

# Nicholas G. Norwitz, PhD MHP

68 Day Street  
Newton, MA 02466  
nwitz99@gmail.com  
(203) 848 9728



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## **EDUCATION**

**MD**, Harvard Medical School, Boston, MA

(Expected May 2025)

**DPhil**, Oxford University, UK

(Nov 2020)

- Supervisor: Prof. Kieran Clarke, Department of Physiology, Anatomy and Genetics
- Member of Merton College
- Funded by the Keasbey Memorial Foundation Scholarship
- Thesis title: Exogenous ketones as a metabolic intervention for Parkinson's disease

**BA (summa cum laude and Valedictorian)**, Dartmouth College, Hanover, NH

(May 2018)

- GPA: 4.0
- Major: Cell Biology and Biochemistry
- Valedictorian and [Commencement Speaker](#)

**Metabolic Health Practitioner (MHP)**, Society of Metabolic Health Practitioners

(Dec 2020)

## **SELECT PEER-REVIEWED PUBLICATIONS**

- (1) **Norwitz NG**, et al. Precision nutrition for Alzheimer's prevention in ApoE4 carriers. [Nutrients](#). 2021; doi: 10.3390/nu13041362. ([Video abstract](#))
- (2) **Norwitz NG**, Naidoo U. Nutrition as a metabolic treatment for anxiety. [Frontiers in Psychiatry](#). 2021; doi: 10.3389/fp-syt.2021.598119.
- (3) **Norwitz NG**, Loh V. A standard lipid panel is insufficient for a patient on a high-fat, low-carbohydrate ketogenic diet. [Frontiers in Medicine](#). 2020; 7(97). doi: 10.3389/fmed.2020.00097.
- (4) **Norwitz NG**, Sethi S, Palmer C. Ketogenic diet as a metabolic treatment for mental illness. [Current Opinion in Endocrinology and Diabetes](#). 2020; 27(5):269-274. doi: 10.1097/MED.0000000000000564. ([Video abstract](#))
- (5) **Norwitz NG**, Dearlove DJ, Lu M, Clarke K, Dawes H, Hu MT. A ketone ester drink enhances endurance exercise performance in Parkinson's disease. [Frontiers in Neuroscience](#). 2020; doi: 10.3389/fnins/2020/584130.
- (6) **Norwitz NG**, Querfurth H. mTOR mysteries: nuances and questions about the mechanistic target of rapamycin in neurodegenerative disease. [Frontiers in Neuroscience](#). 2020; 14:775. doi: 10.3389/fnins.2020.00775.
- (7) **Norwitz NG**, Jaramillo JG, Clarke K, Mota AS. Ketotherapeutics for neurodegenerative disorders. [International Review of Neurobiology](#). 2020; 155: 141-168. doi: 10.1016/bs.irn.2020.02.003.
- (8) **Norwitz NG**, Hu MT, Clarke K. The mechanisms by which the ketone body D-β-hydroxybutyrate may improve the multiple cellular pathologies of Parkinson's disease. [Frontiers in Nutrition](#). 2019; 6(63). doi: 10.3389/fnut.2019.00063.
- (9) **Norwitz NG**, Mota AS, Norwitz SG, Clarke K. Multi-loop model of Alzheimer disease: an integrated perspective on the Wnt/GSK3β, α-synuclein, and type 3 diabetes hypotheses. [Frontiers in Aging Neuroscience](#). 2019; 11(184). doi: 10.3389/fnagi.2019.00184.
- (10) **Norwitz NG**, Mota AS, Misra M, Ackerman KE. LRP5, bone density, and mechanical stress: a case report and literature review. [Frontiers in Endocrinology](#). 2019; 10(184). doi: 10.3389/fendo.2019.00184.

## **Editorial Activities**

- (1) Reviewer for *Nutrients* (7 manuscripts), *Physiology & Behavior* (1 manuscript), *Bioscience Reports* (1 manuscript), and *Nutrition Research* (1 manuscript), *Archives of Pharmacal Research* (1 manuscript)

## **OTHER WRITINGS**

### **Cookbook author**

(April 2021)

- Co-author of best-selling keto cookbook, [The New Mediterranean Diet Cookbook](#)

### **Op-Ed author**

- Sample from STAT news, Boston Globe, "[A ketogenic diet brought me back to life. Will believing in its effects make me a pariah in medical school?](#)"

### **Blogs**

- Society for metabolic Health Practitioners, KetoDietApp, etc.

