

## PREVIEW\_ Stacey Reason - Interview (FL FEB 2017) 2

**Dr. Stacey Reason:** Most research on diet that has been released or published on McArdle's says there isn't any one specific dietary intervention that is best. With that said most clinicians do recommend a higher carbohydrate diet. And the thinking is that if you can't access stored glycogen, then it's better to have a constant supply of glucose for the muscles.

**Dr. Andreas Eenfeldt:** In the blood sort of, huh?

**Dr. Reason:** Within the blood yeah, and always then to replenish the stored glycogen that's in the liver as well. One of the patients within our patient group who did sort of zero in on a low-carb ketogenic diet, found that becoming fat-adapted provided a constant source of energy for working muscles for moderate activity. And so he no longer experienced an energy crisis. He went out for a walk or riding his bicycle or going for a swim.