

## **PARKINSON'S DISEASE**

### **What is Parkinson's disease?**

Parkinson's disease is a disorder that affects nerve cells in the part of the brain controlling muscle movement. It affects the basal ganglia, which is the part of the brain that controls the co-ordination of movements. Neurons in this area become depleted of dopamine, the chemical that they use to transmit nerve impulses. Muscles become rigid, and it is difficult to initiate movements.

People with Parkinson's disease often experience trembling, muscle rigidity, difficulty walking, problems with balance, and slowed movements. These symptoms usually develop after age 60, although some people affected by Parkinson's disease are younger than age 50.

Parkinson's disease is progressive, meaning the signs and symptoms become worse over time. But although Parkinson's disease may eventually be disabling, the disease often progresses gradually, and most people have many years of productive living after a diagnosis.

### **Causes of Parkinson's Disease**

Doctors do not completely understand this condition and/or its causes but some of the suspected root causes of Parkinson's disease are listed below:

- Constipation- study showed concrete evidence that constipation is a likely cause (bowel movements less than one time daily).
- Depletion of l-dopa/dopamine, this chemical becomes depleted or the body simply ceases to produce it.
- Heavy metal toxicity, overexposure to harmful toxins can be very damaging. In babies, it often leads to autism and is suspected of leading to Parkinson's in adults.
- Over-consumption of meat
- Alcoholism and smoking, other unhealthy habits
- Folic acid/ folate deficiency may accelerate the progression of symptoms

### **Signs and Symptoms**

- Tremors
- Body parts moving involuntarily
- Shuffling of the feet and difficulty walking when there was no trouble before (referred to as "snowshoe syndrome")
- Muscle stiffness
- Losing balance and often not realizing it (leaning left or right)

**Facts you should know**

- The Fava bean is one of the only food sources of L-dopa. L-dopa is the active ingredient in Parkinson’s medicines however they lose effectiveness after 10 years. Fava beans are always bio-available because the body knows what to do with natural L-dopa and its capacity to do so is never diminished.
- Avoid sulphur rich foods like broccoli, garlic, onions, egg yolks, etc as they inhibit L-dopa
- You must stimulate your brain on a daily basis- do crossword puzzles, play video games to increase hand/ eye coordination- it is a “use it or lose it” thing. When part of your brain is unused, the cell neurotransmission is shut down in that area. If you are over 40 and you stop learning, you lose 100,000 brain cells a day.
- Detoxification is also important, with increase of motility and focus on detoxification you will benefit on many levels. Remember that you cannot detox if you are smoking cigarettes.
- Reduce consumption of carbohydrates. When the carbohydrates burn for energy it inhibits the production of l-dopa.
- Consume a low protein diet; protein should be eaten *before 2 pm*.
- Do not rely on multivitamins. There was a study on 76,900 women for 14 years and on 47,000 men for 12 years that showed they do not help. Healthcare professionals reported that after being given isolated vitamins such as vitamin C and beta-carotene, none of the people had any lower risk of Parkinson’s.

**Recommendations**

**Do:**

**Avoid:**

Consume Fava beans	Consuming protein after 2 pm
Consume plenty of raw cereal grasses	Consuming too many carbohydrates
Get plenty of fiber from fresh organic fruits and vegetables	Sulphur rich foods such as broccoli, onions, egg yolks, etc
Get plenty of EFA’s (Essential Fatty Acids, omega 3 and 6) from oily fish, seeds, and nuts	Drinking alcohol
Detoxify	Smoking
Stimulate brain on daily basis (with crossword puzzles, etc.)	Repeating ‘patterns’- instead take new routes, try new foods, etc

**The following foods, lifestyle changes, and nutritional supplements can help you achieve the guidelines listed above.**

- Fava bean- whether it is canned, frozen, or fresh, it is one of the only food sources of L-dopa. (*Remember that L-dopa medicines are no longer effective after 10 years while Fava beans are always bio-available since the body will always know how to efficiently use natural L-dopa.*)

