

Denise Potter RDN, CDCES
Owner, Advanced Ketogenic Therapies, LLC

EDUCATION

Dietetic Internship 1989 to 1990, University of Arkansas for Medical Sciences, Little Rock, AR
BS 1986 to 1989 Michigan State University, East Lansing, MI

CERTIFICATIONS

Certified Diabetes Care and Education Specialist, CDCES	1997
Registered Dietitian Nutritionist, RDN	1990

KETOGENIC METABOLIC THERAPY EXPERIENCE

Owner Advanced Ketogenic Therapies, LLC-formerly Potter Dietitian Consulting, LLC	2016 to Present
Sr. Dietitian Michigan Medicine/University of Michigan Health System	2007 to 2018

OTHER WORK EXPERIENCE

Dietitian/Diabetes Educator The Toledo Hospital/Flower Hospital	1999 to 2002
Clinical Dietitian Riverside Hospital	1996 to 1999
Instructor Monroe County Community College	1998 to 1999
Dietitian/Diabetes Educator The Toledo Hospital/Flower Hospital	1994 to 1996
Clinical Dietitian Southwest Hospital and Riverside Hospitals	1990 to 1994

PUBLICATIONS

Positive and negative schizotypy personality traits are lower in individuals on ketogenic diet in a non-clinical sample. Schizophrenia Research. August 2024, **Reviewer.**

The Culinary Medicine Textbook. Independently Published, 2021. **Co-Author.**

Nancy Clark's Sport's Nutrition Guidebook. 24 Credit CPE Study, 2020, **Reviewer.**

The Migraine Diet, A Ketogenic Meal Plan for Headache Relief, Potter, DM, Rockbridge Press, 2019, **Author.**

Ketogenic Diet Therapy for Epilepsy and Other Metabolic Based Conditions, 6 Credit CPE Study Program. 2018. **Reviewer.**

Practice Paper of The Academy of Nutrition and Dietetics, Classic and Modified Ketogenic Diets for Treatment of Epilepsy. August 2017. **Reviewer.**

Cognitive Outcomes in Febrile Infection-related Epilepsy Syndrome Treated with the Ketogenic Diet. Singh RK, Joshi SM, Potter DM, Leber SM, Carlson MD, Shellhaas RA. Pediatrics. 2014 Nov;134(5):e1431-5. doi: 10.1542/peds.2013-3106.

POSTERS

Case studies demonstrating the importance of monitoring thyroid function prior to, during and after ketogenic metabolic therapy for patients who are on thyroid medications, Potter, DM, Bagheri, I, 8th Global Symposium on Ketogenic Therapies, September 2023.

Treatment-refractory mental illness has been shown to respond well to ketogenic metabolic therapy. Patients can achieve life-changing results, Potter, DM, Bagheri, I, 8th Global Symposium on Ketogenic Therapies, September 2023.

Introducing Ketogenic Diet Therapy to Romania, Potter DM, 6th Global Symposium on Ketogenic Therapies for Neurological Disorders, October 2018.

Advantages of Serum Ketone Monitoring vs Urine Testing in Ketogenic Diet Management. Choi S, Potter DM, Maxbauer H, Barnes, A., 5th Global Symposium on Ketogenic Diet Therapies, September 2016.

Blood Ketone Management allows for optimal individualization of the Ketogenic Diet: A Presentation of Two Cases, Potter DM, Choi S, Maxbauer H, Barnes, A., 5th Global Symposium on Ketogenic Diet Therapies, September 2016.

KETOGENIC PRESENTATIONS

Ketogenic Therapy for Behavioral Health: Rationale, Best Evidence and Implementation November 2024

Today's Dietitian Webinar presented with Dr. Robert Smith

Ketogenic Metabolic Therapy for Mental Health: Practical Applications June 2024

Nutrition Network Presentation for Metabolism and the Mind Class

Schizophrenia and Serious Mental Illness: A Target for Ketogenic Metabolic Therapies February 2024

Curesz Foundation Webinar

Ketogenic Diets for Neurological Conditions: Hype or Hope? October 2023

Functional Formularies Sponsored Webinar

Depression as a Target for Ketogenic Therapies September 2023

7th Global Symposium for Ketogenic Therapies, San Diego, CA

Ketogenic Diet for AHC Talk/Q & A August 2023

AHC Foundation

Cancer and Ketogenic Metabolic Therapy: Research Updates and Practical Tips Webinar October 2022

Functional Formularies Sponsored Webinar

Telemedicine 101: Best Practices in Providing Patient Care April 2020

Ajinomoto Cambrooke sponsored Webinar

Initiating Ketogenic Diet Therapy via Telehealth in the Outpatient Setting April 2020

