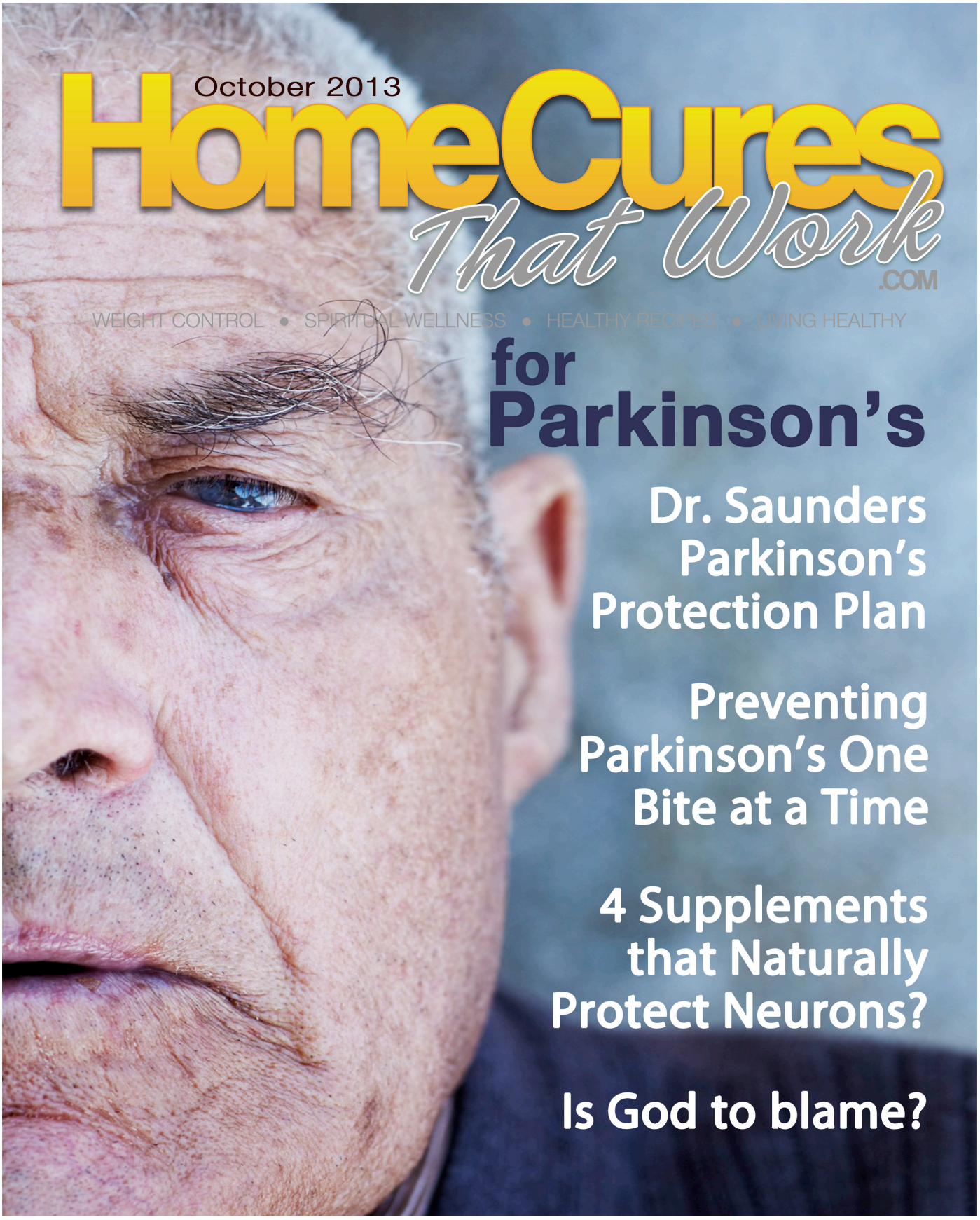
October 2013
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for Parkinson's
Dr. Saunders Parkinson's Protection Plan
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HomeCures That Work

For Parkinson's Disease

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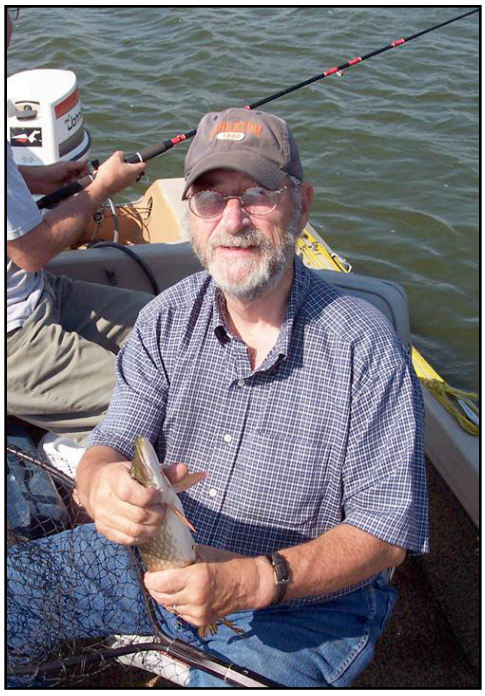
Letter from the editor

Before 2010, the most I knew about Parkinson's disease was that Michael J. Fox had it. That all changed when my father was diagnosed with Parkinson's disease.

We quickly learned that there are a wide variety of symptoms with Parkinson's. The tremors were only the beginning. For my Dad…

- Smiling for a photograph is difficult due to loss of facial expression.
- Choking is commonplace because throat muscles have weakened.
- Things we take for granted like walking, talking, buttoning a shirt and getting out of a chair became everyday challenges for him.
- And while Parkinson's progresses, his mind digresses. He is a man of charisma who could effortlessly converse at any gathering. His personality and intellectual ability has been well-loved by many. Yet, he has become shy, less assured and his memory fails him.

In reality, we are dedicated to helping him navigate his way through this disease that seemingly has no cure. Medications vary, as do the side-effects.



Thankfully, the side-effects of pharmaceutical drugs can be bypassed with natural remedies and lifestyle adjustments. Through the use of herbs, nutritional therapy and exercise, the symptoms of Parkinson's are soothed.

But, we can credit farm living and hard work ethic to his strong body that perseveres. We can also credit his tremendous level of exposure to farming pesticides as a child to his Parkinson's diagnosis.

And although the passage of time has clouded my Dad's mind, we are thankful for the ever-widening range of complementary and healing therapies that help slow and ease the disease. By combining holistic remedies with modern knowledge, you too can function better with fewer Parkinson's symptoms. For specifics on which foods to eat and which to avoid, check out this month's issue at Home Cures That Work.

My dad's strengths have been being able to "see the wood for the trees." He's inspired others to think outside the box and deepen their ethos. In looking at Parkinson's progression, it is natural to primarily focus on treatment, but Dad has also focused on progressing in life as a whole; how can he manage PD in the context of living a happy and fulfilling life.

My satisfaction comes from empowering others to become better about taking care of their health with natural remedies and hearing back about how they are taking an active role in managing their own illness. I am proud Home Cures That Work plays a central role in this drive. This issue on Parkinson's disease is dedicated to my Dad.

Now, that is something he can smile about.

For Your Health,

Cheryl Inghram
Editor, Home Cures That Work

P.S. For low-risk and high-gain treatment to help slow Parkinson's disease progression, there are foods and supplements that posses neuro-protective properties. The good news is there are new therapies for you to discover in this month's issue of HomeCuresThatWork.com

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Dr. Saunders Parkinson's Protection Plan

By Dr. Scott Saunders

At age 68 Sally was living alone, and enjoying it. She had two daughters who lived nearby and she loved to visit her grandchildren. Her daughter brought her into my office because she had developed a tremor in her lip and left hand, difficulty walking, problems sleeping and stiffness of the muscles. She was worried that she would no longer be able to live in her apartment where she enjoyed the environment and her friends.

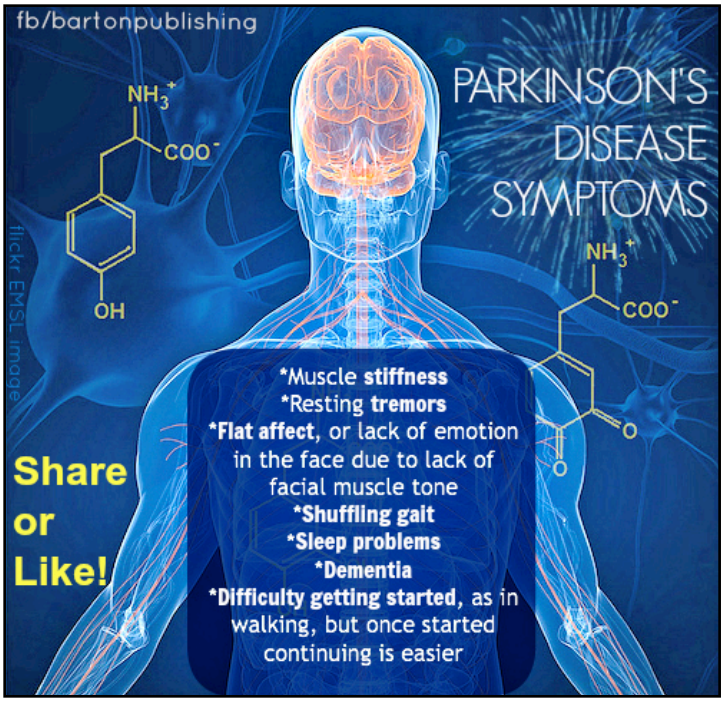
Parkinson's is not really a disease, it's a syndrome, or a collection of symptoms. It happens when there is not enough dopamine being created in the brain, and can have many causes. Generally it is due to toxic insults to the brain, but Parkinson's can be caused by hardening of the arteries, inflammation, or even genes.

