Dr. Elena Gross, *PhD*

NEUROSCIENTIST · INVENTOR · FOUNDER

Your brain runs on energy. What happens when it can't get enough?



SHORT BIO

Dr. Elena Gross is an award-winning neuroscientist, inventor and biotech entrepreneur researching how brain energy metabolism shapes neurological health. A Clarendon Scholar trained at Oxford, Basel and Harvard Medical School, she is lead author of a landmark *Nature Reviews Neurology* review on the metabolic foundations of migraine, the author of *How to Master Migraine*, and the founder of the Swiss brain-health company KetoSwiss.

FAST FACTS

Training and credentials

Oxford
MSc Neuroscience, Distinction · Clarendon Scholar

Basel
PhD in Clinical Research

Harvard
Research fellowship, Harvard Medical School

5
Patent applications as inventor

MEDIA AND BOOKING ENQUIRIES
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drelenagross.com ↗

The neuroscientist who set out *to understand her own brain*

Dr. Elena Gross is an award-winning neuroscientist, inventor and biotech entrepreneur at the forefront of research into brain energy metabolism and neurological health. She turned a lifelong question about her own brain, after years of chronic migraine, into a research career.

A Clarendon Scholar, she graduated with Distinction in Neuroscience from the University of Oxford, then gave up a PhD place there to pursue an idea considered too risky: that migraine may be, in part, a problem of brain energy. She earned her PhD in Clinical Research at the University of Basel and held a research fellowship at Harvard Medical School.

She is lead author of a landmark review in *Nature Reviews Neurology* on the metabolic foundations of migraine, led a randomised, placebo-controlled trial of an alternative brain fuel, and is an inventor on five patent applications.

In 2017 she founded KetoSwiss, a female-founded Swiss biotech company translating research in brain energy metabolism into nutritional and therapeutic innovation. Her book *How to Master Migraine* brings her research and lived experience to a general audience. She speaks on brain energy, metabolic health, women's brain health and healthy ageing.

UNIVERSITY OF OXFORD MSc Neuroscience, Distinction · Clarendon Scholar	Universität Basel PhD in Clinical Research	HARVARD UNIVERSITY Research fellowship, Harvard Medical School

INTERVIEW TOPICS

Six conversations she can lead

01 What if the brain's greatest strength is also its greatest vulnerability?

The evolutionary trade-offs of sensory processing, the metabolic cost of neural activity, and the science connecting brain energy to migraine.

02 What if your brain isn't running out of fuel, but struggling to use it?

Insulin, blood sugar and mitochondria: why fuel supply and fuel use are not the same thing.

03 Beyond glucose: could the brain's ability to switch fuels change how we understand neurological health?

Metabolic flexibility, ketones and mitochondrial function, and what the evidence still cannot tell us.

04 The female brain: a lifetime of change, powered by energy

How hormonal transitions, from the monthly cycle to perimenopause, may interact with brain metabolism.

05 What if the future of longevity isn't just about living longer, but powering the brain better?

Mitochondria, metabolism and the ageing brain, separating evidence from hype.

06 From "it's just a headache" to neuroscientist and founder

Being told her pain wasn't real, and turning two decades of questions into research, a book and a company.

From research *to real-world brain health*

KetoSwiss is a female-founded and led Swiss biotech company pioneering science-driven nutritional and therapeutic innovations for brain health.

Founded by Dr. Elena Gross, KetoSwiss translates research in brain energy metabolism and ketone biology into practical solutions for neurological health and well-being.

Building on its scientific expertise, clinical research and intellectual property portfolio, KetoSwiss is also exploring next-generation therapeutic approaches to neurological and mental health conditions.

PORTFOLIO

Brain Ritual · BR2 · KetoSwiss



MEDICAL FOOD

Brain Ritual Migraine

A patented medical food for the dietary management of migraine, under medical supervision.



DIETARY SUPPLEMENT

BR2 Brain Energy Complex

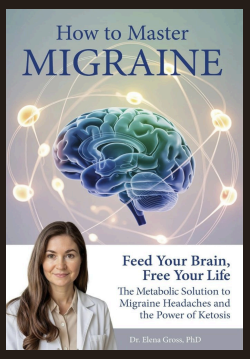
A nutritional formula supporting brain energy metabolism.



DIETARY SUPPLEMENT

KetoSwiss Pure Energy

A D-ketone supplement supporting metabolic health.



AUTHOR OF

How to Master Migraine

Feed Your Brain, Free Your Life: The Metabolic Solution to Migraine Headaches and the Power of Ketosis

Drawing on her research and her own experience with chronic migraine, Elena explains how the brain makes and uses energy, from triggers, mitochondria and hormones to blood sugar and ketones.

ABOUT THE BOOK ↗

Brain Ritual is a medical food, a category regulated by the FDA, intended for the dietary management of migraine under medical supervision. BR2 and Pure Energy are dietary supplements and are not intended to diagnose, treat, cure or prevent any disease.

Heard, published *and recognised*

PODCAST APPEARANCES

18 episodes · titles link to the episode

- **The Joe Cohen Show ↗** — Chronic migraine and fatigue
- **eHealth Radio Network ↗** — Managing migraine
- **The Joel Evan Show** — The neuroscience behind migraines
- **Metabolic Matters ↗** — Metabolic connections to migraine
- **The Metabolic Link ↗** — Ep. 15: metabolic management
- **Over 50 Health & Wellness** — Brain health over 50
- **The Dhru Purohit Show ↗** — Root causes of migraine
- **The ProLongevity Podcast ↗** — Managing migraine without meds
- **Energized with Dr. Mariza ↗** — Metabolic root of migraine
- **Inside Out Health ↗** — Metabolic root cause of migraine
- **The Good Life** — How to manage your migraines
- **MED Nation** — The fire alarm, not the fire
- **Finding Genius Podcast ↗** — Master your migraine
- **The Kennetic Hour** — Ep. 75: Brain Ritual
- **Longevity with Nathalie Niddam ↗** — Mitochondria and brain ageing
- **Metabolic Mind ↗** — Ketogenic therapy for migraine
- **Fully Alive (Shell Point) ↗** — Dealing with chronic migraine, 2025
- **Evolution Radio Show** — Five pillars, in German

AS FEATURED IN

Media coverage

BUSINESS INSIDER · yahoo!finance · Vitafoods Insights · nutrition insight · Daily Mail

RESEARCH PUBLISHED IN

Peer-reviewed journals · each links to the paper

nature reviews neurology · *Scientific Reports* · *Cephalalgia* · *Nutrients* · *Trials*

RECOGNITION AND AWARDS

Personal and company honours

- POWHER — High-Tech Entrepreneur of the Year, 2023
- venture leaders — Venture Leaders Life Sciences, 2020
- TOP 100 Swiss Startup Award — TOP 100 Swiss Startup Award, 2020 (KetoSwiss)

CONTACT

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SUGGESTED INTRODUCTION

"Dr. Elena Gross is an award-winning neuroscientist and inventor who studies how the brain manages its energy. A Clarendon Scholar trained at Oxford, Basel and Harvard Medical School, she is the author of How to Master Migraine *and founder of the Swiss biotech company KetoSwiss."*