

Questions and Answers

Taken from CSPSG Meeting Saturday, September 19, 2020

Presentation by Dr. Melanie Tidman DHSC, MA, OTR/L

Effects of an LCHF/Ketogenic Diet on PD symptoms, depression, anxiety, and general health:
A Pilot Study

Question 1	I've been told that I need to drink milk, I need to take aspirin/not take aspirin. What makes you think this diet will work?
Answer	<p>My personal experience with being on the LCHF/Ketogenic Diet for seven years. The health issues I had when I started the diet no longer exist.</p> <p>My work with 40 individual's pro-bono and the difference it has made in their lives.</p> <p>My own research as well as research studies from credible organizations such as The American College of Physicians and NASA. As a result of these studies, organizations such as The Veteran's Administration, the Department of Defense, NASA, the American Diabetes Association, and even the Swedish government are now recommending the LCHF/Ketogenic Diet.</p> <p>Your participation in the study and how it benefits you with Parkinsons.</p> <p>Our previous research study has contributed globally.</p> <p>My advice, try it and if you don't see any benefit from it, stop it after the study.</p>
Question 2	Do you create individual diets, calorie wise?
Answer	The LCHF/Ketogenic Diet has no calorie restrictions. For the study, I will provide you with Dr. Phillip's book and you will decide what you want to eat following the guidelines given.
Question 3	Can you gain weight on the LCHF/Ketogenic Diet?
Answer	Initially you may. About 90% will lose weight because they need to. If you gain, I can help you with adjusting your diet via Zoom.
Question 4	Can you tell us about the connection between dairy products and Parkinsons?
Answer	Some believe there is a connection between the additives used in the milk pasteurizing process and Parkinsons. Raw/grass fed milk products may be fine but for our study, no dairy products will be consumed.
Question 5	Do we have to give up yogurt for 12 weeks?
Answer	Yes, your contract, if you participate, is to eliminate dairy for 12 weeks.

Question 6	What type of Ketosis will be used in our LCHF/Ketogenic Diet?
Answer	Nutritional Ketosis for this study. Testing will show how well you're following the diet. This diet will give your brain fuel and detoxify your liver. Quality research supports this.
Question 7	What is the relationship between carbs and sugars?
Answer	No difference biochemically. The body doesn't know the difference between an apple or a Snickers Bar.
Question 8	How long does it take that 1 teaspoon of sugar to move through the body?
Answer	We need that 1 teaspoon of free-floating sugar in our bodies at all times for optimal body functioning. We do not, however, need 68 teaspoons of sugar; we have gone too far.
Question 9	Do you project a percentage of carbidopa/levodopa reduction because of this diet and are there any restaurants that serve this diet?
Answer	I do not know if you'll be able to reduce your Parkinsons medications, I hope so. This study may help determine if Parkinsons medications can be reduced. You can eat at most restaurants; you just need to cut out the carbs. Order a burger cutting out the bun, eliminate croutons on your salad and top with appropriate protein and healthy fat dressing, a grilled steak and green vegetable, the choices are limitless, just cut out the carbs when you order.
Question 10	Can we use artificial sweetener?
Answer	Yes, Stevia. This is the only sweetener we can use during the study. Most other sweeteners like Monk fruit have added chemicals.
Question 11	What is the best part of the egg to use, the whites or the yolks?
Answer	The whole egg, it has the perfect balance designed to sustain life.
Question 12	What is the best egg to buy?
Answer	The best are grass fed or cage free eggs. If you choose organic, make sure it's certified organic. It's best to eat whole foods. Remember, you are the consumer and you can request that your grocery store stock the types of organic, grass fed, etc. foods you want to consume. Most stores will do their best to accommodate your request. Also remember, you can eat anywhere meat, poultry, fish, green veggies, healthy oils, you just need to request what you want. MacDonal'd's even charges less when you modify your burger order for just the patty.

Question 13	Can you talk about not being hungry on the LCHF/Ketogenic Diet?
Answer	The LCHF/Ketogenic Diet causes you to be more satisfied. You don't have to eat 3 meals per day. Fasting helps keep you in Ketosis. The LCHF/Ketogenic Diet is used in Oncology during chemotherapy treatments. The treatments are more successful for individuals following this diet during their treatments.
Question 14	Does this diet help with chronic indigestion?
Answer	This diet reduces inflammation and your stomach acid is also reduced. If for some reason the diet does not help to reduce your chronic indigestion, a teaspoon of lemon juice in water can help.
Question 15	What about on/off medication times?
Answer	We are hoping the study will help in the quality of life. The study will start in mid-January 2021 ending before Easter 2021. If your Parkinsons is not better but other health issues like diabetes, high cholesterol, liver functioning and blood sugar levels are better, it's worth it to be on the LCHF/Ketogenic Diet.
Question 16	Can you discuss Ketoacidosis and Nutritional Ketosis?
Answer	Ketoacidosis is a chemical reaction in the bodies Ketones at a level of 10+, we cannot get there on this diet. Nutritional Ketosis will be monitored during our study and the range will typically be from .5 to 3.0 depending on when you perform your weekly blood test. You must fast 4 hours prior to blood testing therefore, most chose to test first thing in the morning before consuming anything. Ketone levels will typically be more towards the .5 level in the morning vs a higher ketone level later in the day.
Question 17	What if family members want to participate in the LCHF/Ketogenic Diet?
Answer	It would be more successful if family members participated with the study group participant. If you do not cook, Dr. Tidman has a no cook plan for too. Caregivers need to stay as healthy as they can. If they chose to participate, they can purchase their own test strips and use the meter issued to the study participant.