- Detoxification is crucial since we are exposed to harmful toxins on a daily basis. Cereal grasses such as the **Organic Kamut Blend** and **Organic Barley Green Juice** will naturally help detox and alkalize your body.  
Take one scoop (2 tsp) mixed in water, aloe, apple, carrot, or other vegetable juice, two times a day, best taken on an empty stomach. Shake or mix well.
- **Rice Bran Solubles** is the ideal supplement for this disease as it is an amazing plant complex containing a wide variety of unique nutrients not found in other foods, like tocotrienols, a vitamin E type tocopherol that is 50 times more potent and protective to your body. Additionally the wide variety of B vitamins, co-Q 10, gamma oryzanol, folic acid, and beta sitosterol make it a superstar among foods.  
Take 1-2 tbsp. (6-12 grams) mixed with water, a green drink, smoothie, or fruit juice. Shake or mix well. You should **take 3-4 servings daily of Rice Bran Solubles** if you are really concerned. Can be taken with Organic Barley Green Juice or Organic Kamut, Aktivated Barley, Chlorella, Spirulina and/ or Daily Fiber Blend.
- You will need a high fiber diet to eliminate constipation; the **Daily Fiber Blend** was designed to help increase detoxification and motility. To avoid Parkinson's, studies show that it is imperative that one has a daily bowel movement- 3 times a day is actually best. This product is only necessary if you are having issues with constipation. Also good to add **Aktivated Barley** (slow- burning carbohydrate, natural source of beta glucan) and oatmeal to your diet as well as lots of fruits and veggies.
  - ❑ For Daily Fiber Blend: Take 1 scoop (2 tbs.) mixed with water or any beverage 2 hours before bedtime or instead of a snack. Shake or mix well.
  - ❑ For Aktivated Barley: Mix 1 rounded tbs. (10gm) with 6-8 oz of your favorite juice, milk, smoothie, or 'green' drink. Shake or mix well.
- **Fulvic Zeolite** and **Cracked Cell Chlorella**- both are aids in heavy metal detoxification. The *Zeolite* can be taken in conjunction with the *Daily Fiber Blend* to help you eliminate toxins each time you have a bowel movement. The *Cracked Cell Chlorella* is also highly recommended; it is high in nutrients such as chlorophyll, EFAs, and protein.
  - ❑ For Fulvic Zeolite: Adults - Hold 3 drops under tongue for 10 seconds then swallow or mix with any juice or water 3 times a day. Start with 1 drop 3 times a day and slowly increase to 3 drops over a period of 2 weeks. Best results when mixed with a green drink. You can mix with Organic Barley Green juice or Organic Kamut Blend and/or Rice Bran Solubles, Aktivated Barley, Spirulina, and Chlorella.
  - ❑ For Chlorella: Mix one rounded teaspoon with 8oz of water or add to any vegetable juice drink or smoothie, great with apple juice.
- **Master Amino Complex**- since you want to have a low protein diet- this is the perfect protein. It has the highest efficiency because it is pre-digested and never interferes with the body's L-dopa creation.

Take 2 tablets per every 25 lbs of body weight, daily.

- **Apothe-cherry** and **40x Aloe Vera Concentrate**- should be taken in tandem. Melatonin is very important since it is a powerful antioxidant. The aloe keeps the melatonin in the blood 3 times longer and helps increase ATP production. It stops the body from using too much of the melatonin that is produced, and very necessary, for the brain. Also great since we need to scavenge free radicals and aid the body's ability to stop the auto-intoxification that can lead to constipation.  
Mix 1 serving (2 tbsp.) of Apothe-Cherry and 1 serving (1 tsp.) of Aloe Vera with 8-10 oz of water. Best when taken ½ hour to an hour before going to bed.
- **Spirulina**- Spirulina is in fact nature's most complete nutrient source, containing an abundance of chlorophyll and essential fatty acids, vitamins, minerals, and nucleic acids, as well as nature's highest source of a new class of immune enhancing, photosynthetic pigment called phyco-cyan. Rich in beta-carotene, iron, vitamin B12 and the B complex.  
Mix 1 rounded tbsp. (10 grams) per day with water or your favorite juice, also great in smoothies.
- Adding digestive enzymes to the diet can help ensure that the fibers, carbohydrates, fats, proteins, and micronutrients in the foods we eat are either used by the body or eliminated. PHP's **Enzyme Advantage** is a 100% vegetarian source of Aspergillus derived enzymes that is validated by nine years of scientific research.  
Take 1-2 capsules with each meal.
- When you have Parkinson's, your body lacks proper neurotransmission, PHP's **Revive-It-All** is clinically proven to clean the mitochondria and also enhance neuro transmission (memory). Our turn back the clock formula was inspired by the research of doctors - yet contains ingredients that make it unique to PHP- Acytle L-Carnitine, Alpha Lipoic Acid, Ginkgo Biloba, and Glisodin ® SOD. The most important effect of *acetyl L-carnitine* is to maintain the function of the cell's energy powerhouse, the mitochondria. Published research continues to substantiate the multi-faceted benefits of this critical amino acid supplement. *Alpha Lipoic Acid* neutralizes the effects of free radicals in the body by enhancing the antioxidant functions of Vitamin C, Vitamin E, and glutathione. It also ensures the proper functioning of two key enzymes that convert food into energy. *Ginkgo Biloba* is known for enhancing circulation, which aids in mental functioning and helping to relieve muscle pain. *Super oxide dismutase* functions as an antioxidant and is used by every cell in the body.  
Take 3 capsules daily. For best results take 1 capsule in the morning, 1 capsule in the afternoon and 1 capsule in the evening. It is safe to double the serving size if you so desire.

\*\* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. \*\*