

Elizabeth Neal

I am a research dietitian with a special interest in the ketogenic dietary treatments for epilepsy. I graduated from Surrey University in 1988, with a BSc honours degree in Nutrition, this was followed by a number of years working as a dietitian, specialising in paediatrics.

I then went on to study for a Masters degree in Public Health Nutrition at the London School of Hygiene and Tropical Medicine. In 2001 I began working at the Institute of Child Health and Great Ormond Street Hospital NHS Trust in London as a ketogenic diet research dietitian. I have completed a PhD on the subject and been involved with many publications.

I have known Emma Williams since I first saw her son Matthew in 2001 to start the ketogenic diet as part of a randomised trial we were doing at Great Ormond Street. I have been a member of the Matthews Friends Charity medicalboard since the outset and have done part time research and academic development work for the charity since 2009.

I am delighted to now be involved with the new centre; the vision is for this to be a place that supports not only parents, but also the professionals who are working with the diet, by providing education and training and updates on the latest scientific information.

This is an exciting time to be working with the ketogenic dietary treatments, and I hope that together we can help increase their availability for many children.