Sally had most of the symptoms typical of Parkinson's disease

The diagnosis is made by symptoms. It is not an exact science, so the typical Parkinson's symptoms is all that is necessary. These include:

- Stiffness in the muscles
- Tremors, usually only while resting.
  If the tremor happens while using the muscle it is more often a different problem.
- Flat affect, or lack of emotion in the face due to lack of facial muscle tone
- Difficulty getting started, as in walking, but once started continuing is easier
- Shuffling gait
- Sleep problems
- Dementia

Parkinson's is not deadly, but rather a progressively disabling problem. It can have either rapid or slow progression, depending on the cause.



"How did I get Parkinson's disease?"

Sally is active, thin, she eats well, and takes care of herself. Her daughter works in a vitamin store and makes sure she gets her vitamins. She was curious as to how she could come down with such an illness. One of the problems is that it often takes some investigation to find the Parkinson's cause because there are so many. Moreover, there may be multiple factors such as genetics, toxins, and a lack of nutrients. Any one of them may not have produced Parkinson's symptoms, but the three together do.

Genetics

Although the large majority of cases are not genetic, there are clearly some known genes that predispose to Parkinson's.

Environmental toxins

- Carbon disulfide, and organophosphate pesticides
- Manganese – an essential mineral that becomes toxic in large amounts

- Heavy metals such as lead and mercury damage neurons
- Carbon monoxide prevents oxygen from getting to the brain
- Medications such as antipsychotics used to treat schizophrenia, paranoia, sleep disorders, and depression
- Parkinson's medications including L-dopa cause oxidation and damage the Substantia Nigra in the brain, causing progression of the disease
- MPTP, a heroin contaminant that may be found in street drugs

Atherosclerosis and stroke

If a stroke causes damage to the areas of the brain that co-ordinate activity, then symptoms of Parkinson's disease may result.

Inflammation

Some of the toxins produce oxidative stress, but other sources of inflammation may also produce Parkinson's symptoms. General metabolism, or the normal production of energy in the nerve cells, produces oxygen free-radicals so a lack of anti-oxidants may lead to brain cell damage.

Deficiencies

Vitamins and minerals protect the brain from harm by blocking free-radical production, and allowing normal energy flow. When there isn't enough, there may be either damage directly to neurons, or indirectly by allowing toxins to cause more damage.

Because there are so many different causes of the symptoms of Parkinson's disease, and the treatment is substantially different for each, it is imperative to know the cause before seeking treatment.

"How can I treat it?"

Sally is most concerned about two things: 1. Her independence – she doesn't want to be dependent on her daughters to take care of her, and 2. Dementia, not being able to remember or think clearly. She wants to make sure she can at least stop the illness from progressing to that point, if not actually reverse it.

The usual treatment for this illness is to try to calm the symptoms of stiffness and tremor by either increasing the available dopamine with L-Dopa pills, or stimulating dopamine receptors with other drugs. Also, now there are surgical treatments including either implants to stimulate the areas that lack, or to replace the cells that make the dopamine.

The problem with the common treatments are that they don't address the cause of the symptoms. Many of these treatments actually damage the "substantia nigra" in the brain where dopamine is produced, causing worsening of the disease, even as they give temporary relief of the symptoms.

Testing in Sally found none of the known problems that can cause Parkinson's symptoms so she was given a series of injections of glutathione, the primary anti-oxidant in the brain. If the disease is caused by toxins, such as pesticides, or just oxidative stress, glutathione will stop it or reverse it. Some cases are so dramatic that people who couldn't walk on the way in to the office get a shot of glutathione and get up and walk out normally. This is a natural anti-oxidant that is best given by intravenous infusion.

She was also put on a preventative diet program, along with supplements.

"How can I prevent it?"

Now, the daughter is concerned that she might be more susceptible to the illness so she wanted to know if she should make the dietary changes and take the supplements to prevent her from getting this disease. Of course, again, it depends on the cause of Parkinson's, but the general concepts are good for preventing brain degeneration in general so I recommended it.

Diet: High in anti-oxidants, low in pesticides.

Buy organic. Studies have shown a significant lessening of pesticide residues in the urine of those who eat organic foods. (2)

Use colors. The coloring of fruit and vegetables produces the most anti-oxidant capacity. Greens are the most important not only for their anti-oxidant capacity, but also because they help the body excrete heavy metals. Cilantro (coriander) is especially good for getting rid of mercury from the body.

Eat meat. Liver and steak contain alpha lipoic acid (ALA) which regenerates glutathione. Meats also contain amino acids such as cysteine that is required for glutathione production. Use only organic grass-fed beef because it contains the right amount of omega-3 fats. Fish is also good for the same reasons, but it must be wild-caught, not farmed, and free of mercury. For those who don't eat meat a great supplement is nutritional yeast, or brewer's yeast (which is an excellent supplement for anyone).

Avoid processed carbohydrates. These can lead to hardening of the arteries and inflammation. Sugars and starches also prevent us from using fat for energy.

Eat fat. Burning fat, like coconut oil, was found to reverse Alzheimer's disease in rats who were not given carbs to eat. (1) Also, for over a century an extremely low carbohydrate diet, the ketogenic diet, has been used to cure epilepsy in children. The ketone bodies made from fat help repair neurons in the brain.

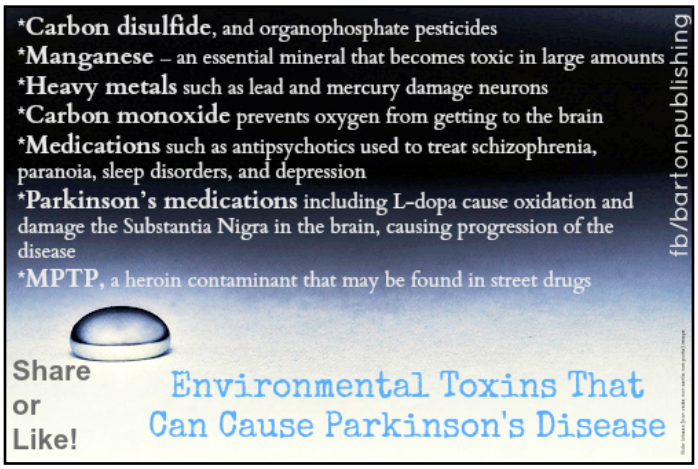
Supplements: Decrease oxygen free-radicals in the brain.

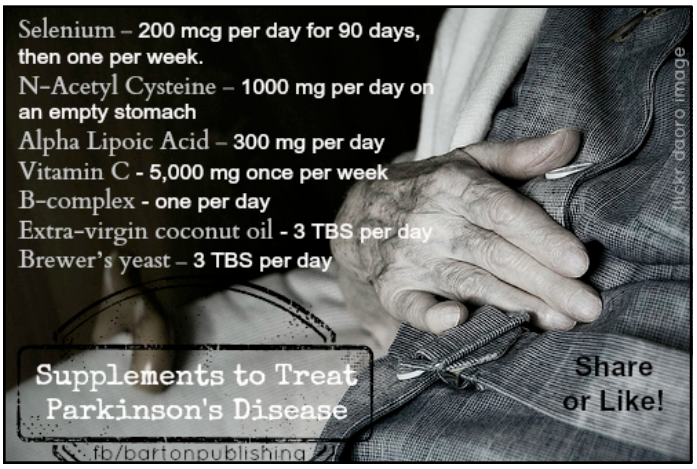
Selenium is part of glutathione peroxidase, and enzyme that re-generates glutathione.

- **N-Acetyl Cysteine (NAC**) is most often the bottleneck in the production of glutathione in the liver.
- **Alpha Lipoic Acid (ALA)** helps regenerate glutathione.
- **Vitamin C** also regenerates glutathione and should be taken on an intermittent basis, perhaps weekly, so as not to inhibit another important anti-oxidant, SOD.
- **B-complex** with activated B-6 (P5P) to turn homocysteine, a waste amino acid, into cysteine.

"I'm still going!"

Nine years later on the program outlined above, Sally is still independent and enjoying her life. Because of a small amount of progression her neurologist gave her some carbidopa/levodopa to stop the tremor. She now walks with a cane and is a little slower, but she uses the public transportation system and is able to take care of all her needs. She comes in to the office for a monthly dose of IV glutathione to prevent damage from the medications.





