A Beginner’s Roadmap

Presented by Gina Dennis (a.k.a. Madcap Miss) - 2017 Narcolepsy Network Conference - Portland, Oregon
An FWN’s Story

FAMILY WITH NARCOLEPSY
Finding Diet in the Strangest Place

I used to be a ZOMBIE,

and now I’m not.
I see orexin as an ON/OFF switch

What we eat causes our blood glucose levels to go up and down

High glucose levels turn orexin **OFF**

Low glucose levels turns orexin back **ON**

**ON. OFF.** Glucose is the switch.

How do we control the **ON/OFF** switch?
A 30,000 Foot View of the Science-y Stuff

Glucose = Carbohydrates & Sugar

To be crystal clear, all the bread, pasta, cereal, potatoes, rice, fruit, dessert, candy, and sodas we consume will raise your blood glucose levels and turn your orexin OFF.

Eat carbs and go nighty night.
What if some of our energy and wakefulness issues are food related?

What if the meds we take spend so much of their energy on our FOOD RELATED SYMPTOMS that they have less impact on narcolepsy symptoms?

What if we REMOVED that barrier, the *food related* symptom barrier? Could we have better efficacy with the meds?
Think About It

People WITHOUT narcolepsy say things like:

*Sleepy*  *Tired*  *Brain Fog*  *No Energy*  *Fatigued*  *Lethargic*  *Slept Poorly*

*Narcoleptics feel these effects so much more acutely.*

Why **ADD TO** narcolepsy symptoms with what we eat?

Why not eat in a manner that **honors narcolepsy**?

**Don’t add to symptoms severity.**

Instead do what we can to keep Orexin **ON** during the day when we need it most, and **OFF** when we need to sleep.
What is our Destination?

CURE:
1. to restore to health, soundness, or normality
2. to bring about recovery from
3. to deal with in a way that eliminates or rectifies

MITIGATE:
1. to cause to become less harsh
2. to make less severe or less painful
Diets Galore!!!!

Average American consumes 300+ grams of carbs a day
For the diet to not turn off Orexin it needs to get you somewhere BELOW 100 grams per day

Low Carb / Atkins

Paleo / Primal

South Beach

Zero Carb

Ketogenic
What’s the Difference?

Carb Control vs Ketogenic

**Carb Control**
- Reduction in carbohydrates
- Works for general population but not great for neurological issues
- Can be too high in protein

**Ketogenic**
- Focuses on macronutrient percentages
- Fat / Protein / Carb
- High fat, moderate protein, low carb
- Fat is the new fuel source
- Produces *Ketones*
The Amazing KETONE

- Optimizes cognitive function and improves memory
- Has a STRONG, positive impact on brain fog
- Increases non-REM sleep
- Increases energy

XYREM = GHB (gamma-hydroxybutyrate)

KETONES = BHB (beta-hydroxybutyrate)
Dieting is HARD for sleepy people

Set up for failure

- Make promises they can’t keep
- Meal plans and shopping lists look fantastic but are unreasonable
- Imply a short term effort
- If the diet becomes super popular, they start creating FrankenFood products that aren’t as healthy as real food

MOST FRUSRATING...

They expect you to make a dozen changes to your routine ALL AT ONCE!!!!
A Crazy Madcap Route

Those crazy curves on the sign?
That was me and my family.

- 6 months to read and RE-read the Zombie site
- 3 months to plan out a diet
- 1 month to put that plan into place
- 6 YEARS of successes and failures
WHY Madcap Diet for Narcolepsy?

Not enough energy to focus on EVERYTHING
- Make incremental changes and let those changes really take root before moving on to another change
- Make sure each change has a payoff

Starting too fast has some nasty repercussions
- Meds sometimes become too strong as the diet removes the food related symptoms that are similar to or increase narcolepsy symptoms
- Low Carb Flu (a.k.a. Keto Flu)
- Failure
Point A to Point B and So Forth

Madcap Diet for Narcolepsy: A Beginner’s Roadmap

Ketogenic Diet

Gluten Free

Dairy Free

Autoimmune Protocol
DECEMBER 2017
Madcap Diet for Narcolepsy

UNDER CONSTRUCTION

- Itty Bitty Baby Steps
- Body / Mind / Soul
- Self-Paced
- Online
Zzzzz...

