

# PARKINSON'S

## DISEASE

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### IMPORTANT

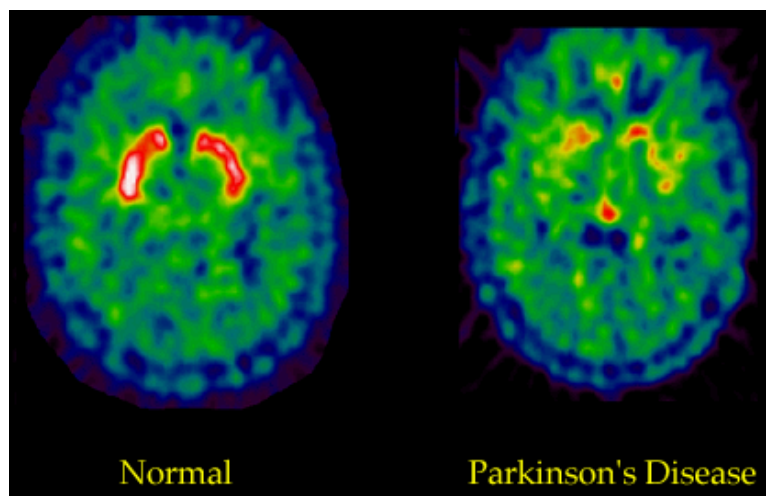
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### Introduction

Parkinson's disease is a condition where the brain becomes progressively more damaged over many years (Parkinson's is a progressive neurological condition).

Parkinson's disease results from degeneration of cells in the basal ganglia and the brain stem; however, it is not known what causes the onset of Parkinson's.



The disease mainly develops in people over the age of 50, and becomes increasingly common with increasing age. About 5 in 1,000 people in their 60s, and about 40 in 1,000 people in their 80s develop Parkinson's disease. The condition affects both men and women but is a little more common in men.

It rarely develops in persons under the age of 50.

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## Symptoms

The symptoms of Parkinson's disease are related to movement:

- facial muscles become immobile
- involuntary shaking of particular parts of the body (hands, arms, head) - tremor
- loss of a natural sense of balance - this is known as postural instability and can be causal in falls and injuries
- muscle cramps (especially calves and feet, but sometimes hands, head, neck, eyelids)
- muscle stiffness that can make everyday tasks such as getting out of a chair very difficult - rigidity
- physical movements become very slow - bradykinesia
- progressive degeneration until the individual is helpless
- shuffling walk
- slow, stiff awkward movements in general

A person with Parkinson's disease can also experience other symptoms unrelated to movement (non-motor symptoms) such as:

- alterations in the sense of smell
- daytime sleepiness
- depression
- dysphagia (difficulties swallowing)
- having little interest or pleasure in things enjoyed in the past
- insomnia
- pain
- serious mental and emotional changes can occur
- speech may become slow and monotonous
- weight loss

Symptoms of dementia in people with Parkinson's disease include:

- delusions (believing in things that are not true)
- difficulties recognising previously familiar people and places
- poor concentration and low attention span
- significant problems with memory, learning new information and understanding written and spoken language
- sudden outburst of emotions such as anger, excitement and frustration
- visual hallucinations (seeing things that are not real)

## **Automatic dysfunction**

The changes in brain chemistry that occur in Parkinson's disease can cause the following:

- a sudden drop in blood pressure when moving from a sitting or lying position to a standing one (orthostatic hypotension) - this can cause dizziness, blurred vision, and in some cases fainting
- constipation
- difficulties swallowing (dysphagia) - which in turn can lead to malnutrition (not having enough nutrients in your diet) and dehydration (not drinking enough fluids)
- excessive production of saliva (drooling)
- excessive sweating (hyperhidrosis)
- in men - inability to obtain or sustain an erection (erectile dysfunction)
- in women - difficulties in becoming sexually aroused and achieving an orgasm
- problems with urination - such as having to get up frequently during the night to urinate and, or separately from, urinary incontinence (the unintentional passing of urine)

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## **Allopathic Treatment**

There is currently no allopathic cure for Parkinson's disease, and no allopathic treatment prevents the disease from progressing. However, allopathic treatments can usually ease symptoms.