DOSING SCHEDULE:

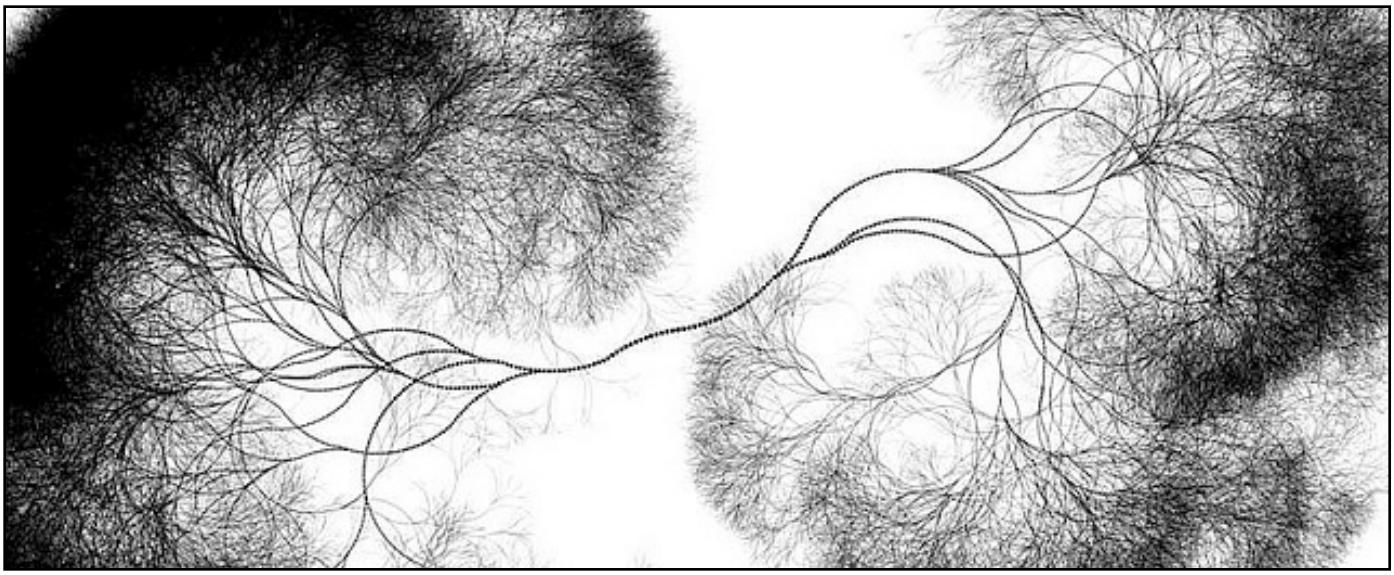
- Selenium – 200 mcg per day for 90 days, then one per week.
- NAC – 1000 mg per day on an empty stomach
- ALA – 300 mg per day
- Vitamin C - 5,000 mg once per week
- B-complex - one per day
- Extra-virgin coconut oil - 3 TBS per day
- Brewer's yeast – 3 TBS per day

Parkinson's disease is a collection of illnesses that may have multiple causes, though they share the same symptoms. Thus, it is imperative that one who has Parkinson's symptoms addresses the cause of the illness before any treatment is initiated to prevent progression of disease. This is one illness that may require the assistance of a doctor who knows about finding a Parkinson's cause, as well as how to diagnose disorders of the nervous system.

By taking charge of your life, working with your doctors and naturopaths to find the natural treatment that suit you best, you can continue to do all the things in life that you enjoy.

Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. http://drsaundersmd.com/

(1) http://articles.mercola.com/sites/articles/archive/2010/12/13/can-this-natural-food-cure-or-prevent-alzheimers.aspx
(2)http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1367841/



4 Supplements that Naturally Protect Neurons

By Amanda Box

If you're like me, when you think of Parkinson's disease, then you automatically think of poster-boy Michael J. Fox. Mr. Fox bravely stepped away from his acting career 13 years ago because his symptoms were inhibiting his acting abilities. He then stepped directly into raising awareness about this debilitating disease. Because Michael J. Fox shined a light on Parkinson's disease (PD), millions of people across the world who suffer with this disease have benefitted from an increase in both research and public awareness. Unfortunately to date, PD has no cure.

Parkinson's disease is neurological disease that manifest with:

- Trembling
- Rigid, stiff limbs
- Reduced facial expressions
- Slurred speech
- A shuffle-like walk
- Frozen episodes or inability to move

Parkinson's can eventually lead to dementia, speech problems, depression, and sexual difficulties. It typically has a gradual onset and begins on one side of the body. You may notice a small twitch in the hand in the very beginning stages. Like dementia, it is a disease of the central nervous system. Nerve cells in the brain begin to stop producing dopamine, an important chemical that regulates movement in the body.

Parkinson's can be classified into 3 stages:

Mild:

- A tremor may occur on one side of the body
- Friends or family may notice a change in facial expression, posture, or walking
- Exercising regularly can reduce Parkinson's symptoms
- Parkinson's medications can work quite well in this stage

Moderate:

- Both sides of the body are affected
- Episodes of feeling frozen occur
- Balance and coordination are affected
- Parkinson's medications can begin to result in side-effects
- Parkinson's medications may wear off and be less effective
- Regular exercise still improves symptoms

Advanced:

- Cognitive issues like hallucinations and delusions occur
- Great difficulty walking, primarily confined to a wheelchair
- Inability to live alone
- Balancing medications correctly is difficult and side-effects increase

Many people can remain in the mild to moderate stages of Parkinson's for years. Until a cure is found, keeping the symptoms controlled is the primary goal. There are around 10 pharmaceutical drugs on the market for Parkinson's treatment. Unfortunately, they have side-effects like hallucinations, delusions, and inability to control muscles, low blood pressure, heart arrhythmia, gastrointestinal bleeding, anxiety, vomiting, hair loss, trouble breathing and impulsive behavior. This is typical of pharmaceutical medicine, which only adds to the toxic burden and increases nutritional deficiencies.

Luckily, there have also been breakthroughs in the area of natural health and nutrition in treating Parkinson's. Many people have seen successful results combining these natural alternatives with their prescribed medications.

In this article, I am going to highlight what I believe are 4 of the best natural supplements in both the treatment and prevention of Parkinson's disease. These supplements, unlike pharmaceutical drugs, don't cause horrible side-effects.

Instead, these supplements work with your body to protect nerve cells in the brain. In this case, I am not advocating going off pharmaceutical drugs for Parkinson's. However, I recommend working with your doctor to add these beneficial supplements to your regime.

Vitamin D

First course of treatment and prevention of PD is to have your vitamin D level tested.

Every cell in the body has vitamin D receptors, even brain cells. It is hypothesized that vitamin D's anti-inflammatory actions are what generates such beneficial results. In America, it has been noted that those who live further from the equator and therefore get less consistent sunlight, have higher incidences of Parkinson's disease.

Although it isn't completely understood how higher vitamin D levels reduce your risk of Parkinson's disease, there have been several studies noting its correlation. A study in France noted a reduction in Parkinson's symptoms with a dose of just 4000 IU of vitamin D a day! (1)

When you get your vitamin D test results back, you want to be AT LEAST in the 50-65 ng/ml range. In order to fight or prevent Parkinson's, an optimal range would be at 65-90 ng/ml. It is quite easy to raise vitamin D blood levels. The best, cheapest and quickest way is to step outside for 20-30 minutes a day of sun exposure.

During the fall and winter months or for those living further from the equator, supplementing with natural vitamin D3 is the best option to raise vitamin D levels. The general rule of thumb is take 65 IU of vitamin D3 per lb. of body weight is a good start for getting your levels up.

Have your blood tested again after 3 months to evaluate whether you have had an adequate increase. Adjust your supplemental D either by taking more or less, depending on your results.

A helpful tip is to take your vitamin D in the morning. Vitamin D can affect your melatonin production. Many people who take vitamin D at night notice that it keeps them from sleeping!

CoQ10

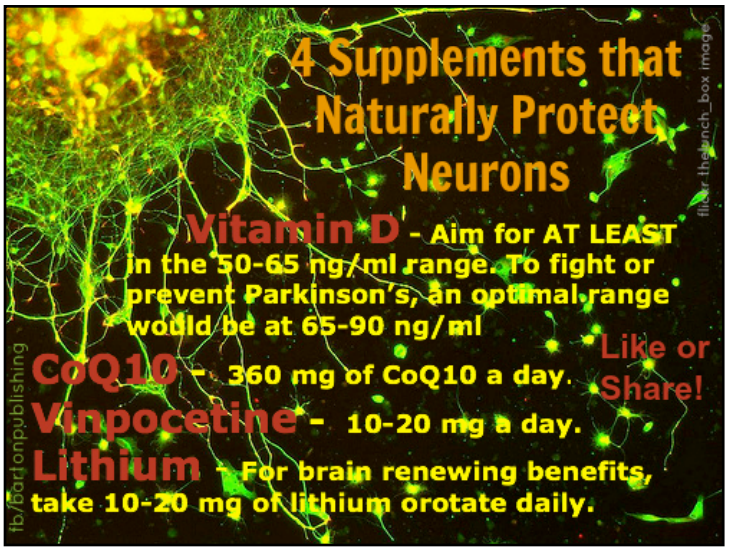
CoQ10, an antioxidant important in the energy processes of cells, has shown to be very promising in the treatment of Parkinson's disease. Better known for its ability to treat heart disease and lower blood pressure, CoQ10 has been the subject of several research trials for its uses for Parkinson's.

