

PREVIEW_ Elena Gross - Ketosis Gives me My Life Back (FL FEB 2017) 1

Elena Gross: What I was told 10 years ago is that chocolate can trigger the migraine, cheese can trigger the migraine, age, beef, meat, alcohol, all these things... I was told I should live a steady life with 16... Go to bed at nine every night, wake up at seven every day, don't go out, don't do anything to disturb homeostasis.

So in addition to always having that pain and fatigue you also have the guilt component, you think it's your fault. Because when you have such regular attacks there will always be something prior to the attack where you think it was your fault that the migraine got triggered.

And that's also a big aspect of what ketone bodies can do for you. They can show you it's not your fault, migraine isn't anyone's fault. It's the genes. And when you realize that it's a genetic defect in some form and you can just swap the fuel, change your diet and you get your control back, it also takes away that guilt component.