2021 — October 2021

Strengthen your communication through good advice to professional communication, The Danish Society of Engineers, IDA

October 2021 — October 2021

Malnutrition Awareness Week: Applying Latest Findings from Notable Malnutrition Publications to Your Practice, American Society for Parental and Enteral Nutrition (ASPEN)

October 2021 — October 2021

Malnutrition Awareness Week: Ramifications of Nutrient Shortages in the Neonatal Population, American Society for Parental and Enteral Nutrition (ASPEN)

October 2021 — October 2021

Malnutrition Awareness Week: Student and Trainee Section's Malnutrition Case Study, American Society for Parental and Enteral Nutrition (ASPEN)

October 2021 — October 2021

Malnutrition Awareness Week: Global Perspectives: Nutrition Care as a Human Right, American Society for Parental and Enteral Nutrition (ASPEN)

October 2021 — October 2021

Malnutrition Awareness Week: Feeding the Patient with Obesity in the Critical Care Setting, American Society for Parental and Enteral Nutrition (ASPEN)

October 2021 — October 2021

Malnutrition Awareness Week: Collaborating with Non-Nutrition Clinicians on Malnutrition Strategies, American Society for Parental and Enteral Nutrition (ASPEN)
October 2021 — October 2021

Malnutrition Awareness Week: Current Understandings of Short Bowel Syndrome (SBS), American Society for Parental and Enteral Nutrition (ASPEN)

October 2021 — October 2021

Malnutrition Awareness Week: Addressing Malnutrition in COVID-19 Patients - from Hospital to Home, American Society for Parental and Enteral Nutrition (ASPEN) October 2021 — October 2021 Malnutrition Awareness Week: Malnutrition Diagnosis and Documentation: Strategies for Success, American Society for Parental and Enteral Nutrition (ASPEN) October 2021 — October 2021 Anorexia Nervosa: Malnourished Minds by James Greenblatt, MD, Psychiatry Redefined, Waltham, Massachusetts, USA October 2021 — October 2021 Rethink Education: The Biology of Learning featuring Dr. Andrew Huberman, Logitech September 2021 — September 2021 Good Clinical Practice (GCP) Online Course, Department of Nutrition, Exercise and Sports - University of Copenhagen September 2021 — September 2021 PhD Course - Anatomy of the Central Nervous System, Faculty of Health and Medical **Sciences - University of Copenhagen** August 2021 — September 2021 Visual and cognitive rules - Power Point Presentations, Centre for Online and Blended Learning, Faculty of Health and Medical Sciences - University of Copenhagen August 2021 — August 2021 Performative principles, Centre for Online and Blended Learning, Faculty of Health and Medical Sciences - University of Copenhagen August 2021 — August 2021 Safe learning space, didactic contract and varied teaching, Centre for Online and Blended Learning, Faculty of Health and Medical Sciences - University of Copenhagen August 2021 — August 2021 Good Clinical Practice (GCP) and General Data Protection Regulation (GDPR) Introduction, Department of Nutrition, Exercise and Sports - University of Copenhagen July 2021 — July 2021 A Functional Medicine Approach to Bipolar Disorder: A New Way Forward by James Greenblatt, MD, Psychiatry Redefined, Waltham, Massachusetts, USA June 2021 — June 2021 Coaching - Research and Practice - Body and leadership in professional practice, Helle Winther, Department of Nutrition, Exercise and Sports - University of Copenhagen December 2019 — December 2019 Coaching - Research and Practice - Active Patient Support Coaching conversations with patients, Jane Bach Sørensen & Nina Reith, Department of Nutrition, Exercise and Sports - University of Copenhagen October 2019 — October 2019 Coaching - Research and Practice - Educating in Physician-Patient Communication From Skills Training to a More Coaching Approach, Camilla Thamdrup, Department of Nutrition, Exercise and Sports - University of Copenhagen October 2019 — October 2019

Coaching - Research and Practice - Meaning Based Coaching Utilising the science of Positive Psychology & Coaching Psychology to promote proactive personal growth, Suzy Green, Department of Nutrition, Exercise and Sports - University of Copenhagen September 2019 — September 2019

Coaching - Research and Practice - The difficult conversation, Lene Flensborg, Department of Nutrition, Exercise and Sports - University of Copenhagen September 2019 — September 2019

Theme day - Enteral feeding, Danish Society for Clinical Nutrition (DSKE) April 2019 — April 2019

Theme day - For nurses and others with an interest in nutrition in nursing: Nutrition in patient care - it requires its nurse, Danish Society for Clinical Nutrition (DSKE) March 2019 — March 2019

