**GEORGIA EDE, M.D.**

**164 Riverside Drive**

**Northampton, Massachusetts 01062**

**413-341-3336**

**georgiaede@gmail.com**

**EDUCATION**

1. **M.D., *Alpha Omega Alpha*,***University of Vermont College of Medicine, Burlington, VT*

1986 **B.A., Biology, *cum laude*,***Carleton College, Northfield, MN*

**POSTDOCTORAL TRAINING**

1998-2002 **Adult Psychiatry Residency,** *The Cambridge Hospital,**Cambridge, MA*

**LICENSURE AND CERTIFICATION**

2000-present **Certificate of Full Licensure,** Massachusetts Board of Registration in Medicine

2004-present **Board Certification,** American Board of Psychiatry and Neurology

**POSTDOCTORAL FELLOWSHIPS**

Jul 2001 - **Clinical Psychiatry Fellow,** *Harvard University Health Service, Cambridge, MA*

Jun 2002As a PGY-IV resident-in-training (10 hrs per week), provided psychiatric evaluation and care for university students, faculty, and staff in an on-campus, outpatient health care center. Actively participated in weekly didactic sessions and university community outreach activities.

**ACADEMIC APPOINTMENTS**

Jul 2001- **Resident Instructor in Psychopharmacology,** *Harvard Medical School,*

May 2002*Cambridge, MA*

Taught weekly psychopharmacology course to 4th-year medical students.

Jul 2001- **Psychopharmacology Team Resident,** *Cambridge Hospital, Cambridge, MA*

May 2002Conducted psychopharmacology assessments and provided ongoing medication management services for a diverse population of patients in a busy outpatient clinic (4-8 hours per week). Presented case studies to weekly meeting of senior clinicians.

**PROFESSIONAL EXPERIENCE**

May 2011- **Nutrition Science Speaker**

presentResearch, design and deliver nutrition science presentations nationally and internationally for events ranging from small community gatherings to 1,000-attendee conferences for the general public, specialty physician groups, and scientific and educational organizations. Address a variety of topics, including dementia prevention, the nutritional differences between plant and animal foods, and dietary strategies to optimize brain health.

Sep 2012- **Founder of *www.diagnosisdiet.com***

present Sole author and owner of nutrition science website focused on the intersection between food and all aspects of mental and physical health, which receives 100K+ visits per month.

Jul 2016- **Author for *PsychologyToday.com***

present Contribute three original articles per quarter to this popular online platform that reaches 30M readers per month. Write pieces dedicated to nutrition science and mental health which, as of August 2018, have received more than 2.3M views. Many posts have been ranked number one in popularity on the site from several days to as long as two consecutive weeks.

Aug 2013- **Staff Psychiatrist,** *Smith College Health Service, Northampton, MA*

May 2018Provided psychiatric and nutrition consultation services to students. Taught MSW interns. Triaged psychopharmacology referrals. Represented the counseling service and advocated for students with mental health challenges at administrative meetings. Coordinated care of complex cases with medical staff, residential life staff, academic deans, and student affairs leadership. Participated in outreach activities to educate the college community about campus mental health issues. Lectured about nutrition and mental health in undergraduate courses and on the campus at large.

Apr 2007- **Staff Psychiatrist,** *Harvard University Health Services, Cambridge, MA*

Jul 2013Provided psychiatric and nutrition consultation services to students, faculty and staff. Participated in outreach activities to educate university community about campus mental health issues. Provided nutrition consultations to patients interested in non-medication approaches to mental health problems.

Mar 2008- **Private Practice Psychiatrist,** *Cambridge, MA*

Jul 2013Operated a general adult psychiatry practice providing psychopharmacology, psychotherapy, and nutrition-based approaches for patients with a wide variety of psychiatric concerns.

Jun 2008- **Staff Psychopharmacologist and Nutrition Consultant**

Aug 2010*The Hallowell Center, Needham, MA*

Conducted psychopharmacology and nutrition evaluations for adults with attention-related disorders and provided ongoing medication management services.

Jul 2002- **Private Practice Psychiatrist,** *East Falmouth, MA*

Aug 2007 Established a full-time general adult outpatient psychiatry practice providing psychopharmacology and psychotherapy services to the community. Developed a large patient base of approximately 250 active patients. Employed an office manager and a third-party billing specialist. Created, successfully marketed, and implemented a novel psychiatric consultation service to increase the availability of psychiatric services to area patients by offering single 90-minute diagnostic sessions and thorough written evaluations designed to educate patients and their physicians about psychiatric conditions and provide anticipatory guidance in the management of psychiatric medications.

Jul 2002- **Psychopharmacologist**, *Cape Cod Human Services, East Falmouth, MA*

Aug 2006As an independent contractor (10-20 hrs per week), provided psychiatric evaluations and medication management services to primarily low-income and uninsured people with complex psychiatric, social and medical issues.