Research suggests that CoQ10 inhibits neuron deaths. A Parkinson's study performed in 2002 showed that those who supplemented with CoQ10 had improvement in function and a reduction of Parkinson's symptoms. (4) Although low doses didn't show much promise, a higher dose of 1200 mg a day showed the best results. Taking 1200 mg of CoQ10 can definitely affect your pocketbook; it is an expensive supplement. However, the price tag can definitely be worth the results.

A separate study also confirmed positive results at a much lower dose of 360 mg of CoQ10 a day. (5) This would be a great place to start. If you see small improvements at this dosage after a month, increase your dosage and note any more progress. Some other benefits from supplementing with CoQ10 include:

- Increased energy
- Anti-aging benefits
- Lowered blood pressure
- Increased immunity
- Increased heart health

Vinpocetine



Found in the common periwinkle plant, vinpocetine is a fantastic natural supplement for treating Parkinson's disease. Vinpocetine works by enhancing circulation and blood flow to the brain. This in turn increases oxygen levels and can prevent blood clots. Because of this, research has found vinpocetine to be a great stroke-preventing supplement!

Further research found that vinpocetine prevents neurological death in the brain. It has real potential for cognitive enhancement because of its anti-inflammatory action. This ability not only helps prevent further degeneration due to Parkinson's, but also helps treat and prevent other neurological issues like:

- Tinnitus
- Memory loss
- Alzheimer's
- ALS

The standard dose of vinpocetine is 10-20 mg a day. As with all supplements, be sure and buy from a quality supplement company.

Lithium

Lithium is the supplement, more specifically the mineral, which I am most excited about when it comes to Parkinson's disease. I ran across low dose lithium several years ago and I was amazed at its abilities to actually promote the growth of gray matter in the brain! When you read the words "gray matter," you are actually reading about neurons, otherwise known as nerve cells. Your brain is made up of around 100 billion neuron cell bodies, which give the brain a gray color.

Studies have shown that lithium can enhance nerve cell DNA replication. This is the first step in forming new neurons. Lithium protects existing cells in the brain, too. This makes it beneficial at not only treating and preventing PD, but also:

- Strokes
- Alzheimer's
- Brain cell death due to normal aging
- Brain cell damage due to prescription drugs

Most people equate lithium to mood disorders like bi-polar disorder. The prescription lithium dosage is anywhere from 900-1800 mg of lithium carbonate and can result in side-effects. Lithium orotate is a form of lithium that can be purchased over the counter in a safer, lower dose. For brain renewing benefits, take 10-20 mg of lithium orotate daily.

Lithium was studied for its effects on Parkinson's disease back in 1982. The results were extremely positive. However, because lithium cannot be patented, big drug companies have found no interest in promoting its benefits or funding new studies on this mineral.

Thankfully, another study was performed in 2011 on mice with very promising results, as well. The scientists who performed this study hope to perform a human trial as well. More and more attention is being given to lithium's positive effects on Parkinson's. It is my hope that in the near future it will be standard protocol to recommend low dose lithium to those with PD. (2)(3)

Revive Functionality with Natural Supplements

I recently read an article about Michael J. Fox's return to television. He has been blessed to be able to get many of his symptoms under control. I see this as a true breakthrough of hope to those suffering with Parkinson's. His new TV series premiering this fall is loosely based on his own struggles dealing with PD in the television industry.

These natural supplements can help you to achieve your own breakthrough in battling Parkinson's disease! No cure does not equal no hope! By using the above supplements you can reduce your Parkinson's symptoms and continue on to live a long active life! Expect a revival of functionality, including improvement in speech, brighter eyes, better concentration and improved demeanor with positive signs of improving PD symptoms.

(1) http://www.lef.org/newsletter/2011/0318_Vitamin-D-Insufficiency-Could-Play-Role-Parkinsons-Disease.htm?source=eNewsLetter2011Wk11-2&key=Article&l=0#article
(2) http://www.buckinstitute.org/buck-news/lithium-profoundly-prevents-brain-damage-associated-parkinsons-disease
(3)http://www.ncbi.nlm.nih.gov/pubmed/6816132
(4) http://www.naturalmedicinejournal.com/article_content.asp?article=297
(5) http://naturalmedicinejournal.net/pdf/NMJ_NOV10_LR.pdf

Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at http://amandabox.blogspot.com/ for contact info.

Preventing Parkinson's One Bite at a Time

By Amanda Box

I've seen a particular picture roaming the internet and social media lately. There are different versions, but they all have the same message. It is a picture of a fruit and vegetable stand with a sign that states, "Nature's Pharmacy," "The Original Pharmacy," or "The Farmacy." You might think that it's cute or clever, but there is really a stone-cold truth in that lighthearted photograph.

Nutrition provides us with what we need to combat disease in our body. If we are lacking in nutrition, our cells do not function properly. And when cells aren't able to do their God-given jobs, disease is the result.

Brain Nutrition

Our brain is made up of primarily fat and nerve cells. Those cells are called neurons, otherwise known as nerve cells. These nerve cells are amazing in their biology. They can transmit information from one area of the body to another in less than a millisecond!

Certain neurons in the brain produce chemicals, as well. One of those chemicals is called dopamine. Dopamine is the chemical that reduces muscles contractions. Without sufficient dopamine in the brain, the result is uncontrolled tremors, freezing muscles, and uncontrollable movements. This is also known as Parkinson's disease (PD).

Nerve cells need certain amino acids, enzymes, vitamins, and minerals in order to do their jobs. Even the production of dopamine is created from a particular combination of these nutrients! Could it be that many cases of Parkinson's disease are truly caused by lack of nutrition?

One of the most important nutrients for the brain is the amino acid L-Tyrosine. Without it, we cannot produce dopamine in the brain. The above image illustrates how this process works. L-Tyrosine converts to L-dopa, which in turn becomes dopamine. Our body does not make L-Tyrosine on its own. You must either eat foods containing L-Tyrosine or its precursor, L-Phenylalanine.

Many people with Parkinson's disease, or those with Parkinson's in their family, supplement with L-Tyrosine to keep up their dopamine production. I do have to caution; however, if you are taking L-dopa or Levadopa, do not take L-Tyrosine because it can inhibit the action of those drugs.

L-Tyrosine can also be consumed in everyday foods! This brings me back to the picture of the "Farmacy." Great health starts at its source, good food! Some of the top tyrosine containing foods include:

- Turkey
- Eggs
- Cottage Cheese
- Shrimp
- Mustard Greens

The formation of dopamine requires several other nutrients, as well. These become co-factors and co-enzymes in dopamine production. These important nutrients include:

Folic acid:
Otherwise known as folate. It is considered one of the B vitamins. Folic acid is found in:

- Lentils
- Most beans
- Spinach
- And collard greens

B6
Another B vitamin. High levels of B6 are found in:

- Tuna
- Chicken
- Turkey
- Potatoes
- Cod
- Sunflower seeds
- And spinach

B3
Often called Niacin, this B vitamin is found in:

- Tuna
- Chicken
- Turkey
- Lamb
- Beef

- Salmon
- Sardines
- And peanuts

Iron
This important mineral is found in:

- Liver
- Beef
- Spinach
- And lentils

Zinc
You can consume your zinc by eating:,

- Beef
- Spinach
- Pumpkin seeds
- Beans
- And nuts

I believe that giving your brain cells the nutrition it needs can keep the production of dopamine running smoothly, therefore preventing Parkinson's disease.

Peter Piper's Pick for Parkinson's

One of the most flabbergasting prevention treatments for Parkinson's that I've come across is smoking! Research has found that those who smoke have a lower incidence of Parkinson's disease than non-smokers. Nonetheless, I don't find this to be a valuable excuse to continue smoking - or even to begin for that matter! Smoking causes a plethora of other diseases! But why would something as harmful as smoking prevent Parkinson's? Scientists have concluded that nicotine in tobacco lowers Parkinson's risk.

Tobacco is in a family of plants called Solanaceae. Other members of the Solanaceae species include tomatoes and peppers. These foods actually contain low levels of edible nicotine! The Annals of Neurology published a study this past May that included 500 people who were newly diagnosed with Parkinson's and 650 people who did not have Parkinson's disease. The study concluded that the more peppers a person ate, the lower their risk of Parkinson's became! This decrease added up to a whopping 19%!! Pretty great results for a spicy vegetable!!