ONE MINUTE STRETCH!!!
The Basics of the Madcap Diet

**High Fat**
- Coconut oil/cream
- MCT’s
- Avocados
- Olive oil
- Nuts and nut oils
- Real butter
- Fatty fish

**Low Carbohydrate**
- Low carb veggies (above ground vegetables)
- Moderate fruit intake - mostly berries

**Moderate Protein**
- Lean meats
- Fish
- Nuts and seeds
- Eggs
The BEGINNER’S Roadmap

**FAT focus**
- Keeps you feeling full longer
- Gives you ENERGY and reduces Brain Fog
- Produces Ketones

**Carb management**
- Faster symptom reduction

**The “Crowding Out” theory**
- Adding in good things naturally reduces intake of the bad stuff

**Step by itty bitty baby step**
- Focus on ONE thing at a time
- When that step is easy, move on to the next step
Fat Fabulousness - WHY

Fat, yes FAT, is your new best friend (honestly)

- Eat fat when you eat carbs -
  - Offsets carb hit
  - Makes you feel full and satisfied, keeping you from over eating
- Body/Brain fuels on Carbs/Glucose and FAT. Take the carbs away and the body/brain **MUST. HAVE. FAT.**

**Ketones**

- Increase non-REM sleep
- Increase energy
- Optimize cognitive function and improve memory
- Have a STRONG, positive impact on brain fog
Fat Fabulousness - WHAT

Coconut Fats = Ketones!!!

- Types: Coconut Oil, Coconut Cream/Milk
- Supercharged versions: MCTs and Brain Octane (from www.bulletproof.com)

Other Sources

- Avocados
- Fatty Fish
- Olive Oil
- Nuts and Nut Oils
- REAL Butter and Cheese
Fat Fabulousness - HOW

**Bulletproof Coffee / Tea**
- Coffee with butter, coconut oil/MCT oil/Brain Octane - whisked or blended

**Fat Bombs**
- Little bits of happiness
- GOOGLE for thousands of recipes

**Drizzle**
- Melted and drizzled on top of EVERYTHING

**Cooking**
- Sauté, Fry, Bake
Madcap Fat Pack
Fat Fabulousness - NOT

GO SLOW!!!!
Build up a little at a time or....

OUTA MY WAY
Greens, Colorful Vegetables, and Berries

1. Find yummy REPLACEments
2. Try to eat greens and colorful vegetables with EVERY MEAL
3. Eat berries WITH fat and protein whenever possible and keep quantities small
4. Will help crowd out carb-y vegetables and bread/flour items
Sugar Sneakiness - Beverages

Beverages

- Beware the SUGAR!
  - Sugar free drinks w/artificial sweetener is ok in the beginning
  - Fruit juice is CRAZY high in carbs
- Sweet creams & low fat dairy in coffee & tea

1. Find yummy REPLACEments
2. Crowd out the carb-y items you eat (REDUCE)
3. REMOVE
Sneaky Snacks and Desserts

Snacks and Desserts

- Snacks are small but they ADD UP
- Desserts are supposed to be “on occasion”

Chocolate Birthday Cake - 58 carbs
Welch’s Fruit Snacks - 23 carbs
Snacks and Desserts

1. Find yummy *REPLACE*ments
2. Crowd out the carb-y items you eat
3. Truly make them *occasional* (1x a week) and keep portions small
4. Reduce/Eliminate
Meal Staples – Corn and Potatoes

IF YOU’VE BEEN ADDING IN MORE VEG....
  o You’ve found some yummy replacements
  o Crowded out the carbs
  o Reduce/Eliminate

NOTE: These items in SMALL quantities aren’t as bad as....
“Franken” Potatoes and Corn

Popcorn - 18 carbs

Tortilla Chips - 19 carbs

Potato Chips - 15 carbs
Flour-y, Bread-y Items

This one is HARD

- Focus on all the previous steps and then focus on this one last
- “Replacements” just aren’t the same
  - Lettuce wraps, meat wraps, almond flour/coconut flour “bread”
- If you’ve been adding in the other goodies (fat and veggies), this will be much easier
- Eventually, you just have to Buck up Buttercup!
Let’s Get Real
Me and my “FWN”

FAMILY WITH NARCOLEPSY
Not Just My Family

FACEBOOK
- Keto PWN Group
- Has 600+ members

CAREY FAMILY
- Erin Carey
Playing Devil’s Advocate

Average awake time for PWN = 10 hours per day

10% MORE = 1 hour per day

7 hours per week

30 hours per month

365 hours per year

What would YOU do with 10%?
How To Get More Information

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