



Introduction to Parkinson's Disease

Parkinson's Disease, or Lewy Body Dementia, is a disease of the brain and central nervous system which affects coordination, memory and mood. It is caused by a buildup of deposits in the brain. The brain / central nervous system has its own functional immunity, and over time with what may be genetic factors contributing, individuals diagnosed with PD are developing these deposits from toxic buildup of fatty type cysts which interfere with normal brain function. The disease is different, with symptoms unique to each person, based upon where these "Lewy bodies" form in the tissue. Previously, it was believed that the condition is non-reversible and progressive. However, given shifts in current understanding and studies in epigenetics and neurobiology; there seems to be some hope that early intervention and lifestyle changes can greatly impact the progression and in some case studies there has been reversal of the disease (remission?) I highly recommend that any family with a history of PD or other brain related diseases invest the finances needed for the earliest diagnoses by having brain scans at the Amen Clinic in Reston, Virginia. Please contact me for more information, I am usually able to coordinate a discount for my clients who wish to undergo the assessments. If there is already a diagnosis, this clinic has many services which would be covered by insurance although, the "elective" screening, typically is not. Consider this, the \$2,000-3,000 spent now to determine the earliest possible diagnosis and risk factors (**DECADES** before the onset of the first symptom); what you could prevent in future costs for healthcare and support services would *far outweigh* this amount.

My encouragement is this, what you believe about your circumstances despite whatever current status exists in your body has the greatest chance to affect the most positive CHANGE! The body is ALWAYS, always trying to heal and mend itself (this is why the toxins are being insulated "away" from the brain tissue in the first place, we just call this *disease*). Trust and hope, that with energy and effort, you can see positive changes taking place.

Part 1.

- I. **Digestive System** Because of gut-brain innervations and direct feedback, optimal gut flora and function is key to maintaining a good status with PD. Even minor issues, such as diarrhea and constipation can cause transient symptoms in the brain. Diarrhea can rob the body of minerals and electrolytes and creates insufficient nutrient absorption. Constipation can result in toxins backing up in the gut causing inflammation, drainage through the lymphatic system and disruption of the brain's ability to clear toxins. This is very important to avoid due to the alpha-syn-protein aggregation directly involved in causing deposits in the brain contributing to PD. A healthy, "daily regimen" for the bowels must be maintained. Consider using the Doterra "Cleanse and Restore" every 6 months to maintain healthy gut flora, use PB Assist at least weekly to maintain healthy gut flora once established. Cleansing the gut also cleans the brain, so eat clean as well.

II. Scalar Water Scalar water can be used like distilled water to pull toxins from the body, probably with greater efficacy and less risk. Follow specific instructions of any reputable sourced product. If you want to use distilled water, do not do this daily or even weekly-only “as needed” to rid toxins from the body. Drink 5-8 (12 oz) glasses to pull toxins from the body. Consider adding this behavior to regimen to aid body in ridding itself of toxins when necessary (i.e. after a brief illness, for over-exercise/athletic pain, after indulgence in rich food or alcohol, etc). Note, care must be taken to re-hydrate as normal and not to demineralize or disrupt electrolytes. (A good company for reliable scalar water is the **Osmosis Skincare Company** created by medical doctor, Ben Johnson has many “Harmonized Elixers” available for a variety of issues. [Tesla invention/NASA application to keep Astronauts in zero gravity healthy])

III. Sleep and Stress The Pineal gland and Pituitary Gland are important in regulating sleep and stress. Lack of sleep directly results in toxins building up in the brain and ongoing stress, or repetitive episodes of stress can result in disruption of the parasympathetic nervous system overriding bodily functions. Therefore, it is vital to support these organs in the PD patient.

IV. Supplements

- a. **Choline** -Important precursor for ACH (acetylcholine), a neurotransmitter.
- b. **MSM** -(w/ or w/out glucosamine) Sulfur compound vital for ridding toxins from the body.
- c. **Greens** -enrich antioxidants and bioflavonoids in the body.
- d. **Enzymes** -aid in digestion, absorption and healthy gut function when taken with food. Aids in lymphatic clearing when taken on empty stomach.
- e. **Prebiotics** -raw foods and fermented products which PROVIDE NUTRIENTS TO GUT FLORA, which helps YOU to absorb the vitamins required by cells for healthy and OPTIMUM function.
- f. **Probiotics** – populate and repopulate your gut flora / biome (the different types of beneficial bacteria living inside you and all over you benefits from this); after initial use for a couple weeks, eat prebiotic food daily and once a month or so give yourself a “weekend boost” of a beneficial probiotic.

V. Nutrition Eat clean food, avoid processed, canned and microwaved food.

- a. **COLORED VEGETABLES:** Leafy greens, cruciferous vegetables, carrots and spinach, beets, radishes, microgreens, squash, zucchini-if it has any color, try it
- b. **BEANS and NUTS /SEEDS;** beans and legumes including lentils, peas, chickpeas, (Humus!); peanut butter or other nut or seed butters and raw nuts (TIP: soaking raw almonds / other nuts for a few hours before enjoying them makes them “come alive” turning on all the enzymes and minerals they have to offer your body. This maximizes your ability to digest and receive all the vital nutrients they offer).
ASIDE: replacing a single meal per week with a non-animal protein product reduces waste and carbon footprint caused by consumerism-it helps your body, economically helps agriculture industry across the planet and helps the earth.
- c. **ONION FAMILY:** Onions; All types including red, yellow, white, garlic, leeks, shallots, etc. (contain highly anti-infectious molecules your cells love)
- d. **MUSHROOMS:** Mushrooms; a small amount (*the size of your thumbnail*) of cooked mushrooms concentrates quercertins
- e. **BERRIES / CHERRIES=** Berries; Deeply colored, low in sugar, high in anti-cancer, immune-boosting elements and antioxidants (not maraschino, nor candy cherries except the occasional dark chocolate one).