Theme day - Plant-based diets, Danish Society for Clinical Nutrition (DSKE) February 2019 — February 2019

COURSE RESPONSIBLE

Basal Nutritional Pathophysiology, Master's Program in Clinical Nutrition, Department of Nutrition, Exercise and Sports - University of Copenhagen

November 2021 — January 2022

★ LECTURES

Therapeutic Ketogenic Diets in the Treatment of Disease, Department of Nutrition, **Exercise and Sports - University of Copenhagen**

March 2022 — March 2022

Neurophysiology - Basal Nutritional Pathophysiology, Department of Nutrition, **Exercise and Sports - University of Copenhagen**

January 2022 — January 2021

Nutrient Metabolism II - Basal Nutritional Pathophysiology, Department of Nutrition, **Exercise and Sports - University of Copenhagen**

December 2021 — December 2021

Nutrient Metabolism I - Basal Nutritional Pathophysiology, Department of Nutrition, **Exercise and Sports - University of Copenhagen**

December 2021 — December 2021

Group Assignment - Basal Nutritional Pathophysiology, Department of Nutrition, **Exercise and Sports - University of Copenhagen**

November 2021 — January 2022

★ EXAMINATOR

Master's Thesis Defense: 'Diet Induced Ketosis for Patients with PTSD - A Feasibility Study, Department of Nutrition, Exercise and Sports - University of Copenhagen December 2022 — December 2022

Bachelor's Thesis Defense: Ketogenic Diets effects on Physical performance, Department of Nutrition, Exercise and Sports - University of Copenhagen

June 2022 — June 2022

Basal Nutritional Pathophysiology, Master's Program in Clinical Nutrition, Department of Nutrition, Exercise and Sports - University of Copenhagen

November 2021 — January 2021

★ SUPERVISION

Master's Thesis Co-Superviser: 'Diet Induced Ketosis for Patients with PTSD – A Feasibility Study', Department of Nutrition, Exercise and Sports - University of Copenhagen

September 2021 — December 2022

Bachelor's Thesis Main-Supervisor: Ketogenic Diets effects on Physical performance, Department of Nutrition, Exercise and Sports - University of Copenhagen

April 2022 — June 2022

★ NON-PEER-REVIEWED PUBLICATIONS

Bipolar Disorder Treatment: Choosing the Right Treatment, KetoNutrition - Science to Application

January 2022 — January 2022

https://ketonutrition.org/bipolar-disorder-treatment-choosing-the-right-treatment/

What Is a Ketogenic Diet?, Netdoktor

January 2022 — January 2022

https://netdoktor.dk/sygdomme/ernaering/hvad-er-ketogen-kost.htm

What Is a Ketogenic Diet?, Health Insurance Denmark

November 2021 — November 2021

https://www.sygeforsikring.dk/nyt-sundt/hvad-er-ketogen-kost

»A Disaster«: Professionals protest against closure of Master's Program in Clinical Nutrition, Uniavisen, Copenhagen, Denmark

November 2021 — November 2021

https://uniavisen.dk/en-katastrofe-fagfolk-protesterer-mod-lukning-af-kandidat-i-klinisk-ernaering/lukning-af-kandidat-i-kli

PRESENTED POSTERS

Diet induced ketosis in brain injured adult patients in the subacute phase is feasible, The 5th Annual Metabolic Health Summit, Santa Barbara, USA

May 2022 — May 2022

Diet induced ketosis in brain injured adult patients in the subacute phase is feasible, 7th Global Symposium on Medical Ketogenic Dietary Therapies - Brighton, UK October 2021 — October 2021

PRESENTATIONS

What Is a Ketogenic Diet, Department of Nutrition, Exercise and Sports - University of Copenhagen

December 2022 — December 2022

Results - Diet induced ketosis for patients with brain injury - A Feasibility Study: A ketogenic diet with MCT supplementation as potential treatment for adult patients with brain injury, Department of Brain Injury, The Neurocenter of Rigshospitalet (Satellite Department at Hvidovre Hospital) Copenhagen University Hospital

June 2021 — June 2021

Master's Thesis Defense: Diet induced ketosis for patients with brain injury - A Feasibility Study A ketogenic diet with MCT supplementation as potential treatment for adult patients with brain injury, Department of Nutrition, Exercise and Sports - University of Copenhagen

June 2021 — June 2021

Upcoming Study - Diet induced ketosis for patients with brain injury - A Feasibility Study: A ketogenic diet with MCT supplementation as potential treatment for adult patients with brain injury, Department of Brain Injury, The Neurocenter of Rigshospitalet (Satellite Department at Hvidovre Hospital) Copenhagen University Hospital

