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.
A 30,000 Foot View of the Science-y Stuff

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 turn orexin back ON

ON. OFF. Glucose is the 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 get SLEEPY.*
What if?

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**?

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)*
* INSERT RANT HERE ___

Dieting is HARD for sleepy people
Set up for failure

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

6 YEARS
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 because there’s too much to focus on
Point A to Point B and So Forth

- Madcap Diet for Narcolepsy: A Beginner’s Roadmap
- Ketogenic Diet
- Gluten Free Dairy Free
- Autoimmune Protocol
- Gut Health
DECEMBER 2017

Madcap Diet for Narcolepsy

UNDER CONSTRUCTION

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

A Beginner's Roadmap
The Basics of the Madcap Diet

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

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

**It adds up**
- Each step has a small payoff to apply toward the next step
The BEGINNER’S Roadmap

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

Which fats?
- Coconut oil/cream, MCT’s
- Avocados
- Olive oil
- Nuts and nut oils
- Real butter
- Fatty fish

Carb management
- Faster symptom reduction

Which carbs?
- Low carb veggies (above ground vegetables)
- Moderate fruit intake - mostly berries
Fat Fabulousness

Coconut Fats = **Ketones!!!**

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

Other Sources

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

**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

OUTA MY WAY

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

DISASTER PANTS!
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
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 REPLACEments
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....
- You’ve found some yummy replacements
- Crowded out the carbs
- Reduce/Eliminate

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

- Popcorn - 18 carbs
- Potato Chips - 15 carbs
- Tortilla Chips - 19 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
- Has 600+ members

CAREY FAMILY
- Kyla 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

www.madcapnarcolepsy.com
madcapnarcolepsy@gmail.com