



# THE MADCAP *Miss* *Adventures* OF A NARCOLEPTIC

## HANDY RESOURCES

### BOOKS:

- *The Wahls Protocol* by Dr. Terry Wahls, MD
- *Keto Clarity* by Jimmy Moore and Dr. Eric C. Westman
- *Sweet & Savory Fat Bombs* by Martina Slajerova
- *Brain Maker* by Dr. David Perlmutter
- *Cholesterol Clarity* by Jimmy Moore and Dr. Eric C. Westman
- *The Big Fat Surprise* by Nina Teicholz

### WEBSITES:

[www.dietdoctor.com](http://www.dietdoctor.com)

[www.ibreatheimhungry.com](http://www.ibreatheimhungry.com)

[www.ruledme.com](http://www.ruledme.com)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

### FACEBOOK GROUPS:

- Keto PWN
- Gluten Free Narcolepsy

### MISC:

- Latte Whisk: Aerolatte To Go – Milk Frother (Amazon)
- Silicon Candy Molds: Ozera 2 Pack Silicone Chocolate Jelly Candy Mold (Amazon)
- [www.bulletproof.com](http://www.bulletproof.com) (Brain Octane – MCT oil)