August 2020 — August 2021

★ GUEST WRITER

Guest writer on The KetoNutrition Team, KetoNutrition - Science to Application

December 2021 — Present

https://ketonutrition.org/about/

★ SPEAKER

2nd International Keto Live Conference, Bergün, Switzerland, 'Diet induced ketosis for patients with brain injury - A Feasibility Study'

June 2022 — June 2022

★ MEDIA

Interview by The Metabolic Health Initiative, USA

March 2021 — March 2021

Podcast by The Livin' La Vida Low-Carb Show with Jimmy Moore, USA

October 2021 — October 2021

Full Episode:

https://www.youtube.com/watch?v=IJwrd-tRPZY&list=FLGTf-olmg-wG33kMFMIH8gg&index=30

About The Livin' La Vida Low-Carb Show:

https://livinlavidalowcarb.com/#

★ CONFERENCES

2nd International Keto Live Conference, Bergün, Switzerland

June 2022 — June 2022

Metabolic Health Symposium, Swedish CME, Seattle, WA, USA

June 2022 — June 2022

The 5th Annual Metabolic Health Summit, Los Angeles, USA

May 2022 — May 2022

ASPEN 2022 Nutrition Science & Practice Conference, Seattle, Washington, USA

March 2022 — March 2022

Ketogenic Diets In Psychiatry - Symposium, Waltham, Massachusetts, USA

March 2022 — March 2022

Global Virtual Keto Summit, Tampa, Florida, USA

February 2022 — February 2022

Keto Diet Summit, Louisville, KY, USA

February 2022 — February 2022

Nordic Ketogenic Diet meeting 2021, Nordic Countires

 ${\sf November\,2021-November\,2021}$

7th Global Symposium on Medical Ketogenic Dietary Therapies, Brighton, UK October 2021 — October 2021

Keto Diet Summit, Louisville, KY, USA

October 2021 — October 2021

Keto Symposium, New York City, USA

September 2021 — September 2021

eNuGOweek 2021 - Immuno-nutrigenomics: How to feed the immune system, Wageningen, The Netherlands

September 2021 — September 2021

The 4th Annual Metabolic Health Summit, Los Angeles, USA

January 2020 — February 2020

★ WORKING GROUPS

Core Group - Developing the new Master's Program in Human and Clinical Nutrition, Department of Nutrition, Exercise and Sports - University of Copenhagen

January 2022 — October 2022

I am one out of four members in the core group who are developing the new Master's Program in Human and Clinical Nutrition at the Department of Nutrition, Exercise and Sports, University of Copenhagen. We are developing a new master education from scratch and are writing the new study program.

★ MEETINGS

Metabolism in Neurologic Diseases (MINDS), by Mackenzie Cervenka, M.D., The Johns Hopkins Hospital, Baltimore, USA

November 2021 — Present

Ketogenic TBI Study - Grant Planning, by Niraj Arora M.D. & Hariom Yadav. PhD, University Hospital, Colombia, MO, USA & USF Health, Tampa, Florida, USA

October 2021 — October 2021

Science Journal Club, Department of Nutrition, Exercise and Sports - University of Copenhagen

February 2022 — Present

EXTRA-CURRICULAR ACTIVITIES

Board member at Danish Spiritualist's Association, Denmark

November 2017 — Present

Backpacking Around the World

May 2011 — November 2011

I traveled the world alone for 6 months in 2011. I traveled to Senegal, Tanzania, India, Singapore, Papua New Guinea, the Philipines, Jamaica, Cuba, Ecuador, Galapagos and Brazil.

¶ REFERENCES

Susanne Gjedsted Bügel, Professor, Deputy Head of Department, Teaching from Department of Nutrition, Exercise and Sports, University of Copenhagen shb@nexs.ku.dk \cdot (+45) 35 33 25 01

Jens Rikardt Andersen, Associate Professor from Department of Nutrition, Exercise and Sports, University of Copenhagen

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Ingrid Poulsen, RN, Ph.D. Head of Research, Nursing from Department of Clinical Research, Copenhagen University Hospital, Amager and Hvidovre ingrid.poulsen@regionh.dk · (+45) 41 27 73 83

Vagn Eskesen, Retired Cheif Physician from Department of Neurosurgery, The Neurocenter of Rigshospitalet, Copenhagen University Hospital eske@dadlnet.dk

Christian Gunge Riberholt, Physical Therapist, MR, PhD, Post.Doc from Department of Brain Injury, The Neurocenter of Rigshospitalet (Satellite Department at Hvidovre Hospital), Copenhagen University Hospital

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