I must also point out that this protection was most apparent in those who were non-smokers. This study is a huge step towards proving that nutrition provides a powerful role in disease prevention. Who would have guessed that peppers would have neuro-protective properties?

Caffeine's Parkinson's Perks

Coffee drinkers, I am happy to announce to you that your cup of joe has benefits in both Parkinson's treatment and prevention!! As I explained earlier, Parkinson's is the result of our brain's neurons not producing adequate levels of dopamine for our body. Caffeine, however, is a dopaminergic. This means it stimulates the release of dopamine.

There have been several studies linking caffeine consumption and lowered risk of acquiring PD. Yet, until last year, there was no clear evidence on its effects on Parkinson's symptoms. In August 2012, a study was published in Neurology concluding caffeine also benefitted those suffering with Parkinson's. Participants in the study took either a placebo or the equivalent of 2-4 cups of coffee in caffeine pills a day. Those who took the caffeine pills had on average a 5-point improvement on the Parkinson's symptoms scale! They also experienced a 3-point improvement in both their speed of movement and how much stiffness they experienced compared to those taking the placebo. (1)

These benefits don't begin and end with coffee. Tea is a great example of another healthy source of caffeine. Green tea, for example, contains not only caffeine, but polyphenols, as well. It is also believed that polyphenols can be neuro-protective!

Healthy Fat = Healthy Brain

Did you know that ⅔ of your brain is composed of fats! That's right! But not just any fat. These specialized fatty acids are the building blocks for the not only cell membranes, but the myelin sheaths of your nerve cells! Scientists have reported that those with neuro-degenerative disorders like Parkinson's disease, display fatty acid membrane loss. Luckily, incorporating the right fats into your diet you can protect your brain cells!

The most abundant fat in the brain is DHA. DHA is known for its abilities to:

- Increase focus and concentration
- Increase IQ
- Prevent and treat depression
- Reduce symptoms of ADD and ADHD

DHA makes up much of the neuron's myelin sheath and cell membrane. Therefore, getting adequate DHA in our diet is extremely important! Eating fatty fish like tuna, salmon, and sardines are great sources. However, many of these fish can also contain high levels of mercury, a neurotoxin to the brain. I instead would recommend supplementing with a quality, third party tested fish oil instead. Start out with at least 500 mg of DHA per daily dose.

MCTs or Medium Chain Triglycerides, like those found in coconut oil can be beneficial to the brain, as well. A 2004 study published in the journal Neurobiology of Aging found that the MCTs almost immediately improved cognitive function in older adults with memory disorders! This is due to something called ketone bodies, present in medium chain triglycerides. These ketone bodies serve as an alternative source of fuel that boosts blood flow to the brain. Increased blood to the brain decreases the degeneration of neurons. Supplementing with 2-4 tbsp. of coconut oil a day or 1 tbsp. of pure MCT oil is a great daily dose.

Butter for the brain?

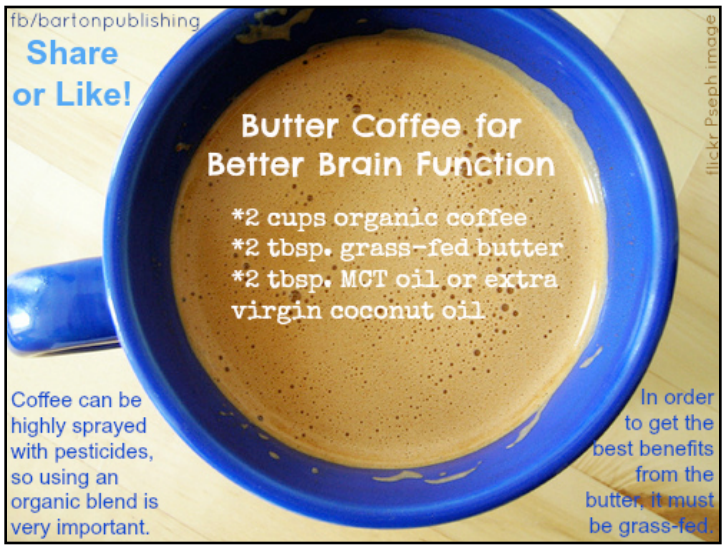
Your brain needs cholesterol in order to function. Where does it get that cholesterol? From the food you eat! Butter is also high in oleic acid, which is another important fatty acid in the myelin sheath of neurons. Not just any ol' butter will suffice. Be sure and buy a quality grass-fed butter. Grass fed cows produce more nutrient dense butter than other cows. The color of grass fed butter is a nice deep yellow.

Not all fats are beneficial for the brain!

There is one particular fat you want to avoid like the plague: trans-fats. Trans-fats are not only a cause of high cholesterol and heart disease, but also brain diseases. Things like french fries, chips, margarine, and anything that is hydrogenated, are trans-fats. These lab-altered fats alter our brain chemistry, creating "brain blocks." Trans-fats can take the place of DHA in the brain and interfere with the electrical activity of our neurons. This just sets the stage for degeneration of these nerve cells, which leads to neuro-degenerative diseases.

Butter Coffee for Better Brain Function

One of newest health trends is called Butter Coffee. Otherwise known as Bulletproof Coffee, this concept was introduced by health blogger Dave Asprey. He was inspired to create this combination after visiting the mountains of Tibet. The Tibetan people there drank Yak butter tea. A lover of coffee, Dave decided to add high quality butter to his morning joe instead. He boasts butter coffee's ability to increase energy and promote weight-loss. I, however, am touting it for it Parkinson's prevention abilities. Bulletproof Coffee contains only 3 ingredients, all of which I have covered as beneficial to preventing and treating Parkinson's disease.



- 2 cups organic coffee
- 2 tbsp. grass-fed butter
- 2 tbsp. MCT oil or extra virgin coconut oil

Coffee can be highly sprayed with pesticides, so using an organic blend is very important. In order to get the best benefits from the butter, it must be grass-fed. Kerry Gold is a fantastic brand of grass-fed butter and can be purchased at nearly every health food store. MCT oil is around 6 times stronger than coconut oil, but can be more difficult to find. You can purchase it here.

This trifecta of ingredients contains both brain boosting fats and caffeine! I recommend blending the mixture as the oil want to float to the top. When blended, it creates a frothy, cappuccino like effect.

Brain Boosting Salsa

As I mentioned early, both tomatoes and peppers are in the Solanaceae family of plants that are known to lower the risk of PD. My absolute favorite way to consume this combination is in fresh salsa!!

Use fresh tomatoes, shelf stable tomatoes in glass or boxed containers. Canned tomatoes have unfortunately been found to contain high levels of BPA, which is a synthetic estrogen that has been linked to reproductive issues and heart disease. This salsa also contains cilantro, which has mercury-binding properties. This helps to detox that neurotoxic metal from your body and brain. (By the way, it is a possibility that mercury is one main environmental contributor to PD. By

lowering dopamine levels, mercury is often held responsible for tremors associated with Parkinson's.)

This salsa is incredibly easy to make and serves as a great condiment for fish, chicken, or your favorite Mexican dish.

Combine:

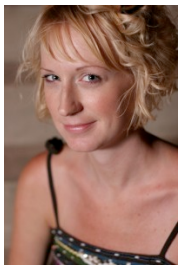
- 3 tomatoes, chopped
- 1/2 cup finely diced onion
- 5 serrano chiles, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 teaspoon salt
- 2 teaspoons lime juice

Chill for at least an hour to let the flavors meld together.

Adopt the "Farmacy" lifestyle and let nutrition heal you. These foods can reduce the neuro-degeneration that leads to Parkinson's.

Not only will good, nutrient rich foods keep you out of the doctor's office, but it will save you money in medical bills. Parkinson's, like so many other diseases, can be prevented with the right combination of nature's best foods. Your daily diet is a simple way to encourage your brain to produce more dopamine.

(1) http://www.cbsnews.com/8301-504763_162-57484791-10391704/caffeine-from-two-to-four-daily-cups-of-coffee-may-reduce-parkinsons-disease-symptoms/



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at http://amandabox.blogspot.com/ for contact info.

Parkinson's Disease… Is God to blame?

By Michael Tyrrell

"There is a time for everything, and a season for every activity under the heavens." Ecclesiastes 3:1

Seasons come and seasons go. For example, Israel just recently celebrated their New Year (5774). But if you are reading this in the United States, then you a couple of months away from celebrating yours!

All of us on an individual level find ourselves embroiled in a myriad of different circumstances.

- One may have won the lottery, while his neighbor filed bankruptcy.
- One may be full of joy and hope, while a co-worker is battling with depression and hopelessness.
- One may be fearless, while his best friend is fearful.

The fact is it rains upon the just and the unjust alike and although life is not always fair, it is always just. Sometimes bad things happen to good people and good things happen to bad people, which leads me to this months topic: "Parkinson's Disease."

I am not going to try to explain, suggest medical advice or even offer my "expertise" on an incurable disease that I know very little about. In fact, the medical world is relatively mystified by this debilitating condition, so I will do my best to stay in my lane and offer help from another perspective.