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## **Alternative Treatment**

### **Tissue Salts**

- Calc Phos
- Mag Phos
- Silica

### **Supplements**

Vit A - (Retinol, Carotenoids) maintenance 1-3 mg

Vit B-Complex - 100 mg 3 x daily

Vit C - 3,000 mg - 10,000 mg daily

Vit D - sit in the sun for 10-15 minutes per day (2,000 - 4,000 iu daily)

Vit E - 400 - 600 iu daily

Lecithin 5-15 g daily

Magnesium - 1,000 mg daily

Co-enzyme Q10

Garlic Oil Caps - 4,000 mg daily

Omega 3 Fish Oil (EPA and DHA) - 3,000 mg daily

Zinc - 50 mg daily

Acidophilus

Swedish Bitters - 20 ml, 4 x daily

Hydrogen Peroxide therapy is recommended

Oil Drawing therapy is recommended

Charcoal Water therapy is recommended

Water therapy is recommend

A humidifier is recommended (Tea Tree, Rosemary, Lavender oil, etc)

Reduce stress (hypnosis, relaxation, and healing programs are recommended)

### **Raw Juice**

- Carrot Juice (340 ml) and spinach juice (115 ml), daily
- Carrot juice (170 ml), beetroot juice (140 ml), and cucumber juice (140 ml), daily

### **Also Consider**

300 mg of St John's Wort with meals 3 times a day. According to the Holistic Herbalist website, herbalists have found that a mixture of St. John's Wort, with rosemary and ginkgo biloba, can be helpful in treating Parkinson's. This includes cognitive impairment, memory difficulties, and visual and speech disturbances. It is suggested that St John's Wort has the ability to fight bacterial and viral infections.

Contra indications include increased sensitivity to sunlight, as well as interaction with allopathic prescription medications.

40 x drops of tincture of rosemary, 2 x daily, to help support better concentration and memory. Rosemary also is used for its antiseptic and antibacterial properties.

120 mg of ginkgo biloba extract 2 x daily to enhance memory and support clear thinking while recovering from encephalitis. It is suggested that ginkgo biloba improves blood flow to the brain, and may work to protect/repair damaged nerve cells.

Take 0.5 mg of melatonin daily. It is suggested that that melatonin may have protective effects against parkinson's.

250 mg of astragalus standardized extract, 4 x daily, for immune support and antiviral activity, and to help with weakness and exhaustion. It is suggested that the astragalus herb can raise immune system resistance and improve physical endurance.

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### **Positive Items When Dealing with Parkinson's**

- Cereal grains oats, whole brown rice, barley
- Dairy live organic yoghurt
- Fish/seafood cod, un-smoked halibut, herring, haddock
- Flax seed oil
- Fruits ripe bananas, grapes, apricots, figs, dates, blackberries, bilberries
- Fungi Shiitake mushrooms, Reishi mushrooms
- Green Tea
- Legumes soya beans, kidney beans, butter beans, lima beans, green peas, chick peas, sprouted mung beans, lentils
- Meats free range and organic chicken & turkey

- Nuts & Seeds pecans, cashews, hazelnuts, walnuts, coconut, almonds (no more than 10 per day), sunflower seeds, sesame seeds, pumpkin seeds
- Sprouted alfalfa
- Teas, Herbs and Spices, basil, ginger tea, camomile tea, peppermint tea, black tea
- Vegetables carrots, parsnip, garlic, cabbage, Brussels sprouts, cauliflower, broccoli, kale, spinach, green beans, corn, leeks, celery, water cress, avocado

#### **Negative Items When Dealing with Parkinson's**

- Alcohol
- Artificial sweeteners
- Battery chicken and eggs
- Cheese
- Chocolate
- Coffee
- Dairy foods (except organic yoghurt)
- Foods with additives
- Hydrogenated fats
- Milk
- Nuts (other than those mentioned above)
- Pickled foods
- Pork products
- Red meat
- Refined carbohydrates
- Salami
- Smoking
- Tap water - use filtered or spring water
- White sugar (sucrose)

End

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