## HONORS AND AWARDS

- Mina H. Warren Scholarship Award**, Dartmouth College, Hanover, NH (Jun 2018)
- Awarded to “*that member of the graduating class ranking highest in scholarship*”
  - 15 citations for academic achievements (citations are academic prizes awarded when a professor feels that the “*grade alone inadequately represents the quality of a student’s work.*” 15 citations is a university record.)
- Christopher G. Reed Biologist Award**, Dartmouth College, Hanover, NH (Jun 2018)
- Awarded to “*a graduating biology major with a distinguished biological research career*”
- Thomas B. Roos Memorial Fund Fellowship**, Dartmouth College, Hanover, NH (Feb 2018)
- To support my senior honors thesis in biology
- Rufus Choate Scholar**
- Annual 1<sup>st</sup> class honor award for academic excellence at Dartmouth (2015-2018)
- Keasbey Memorial Foundation Scholarship** (Dec 2017)
- [One of two](#) students in the U.S. to receive a merit scholarship to Oxford to support my PhD (DPhil)
- Phi Beta Kappa Awards** (Oct 2016 & 2017)
- Awarded for highest academic standing at the commencement of junior and senior years
- Nobel Week Travel Scholarship** (Dec 2016)
- One of five students worldwide awarded a grant to travel to Stockholm to participate in Nobel Week
- Francis L. Town Prize in Biology**, Dartmouth College, Hanover, NH (Nov 2016)
- Awarded each year to “*one meritorious and deserving student*” in Biology
- Thermo Fisher STEM National Scholarship** (Jul 2016)
- One of four students in the U.S. to receive this national merit scholarship
  - Presented by Mr. Claes Nobel (grandnephew of Mr. Alfred Nobel) in Washington, DC
- Barry M. Goldwater National Scholarship** (Apr 2016)
- Established by U.S. Congress. [Awarded](#) to support my undergraduate research

## OUTREACH AND EDUCATION

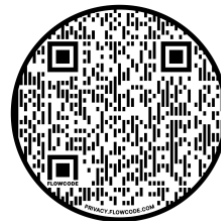
- SMHP co-founder, co-chair of research** (Dec 2020-Present)
- The society for metabolic health practitioners (SMHP) is an organization that represents all practitioners working to improve metabolic health and supply evidence-based nutritional approaches for metabolic diseases
  - Certified metabolic health practitioner (MHP), [co-founder](#), and co-chair of the research committee
- KetoKind, Board of Advisors** (Dec 2020-Present)
- [KetoKind](#) produces a healthy 3:1 ketogenic drink supplement for metabolic health clinics and consumer use
- International Academic Lecturer** (Dec 2021-Present)
- CME-accidented Grand Rounds lecture, SMHP, on [Alzheimer’s prevention](#)
  - Low Carb International Allstars, etc.
- Food as Medicine Co-Director** (August 2020-Present)
- Co-director for Harvard Medical School’s elective, *Food as Medicine*
- Podcasts** (2019-Present)
- [LowCarb MD](#), [Life’s Best Medicine](#), [Meet your Herdmates SodCast](#), [Meetings of the Minds](#), DietDoctor, Boundless Body, MeatRx, Fabulously Keto, STAT first opinion, etc.
- Metabolic Health Practitioner** (2019-Present)
- Provide personalized one-on-one nutrition coaching. Experience with obesity, type II diabetes, IBS-C, IBS-D, ulcerative colitis, mental illnesses

## ATHLETIC ACHIEVEMENTS

- Distance Running** (2011-Apr 2014)
- 1<sup>st</sup> place in under 21 group in seven half and full marathons and youngest qualifier for the 2014 Boston Marathon
- Boston Marathon on Crutches** (Apr 2014)
- Youngest qualifier for the 2014 Boston Marathon. Because of a training injury, completed entire [race on crutches](#).
- Push-Ups** (2013)
- Massachusetts state record for consecutive push-ups, 427
- Black Belt, Kenpo Karate** (2000-Present)



[My Food as Medicine story](#)



[Nick is... \(told by friends\)](#)