Few of us will never forget the news interview a number of years ago when the actor Michael J. Fox valiantly told the world that he had been diagnosed with Parkinson's. I remember Michael doing his utmost to keep his hands from trembling (tremors are a classic symptom) and remaining upbeat as he shared his painful news. Michael's interview sparked awareness to a disease that now affects as many as one million Americans today.

Lou Gehrig, a famous athlete who suffered from another degenerative disease ALS (aka Lou Gehrig's disease), opened his "Farewell To Baseball" speech on July 4th, 1939 with these unforgettable words:

> "Fans, for the past two weeks you have been reading about the bad break I got. Yet, today I consider myself the luckiest man on the face of the Earth."

Did you catch that? "The luckiest man on the face of the Earth!" We have all heard the adage, "When life gives you lemons, make lemonade." We are not talking about "lemons" in this article… we are talking about an incurable disease. When given the diagnosis of Parkinson's disease, what makes one a victor and another a victim? Only one thing can make the difference when push comes to shove… HOPE!

What is hope? Here is a good definition, "A feeling of expectation and desire for a certain thing to happen."

- Hope is the wind in the sails of faith.
- Hope makes us better than bitter.
- Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.
- Hope is an ocean of possibility in the midst of a puddle of despair.
- Hope is an ingredient desperately needed in our world…right now!
- When we lose hope, we surrender to defeat and in essence, give up.

In September 2013, 64-year-old U.S. endurance swimmer Diana Nyad became the first person ever to swim from Cuba to Florida without a shark cage. Nyad was surrounded by adoring fans as she left the water dazed and sunburned, but was able to speak these words:

> "I have three messages.
>
> 1. Never, ever give up.
> 2. You are never too old to chase your dream.
> 3. Life looks like a solitary sport, but it's a team."

It was Nyad's fifth attempt to complete the 110-mile swim! Her first attempt was in 1978 and she tried three more times in 2011 and 2012. However, Diana Nyad says she never lost hope.

Years ago when I was on staff at a church in Nashville, a successful businessman from the congregation invited me to his office for a chat. As I sat down across from him, I immediately noticed a plaque on his desk that read: "18 inches."

Obviously, he saw me staring at it and said, "I bet you are wondering what that plaque is all about." Little did I know that this businessman was about to change my life with the story behind "18 inches."

The man told me this true story.

> "Several years ago, I received a phone call from a field geologist that said he suspected a substantial amount of oil on property that I owned and recommended drilling. Knowing that I owned the mineral rights, I agreed to begin a sample core inspection. The initial report looked very promising. So, I assembled a team, had a drill erected, invested five million dollars and began to drill for oil.
>
> "After a few months of drilling engineers exclaiming 'Any day now,' I exhausted the first five million with little to show for it. After praying and a long sleepless night, I borrowed a second five million dollars to continue the effort. Drilling continued for a few more months and engineers enthusiastically claimed that this would be one of the largest oil finds in U.S. history. But…no oil!
>
> "Then it happened. The second five million dollars that I borrowed ran out. I had to make a decision to either borrow more money or sell the land to a Japanese firm that offered me a little more than my investment and the price of the land. I decided to sell the land and the drilling equipment to the Japanese firm.
>
> "Three days later their team drilled 18" inches deeper and hit the second largest oil field in U.S. history."

With tears in his eyes, my friend stood up behind his desk pointed his finger at me and said, "Michael…DON'T YOU EVER GIVE UP!"

Every "No" is one step closer to a "Yes."

At any time, you may be a breath away from a breakthrough.

John Wimber, a famous evangelist known for healing miracles and the advent of The Vineyard Church, once told this story after he found out he had cancer.

> "A dear pastor friend fully aware of my healing ministry asked if he could keep me company during my weekly chemo-therapy appointment.
>
> "As I lay there receiving chemo my friend exclaimed, 'John, I don't understand. This God has used you to heal hundreds of people and you lie here dying of cancer? John, where is God now?'
>
> "I responded, 'You don't see Him? Why He's lying right next to me taking chemo!'"

It is at times when failure, a bad diagnosis or a personal crisis arises that we are tempted to look for someone to blame …and more often than not that person is God.

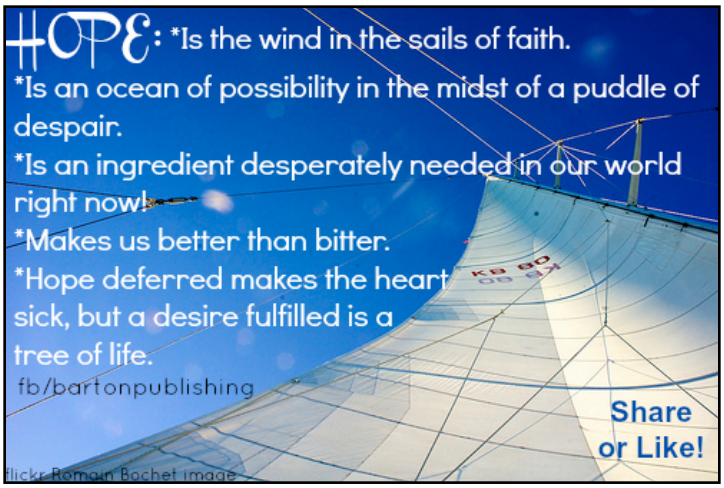
When someone dies, God is accused of taking him. When a business crumbles, God often gets the credit. Hurricanes, tornadoes, floods, earthquakes, mudslides and fires are called "Acts Of God." When Parkinson's disease is the prognosis… it is tempting to blame God. But, I would highly recommend that you resist that temptation in light of the fact that He is your strongest ally in the midst of your storm.

Where have I found you today, dear reader?

- Faithful or faithless?
- Hopeful or hopeless?
- Victor or victim?

Believe it or not, that decision is up to you!

"Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praise worth, think about such things." Philippians 4:8



Here is another one…

> "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive [make our prisoner] every thought to make it obedient to Christ." 2 Corinthians 10:5

When you are confronted by a disease like Parkinson's, one that is incurable by man's best efforts, maybe you should trust somebody that created man: God!

In the movie, Bruce Almighty, Bruce (Jim Carrey) thought God was against him and was making his life miserable. But the truth is Bruce was against Bruce and making his own life miserable.

So take off your boxing gloves, pull the darts out of your dartboard with God's face on it and realize that He is your friend and your only hope.

God is ALWAYS for you and He is near to the broken hearted, so stop wasting the time you have looking for a scapegoat or being a victim and let God help.

Remember, when you run out… He runs in.

He is the only one who has the power (and proven track record) to cure the incurable and love the unlovable.

One of God's names is Jehovah Rophe: the God that heals.

Here is my recommendation: Trust HIM as your healer and take these "Gos-pills" everyday:

1. Romans 12:12, "Be joyful in hope, faithful in prayer."
2. Romans 15:13, "May the God of hope fill you with all joy and peace as you trust Him, so that you may overflow with hope by the power of the Holy Spirit."
3. Proverbs 23:18, "There is surely hope for you, and your hope will not be cut off."
4. Hebrews 6:18, 'God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged."

5. Psalm 43:5 “Why so downcast O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”
6. Psalm 46:1, “God is our refuge and our strength, an ever-present help in trouble.”
7. Jeremiah 29:11,”For I know the plans I have for you,” declares the Lord, “plans to prosper you and not harm you, plans to give YOU a hope and a future.”

It is impossible to “overdose” on these Gos-pills and if you should run out simply open the bottle… err um… I mean the Bible and you will find an inexhaustible supply!

“May the Lord bless you, and keep you. May the Lord make His face shine upon you, and be gracious unto you. May the Lord lift up His countenance upon you, and give you peace.” Numbers 6:22-26

Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries. Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.
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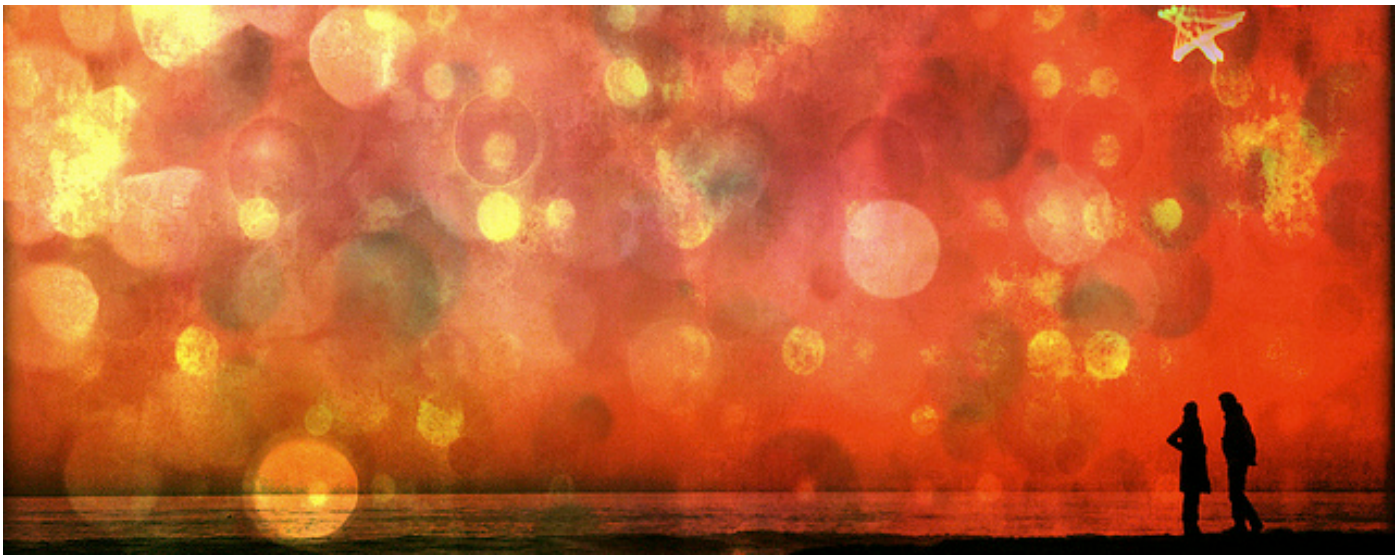