Charlie Foundation Webinar

Interactive Case Studies-Personalizing Ketogenic Diet Therapy January 2020

Metabolic Health Summit 2020, Long Beach, CA

The Ketogenic Diet: What it is and What it isn't October 2019

Empowering Epilepsy Conference, Cleveland, OH

Nutrient Supplementation: How to Meet Dietary Recommended Intake September 2019

Summit on Ketogenic Diet Therapies, Phoenix, AR

KetoDietCalculator Training June 2019

Keto University, Kansas City, MO

Super Foods on the Ketogenic Diet June 2019

Keto University, Nutricia, Kansas City, MO

Practical Dietary Procedures for Ketogenic Therapies April 2019

Hospital Infantil Universitario Nino' Jesus, Madrid, Spain

<i>Dietary Therapies for Epilepsy</i> Wellness and Epilepsy Conference, Livonia, MI	November 2018
<i>Supplementing with Nutrients that May Benefit Ketogenic Diet Therapy</i> 6 th Global Symposium on Ketogenic Therapies for Neurological Disorders, Jeju, Korea	October 2018
<i>Legitimate Uses for the Ketogenic Diet: Who and How</i> Michigan Academy Fall Conference, Howell, MI	September 2018
<i>Ketogenic Diet for Cancer Webinar</i> Keto Hope Foundation	July 2018
<i>Ketogenic Diet Therapies</i> Infant and Pediatric Specialty Nutrition Conference, University of Michigan, Ann Arbor, MI	November 2017
<i>The Ketogenic Diet: Revisited, Revitalized, Renewed</i> SEMDA (Southeastern Michigan Dietetic Association) Meeting, Detroit, MI	October 2017
<i>Dietetic Intern Ketogenic Diet Training</i> University of Michigan, Ann Arbor, MI	October 2017
<i>Pharmacist Training on Ketogenic Diet Therapy</i> University of Michigan, Ann Arbor, MI	June 2017
<i>Defeating Epilepsy: One Stick of Butter at a Time</i> Ketogenic Diet Therapies Conference, Mercy Health Hauenstein Neurosciences, Grand Rapids, MI	April 2017
<i>The Ketogenic Diet: Revisited, Revitalized, Renewed</i> Developmental Disabilities Conference, Western Michigan University School of Medicine, Kalamazoo, MI	April 2017
<i>Medical Assistants Ketogenic Diet Training</i> Jackson MA Association, Jackson, MI	January 2016
<i>Nurse Practitioner and Resident Training for Ketogenic Diet</i> University of Michigan, Ann Arbor, MI	February and March 2015
<i>Nurse Education on Ketogenic Diet Therapy</i> University of Michigan, Ann Arbor, MI	June 2014
<i>Ketone Testing in Managing the Ketogenic Diet Webinar</i> Literature Review and Case Studies, Webinar, Nutricia	December 2012

CHARLIE FOUNDATION KETOGENIC DIET THERAPY SEMINARS

Boys Town National Research Hospital Omaha, Nebraska	October 2019
NYU Winthrop Hospital, Center for Cancer Care Mineola, New York	May 2019
Mercy Health Hauenstein Neuroscience Hospital Grand Rapids, Michigan	February 2019
Sparrow Hospital Lansing, Michigan	January 2019
Bucharest Romania	June 2018 and October 2017
Geisinger Health System Danville, PA	May 2018
Helen DeVos Children's Hospital Grand Rapids, Michigan	October 2017
Nutritional Healing Center Ann Arbor Michigan	January 2017

CHARLIE FOUNDATION KETOGENIC DIET THERAPY WEBINARS

BC Cancer Victoria, BC, Canada	July 2021
Ohio Health Columbus, Ohio	April 2021
Inspire Health Vancouver Canada	September 2020
University of MN Masonic Children's Hospital Minneapolis, MN	August 2020
OSF Healthcare Peoria, IL	July 2020
St. Amant Canada	June 2020
SUNY Upstate Medical University Syracuse, NY	June 2020

Varied participants

August, October, and November 2019

KETOGENIC THERAPEUTICS MASTERY ONLINE COURSES

Ketogenic Metabolic Therapy Online Training

Ketogenic Metabolic Therapy for Psychiatric Conditions-launched live Oct 2023, asynchronous.
Foundational and Advanced Courses taught in conjunction with Beth Zupec-Kania.
Launched live November 2021, April 2022, and October 2022, asynchronous.

PROFESSIONAL AFFILIATIONS

Academy of Nutrition and Dietetics

Accord Mental Health: Advisory Board

Charlie Foundation for Ketogenic Therapies: Consultant

INKS (International Neurological Ketogenic Society): Member, Finance Committee

Keto Hope Foundation: Board Member

Michigan Academy of Nutrition and Dietetics

AWARDS

Metabolic Mind Award 2022