Jul 2002- **Consultation-Liaison Psychiatrist,** *Falmouth Hospital, Falmouth, MA*

May 2004 Served as on-call psychiatrist two nights per week at the local community hospital. Conducted on-site, independent psychiatric evaluations of emergency room patients, medical inpatients, and ICU patients. Generated treatment and disposition plans for 3-5 patients per evening.

Jul 2001- **On-Call Psychiatrist**, *Choate Emergency Services, Lowell, MA*

May2002As a PGY-IV, provided medical telephone back-up support (1-2 overnight shifts per week) for a busy crisis service staffed by psychiatric nurses and clinical social workers.

Jul 1999- **Moonlighting Coordinator,** *Cambridge Hospital, Cambridge, MA*

May 2002Trained, managed, and scheduled pool of PGY-II through PGY-IV residents responsible for providing night, weekend, and emergency coverage for all psychiatric sites in the system, including adult, child, and adolescent psychiatric inpatient units, medical inpatient units, and psychiatric/medical emergency rooms at Cambridge Hospital and Somerville Hospital.

**PUBLICATIONS**

Ede, G. Histamine intolerance: why freshness matters. *J Evol Health*. 2017;2(1):11. doi: 10.15310/2334-3591.1054.

Ziegler AG, Baumgartl HJ, Ede G, Held M, Vogt HJ, Kolb HJ, Standl E. Low-pigment skin type and predisposition for development of type I diabetes. *Diabetes Care*. 1990 May;13(5):529-531. PMID: 2351032.

Tymoczko JL, Ahern S, Unger AL, Colby JL, Ede G. Identification of a protein from rat liver cytosol that enhances activation of the glucocorticoid receptor. *Biochem J*. 1988 Nov 15;256(1):47-52. PMID: 3223910.

**SELECT PRESENTATIONS**

Mar 2, 2018 *Our Descent into Madness: Modern Diets and the Global Mental Health Crisis*

Low Carb Breckenridge, Breckenridge, CO

Aug 4, 2017 *Preventing Alzheimer’s Is Easier than You Think*

LowCarbUSA San Diego, San Diego, CA

Jan 20, 2017 *WHO Says Meat Causes Cancer?*

Physicians for Ancestral Health annual retreat, Miami, FL

Apr 5, 2016 *Hormonal Harmony: Restoring Chemical Balance through Diet*

Smith College, Northampton, MA

Jan 22, 2016 *Mood and Memory: How Sugar Affects Brain Chemistry*

Physicians for Ancestral Health annual meeting, Scottsdale, AZ

May 5, 2014 *Starvation, Ketosis, Sugar and Gluten: Macronutrients and Mental Health*

American Psychiatric Association annual meeting, New York, NY

Mar 10, 2014 *The Potential Role of Diet in the Rise of Mental Health Problems among College Students* Northeast College Counseling Center Directors’ Conference. Yale University, New Haven, CT

Aug 10, 2012 *Little Shop of Horrors? The Risks and Benefits of Eating Vegetables*

 Ancestral Health Symposium, Harvard Law School, Cambridge MA

Oct 28, 2010 *Food for Thought: Nutrition and Mental Health*

 Harvard University Health Services Grand Rounds, Cambridge, MA

Jun 8, 2010 *Food for Thought: Managing the Symptoms of ADHD with Nutrition*

 The Hallowell Center, Needham, MA

May 29, 2010 *Mystery Syndromes: A Nutritional Approach*

The 27th Women in Medicine Conference, Lake Tahoe, CA

**PROFESSIONAL MEMBERSHIPS**

2018-present Public Health Collaboration USA, *Board of Directors*

2018-present Low-Carbohydrate Intervention Standard of Care Initiative, *Board of Advisors*

2012-present Physicians for Ancestral Health

1997-present *Alpha Omega Alpha* Medical Honor Society

2008-2009 Neuroscience Education Institute

2008-2009 New England Eating Disorders Research Collaborative

**OTHER EMPLOYMENT**

1997-1998 **Bioassay Analyst**, *Genetics Institute, Andover, MA*

Performed biochemical assays to determine potency of Interleukin-12 product.

1990-1993 **Research Support Specialist,** *SUNY Stony Brook, Stony Brook, NY*

Conducted a variety of advanced porcine assays in a wound repair research laboratory.

1989-1990 **Chief Research Assistant**, *Institut für Diabetesforschung (Institute for Diabetes Research), Munich, Germany*

Assisted in the organization of a nationwide screening program in newly-established diabetes research laboratory. Conducted a variety of screening assays and trained local technicians.

1987-1989 **Research Technician**, *Joslin Diabetes Center, Boston, MA*

Conducted mouse islet cell transplants and transgenic mouse analyses.

1986-1987 **Research Technician**, *Carleton College Biology Department, Northfield, MN*

Performed biochemical assays designed to study the mammalian glucocorticoid receptor.