Parkinson’s Disease: The Mystery, the Myth and the Magic

By Dr. Richard A. DiCenso

THE MYSTERY

Despite its prominence in contemporary literature and the text book symptoms, diagnosis and “standard of care” treatments, there's a lot of myth and misinformation floating around about this disease.

Plus, most of the authoritative answers are written in medical language that you need a medical degree to understand. You shouldn't be confused about Parkinson's simply because you didn't go to medical school.

Parkinson's is a condition that has been known about since ancient times. It is referred to in the ancient Indian medical system of Ayurveda under the name Kampavata. In Western medical literature it was described by the physician Galen as "shaking palsy" in AD 175. However it was not until 1817 that a detailed medical essay was published on the subject by London doctor James Parkinson.

The publication was entitled "An Essay on the Shaking Palsy." This established Parkinson's disease as a recognized medical condition. The essay was based on six cases he had observed in his own practice and on walks around his neighborhood. The essay was intended to encourage others to study the disease. Some 60 years after it was first published, a French neurologist by the name of Jean Martin Charcot did exactly that. Charcot was the first to truly recognize the importance of Parkinson's work and named the disease after him.

Much has been learned about the disease yet much remains a mystery. The symptoms are progressive and degenerative and tend to be more common in older individuals. It is understood that a dopamine deficiency in the brain is at the root of the matter, yet why this initially occurs is less clear. It wasn’t until the 1960s that that the chemical differences in the brains of Parkinson's patients were identified. The low levels of dopamine cause the degeneration of nerve cells in part of the brain called the substantia nigra. It was this discovery that lead to the first effective medicinal treatment of the disease. In the 1960s, the drug Levodopa was first administered to treat the symptoms and has since become the "gold standard" in medication.

THE MYTH

Since the 1960s, research has continued to progress at a rapid rate. Despite the fact there is still no cure (The Myth), the symptoms can now be effectively controlled and reduced in severity. The Parkinson's Disease Foundation was established in America in1957 to assist sufferers and to fund and promote further research. Many other foundations assisting the cause have been established in the following years.

A notable recent addition is the Michael J Fox Foundation, named after the much-loved television and movie actor. The foundation has been very public about its goal of developing a cure for the disease within this decade. Since its inception in 2000, it has succeeded in raising over 90 million US dollars. But it has made no more progress than for any of the other autoimmune, chronic degenerative and “incurable diseases” we posture to pursue within the convention model of what we know, what we think we know, or what we believe to be true.

Progress on all fronts is gaining momentum. Hope for the future of the "Shaking Palsy," it seems, is decidedly solid, particularly in light of new information (almost 30 years old) that holds the promise of a paradigm shift in the fields of Neuroscience, Brain Chemistry and Quantum Physics.

Hope is a powerful thing. Without hope for a better future, no matter what the affliction, the will to live is lost and recovery is impossible.

Imagine, then, being told by your doctor that you have a progressive and degenerative disease that robs you of the ability to control your own body. A disease for which there is no cure.

This is the reality for those diagnosed with Parkinson's disease.

Hope is offered in the form of medication such as Levodopa. Levodopa acts to restore levels of dopamine in the brain. Remember, the perceived mechanism, the lack of dopamine, is the primary reason believed to be the cause for the symptoms associated with the condition.

Consequently, many have sought hope in alternative treatments. Parkinson's disease has been a recognized ailment in virtually all cultures since ancient times. Many of these ancient treatments are becoming popular in the west and are increasingly validated by western medicine.

Ayurvedic medicine

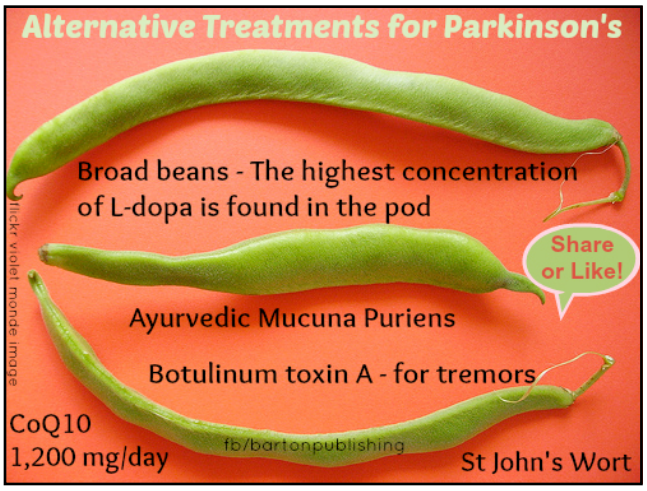
This has been practiced in India for 5000 years. Parkinson's symptoms are mentioned in ancient text under the name Kampavata. Ayurvedic medicine is a comprehensive system placing equal emphasis on diet, exercise, meditation, massage and herbs. One such herb, Mucuna Puriens, is gaining attention in conventional circles as its effects mimic synthetic Levodopa, with fewer side effects.

Broad beans

Australian researchers discovered that broad beans, also known as fava beans, are an extremely effective natural source of L-dopa. The highest concentration of L-dopa is found in the pod, so they are most effective when consumed whole.

St John's Wort

Dopamine influences positive feelings in the brain, and since dopamine levels are low in Parkinson's patients, depression is often a symptom. St John's Wort is an herb that has been used in Europe for many years. It has been proven to be effective in alleviating depression and insomnia.



Botulinum toxin A

One of the obvious manifestations of Parkinson's is uncontorllable movements know collectively as Dystonia. Dystonia is characterized by involuntary sustained muscle contraction resulting in repetitive movements, twisting and/or abnormal postures. Most people know of Botulinum Toxin (BTn) injections as a treatment for wrinkles; however, the true wealth in this chemical treatment is its overall effectiveness in the management of dystonia and other movement disorders when in a weak solution.

The indications for its use are expanding and now include treatment of tremor and pain, both of which are common symptoms associated with Parkinson's. For most patients with these symptoms, BTn injections provide significant but variable relief of the symptoms that lasts for weeks to months (an average of 3 months). However, repeated injections are required to sustain benefit over long periods of time.

Coenzyme Q10 (CoQ10)

This has been shown to have an effect on the symptoms of Parkinson's disease. However, it is unclear whether it actually slows the disease or simply temporarily alleviates symptoms. The drawback is the massive dose required.

The effective dose is approximately 1,200 milligrams a day, well above the 60 to 90 milligrams recommended by many alternative therapy advocates.

Acupuncture

Acupuncture has bee used for centuries in China to correct energy disturbances in the body. It has become a popular method of treatment for Parkinson's sufferers the world over. So far, there are no placebo-controlled studies that show acupuncture can treat the motor control symptoms of the disease, but there is some evidence that it can assist with sleep disturbances. There is much anecdotal evidence to suggest that it may be effective in increasing feelings of well-being and relaxation.

Massage

While not treating the Parkinson's symptoms directly, massage can help reduce some of the discomfort associated with muscle stiffness that is commonly experienced by patients.

Alternative treatments for many diseases come and go. Some become fashionable for a short while only to be discredited and discarded. Others accumulate a growing body of scientific and popular support. It is to a large extent simply a matter of trial and error.

Nonetheless, each of these “alternatives” has as its foundation and primary goal to mimic synthetic Levodopa, with fewer side effects.

THE MAGIC

As a physician with almost 37 years of experience in clinical practice, I have had the opportunity to treat hundreds of patients with this dreaded disorder. I’ve lectured to support groups, to the Parkinson’s Association and treated the wife of the President of the local Parkinson’s Society with great success.

One of the reasons for this success is that I don't perceive Parkinson's as a Disease, but rather a SYMPTOM of a fundamental imbalance or deficiency rooted in areas that conventional exploration has avoided.

