

## Dr. Georgia Ede

**Dr. Georgia Ede** is a Harvard-trained psychiatrist whose areas of expertise include ketogenic and pre-agricultural diets, food sensitivity syndromes, and college mental health. She explores food's powerful effects on brain chemistry, hormonal balance and metabolism for Psychology Today and on her website [DiagnosisDiet.com](http://DiagnosisDiet.com).

After receiving her Biology degree from Carleton College, she worked for seven years as a laboratory research technician in the fields of biochemistry, immunology, diabetes and wound healing. She earned her M.D. from the University of Vermont College of Medicine and



completed her psychiatry residency at Harvard's Cambridge Hospital. Dr. Ede was the first and only psychiatrist at Harvard University Health Services to offer nutrition consultation as an alternative to medication management to students, faculty and staff. After seven years at Harvard, she chose to relocate to beautiful Northampton, Massachusetts, where she is a psychiatrist and nutrition consultant at Smith College.