This simple strategy involves looking at things nobody else is looking at in ways that nobody else is looking at them in order to address the cause of the SYMPTOM rather than treating the effect of the imbalance or deficiency, i.e., the SYMPTOM.

ONE POSSIBILITY

In order to explore possible causes for the low levels of dopamine causing the degeneration of nerve cells in part of the brain called the Substantia Nigra, we must always begin with the question, "WHY"?

In order to answer this initial question we must explore the mechanism of normal function, what's involved in it and what could possibly alter its normal behavior.

There is an area deep in the brain called the basal ganglia. Nerve cells in the basal ganglia are responsible for smooth movements and coordinating changes in posture. When the brain initiates a movement, the basal ganglia sends signals and transmits messages using chemical neurotransmitters. These neurotransmitters are like electrical impulses sent over electrical wires, but in this case these electrical impulses are sent along nerve pathways within the brain. The main neurotransmitter for the basal ganglia is dopamine, the suspected culprit in producing the SYMPTOM of Parkinson's.

Parkinson's disease occurs when the nerve cells in the basal ganglia begin to die. When this happens, the amount of dopamine produced is lowered, and the signals that control muscle movement are weak or lost. The patient slowly loses the ability to control the initiation, speed, and smoothness of his or her movements. In the later stages of the disease, 80% or more of the nerve cells are dead or damaged.

So… WHY? Why do the nerve cells in the basal ganglia begin to die?

Conventional researchers believe that these nerve cells can die or become damaged by:

- Infection
- Trauma
- Toxins found in the environment
- A chemical called MPTP, which is found some illegal drugs
- Or by some drugs used to treat psychosis, including haloperidol or chlorpromazine.

While the disease does tend to occur in some families, no definite genetic link has been identified.

But what about those who have not been exposed to any of these potential triggers? WHY, do their basal ganglia nerve cells begin to die? Here is where we must temporarily suspend our disbelief and consider some other non-physical potential contributions to the progression of the mechanism that allows for degeneration of the nerve cells and the depletion of dopamine.

This is also where the research becomes very interesting, very challenging and very controversial. For instance, we know that there are three major influences associated with every major disorder, disease and dysfunction. They are:

- Genetics
- Environment
- And stress

Since no genetic link has been established and the superficial environmental offenders have been reasonably established, let's take a look at the possible influence of stress in this deteriorating cascade of degeneration, depletion and death.

THE HPA AXIS, STRESS AND PARKINSON'S

Perception of environmental threats suppresses a cell's growth activities and causes it to modify its response by adopting a protection "posture." Suppressing growth mechanisms conserves valuable energy needed in exercising life-saving protection behaviors. In humans, a similar systemic switch functions to shut down our growth processes and prepares us for launching a protection response.

In preparation for "fight or flight" reactions, adrenal hormones shunt blood from the digestive system and parts of the brain and redirect it toward the body's larger muscles, which adopt a protective posture. Reduced blood flow to the internal organs and brain, by definition, implies a suppression of growth-related behaviors, thus the compromise in circulation, nutrient delivery and waste removal from areas, such as, the dopamine producing "Substantia Nigra."

Secondly, adrenal hormones directly inhibit the action of the immune system, the internal "protection" mechanism.

The adrenal system's function is to protect the body from threats it perceives in the external environment. Adrenal suppression of the high budget immune system makes more energy available to the somatic system. Consequently, the more stress one experiences, the more susceptible they will be to dis-ease.

Adrenal hormones also reroute brain blood flow by constricting forebrain blood vessels and dilating hindbrain vessels. Fight or flight situations are more successfully handled using hindbrain-mediated reflex behaviors. Constriction of forebrain blood flow suppresses "logic" or "executive reasoning," since slower thinking responses ultimately jeopardize fight-flight reactions.

Have you ever experienced a loss of intelligence in response to adrenal-mediated "work stress?" This is represented by the Hypothalamus-Pituitary-Adrenal (HPA) axis. HPA stress suppresses visceral-mediated growth, inhibits the immune system and stunts intelligence. The degree of expression of these influences is directly related to the level of perceived stress. The more stress, the less growth.

The interference with growth due to chronic stress leads to dis-ease, since the body is unable to adequately maintain its metabolic vitality. In conclusion, conventional allopathic medicine is now beginning to realize that genetic expression, which influences the character of the body, is under the control of the environment and the environment is influenced by perceived threats producing stress.

One pathway, associated with this model and specific to Parkinson's is as follows:

The presence of the stress hormones suppresses the production of a gas in the brain, called nitric oxide, which in turn suppresses the production dopamine. So, in addition to compromising

circulation to the brain, the stress hormones play a direct role in suppressing the production of dopamine, which in turn produces a “double whammy” for the structures associated with producing the SYMPTOMS of Parkinson’s.

However, the growth or protection posture of an individual’s tissues and organs is mediated by the nervous system’s perception of its environment. Perceptions are beliefs. Misperceptions can inappropriately increase or decrease physiologic mechanisms and produce dis-ease. The role of perception and mind is now becoming a point of focus in allopathic healthcare, as they try to unravel the mysteries of the placebo effect and the role of psychosomatic stress.

BOTTOM LINE

Beyond what I’ve presented to this point, the “Rabbit Hole” goes much deeper than we’ve ever imagined. With the emergent technologies of epigenetics, neurogenesis and neuroplasticity, to name a few, there is sufficient evidence to substantiate the reality that nerve cells and brain tissue can regenerate, that DNA can spontaneously evolve out of nothing more than hydrogen and oxygen (water = H20), that specific frequencies of various energies, such as light and gravity, can intentionally re-construct damaged biological structures and that we are ultimately the biological end products of our interpretation of our perceptions (the way we view and interact with the world affects our biology).

And it doesn’t end there, however, the challenge is currently how to harness, adapt and introduce these intangibles into a coherent, predictable and scalable form of intervention. In the simplest sense, this boils down to increasing blood flow to the damaged structures and providing the body with the appropriate raw matters to regenerate normal function.

IN THE MEANTIME

Despite the convoluted and somewhat confusing nature of these undeveloped interventions, there are some strategies that anyone suffering the Parkinsonian SYMPTOMS can employ to improve their current experience.

These involve some simple things, such as, stress management, deep breathing (such as Chi Yi, a Chinese deep breathing exercise. It increases the oxygen supply in the blood and may thereby help alleviate depression), exercise, lifestyle modification and diet. While this list is certainly not comprehensive, some initial considerations might include things like eating a well-balanced, high-fiber diet. Maximize your intake of fresh green vegetables. Green leafy vegetables, rutabagas, sesame seeds, and sesame butter are good.

As much as possible, buy organic fruits, vegetables, and grains to minimize your exposure to pesticide residues.

Limit your intake of high-protein foods to no more than six ounces per day, taken mostly at dinner.

Fava beans, also called broad beans, are a natural source of Levodopa. One-half cup contains 250 mg, or the same amount as one pill. But don't substitute beans for pills without first consulting your doctor.

Patients attempt to relieve the constipation that often accompanies Parkinson's by eating bran. But recent research shows that bran is high in vitamin B-6, which interferes with the effectiveness of Levodopa when the drug is taken alone. Prune juice, grains, and fiber laxatives should be substituted instead.

Foods seasoned with hot spices have been known to cause uncontrollable physical movement in some people with Parkinson's. Avoid such foods.

Avoid all alcohol, caffeine, and sugar. All these substances create an acidic internal environment and are over-stimulating to a stressed nervous system.

Drink at least six to eight 8-ounce glasses of pure water daily to help flush toxins from your body.

And of course, gentle but consistent forms of movement therapy, such as Yoga, Tai Chi, daily walks, slow stretching can all provide the much needed stimulation to the relax and digest portion of the nervous system called the parasympathetic, which in turn, causes a deep relaxation of the muscles involved in the movement.

For more elaborate and specific dietary guidance you may want to investigate a diet called the 7:1 plan, specifically for Parkinson's patients.

IN CONCLUSION

The factors that cause the symptoms of Parkinson's are complex. I do not believe there will ever be a single solution or one "cure." A combination of therapies and treatments is needed. Which ones? At what time? These are decisions each person must make for themselves as they become available.

Meanwhile, even though the neurological system is very delicate and very sensitive to trauma, stress and toxins, when these are removed, released and ejected from the body, healing happens. If you are dedicated to finding ways you can help yourself, your journey to health and wellness will become continually more productive, more effective and more consistent.

Dr. Richard A. DiCenso is the CEO of Matrix Transformation and author of *Beyond Medicine, Exploring A New Way Of Thinking*. He is an international speaker and complementary care expert with over 30 years experience in treating chronic symptoms. With his extensive practice in "Whole Person Therapy," human biochemistry and orthomolecular nutrition, Dr. DiCenso is a leading authority in biological fluid analysis with his Matrix Assessment Profile (MAP). Dr. DiCenso provides unique insights into the world of unresolved symptoms and has helped thousands of individuals around the world with undiagnosable symptoms to dramatically improve their health without drugs or surgery. Visit www.MatrixTransformation.com for more

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