



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 diagnoses, 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 I.

- 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 α -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. **Distilled Water** Although usually NOT recommended for this use, Distilled Water can be consumed to remove 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. (LLV, Bone Nutrient Complex afterwards)

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 **Everyone should use the Doterra LLV**

- a. **Choline** -Important precursor for ACH (acetylcholine), a neurotransmitter, (AtoZ has this, also "Mindwise" Young Living Supplement made especially for brain,
- b. **MSM** -(w/ or w/out glucosamine) Sulfur compound vital for ridding toxins from the body
- c. **TerraGreens** -enrich antioxidants and bioflavonoids in the body
- d. **Terrazymes** -aid in digestion, absorption and healthy gut function when taken with food. Aids in lymphatic clearing when taken on empty stomach

V. Nutrition "G'BOMBS" Daily. Eat clean food, avoid processed, canned and microwaved food.

- a. G = Greens; Leafy greens, cruciferous vegetables, carrots and spinach
- b. B = Beans; all types of beans and legumes including lentils, peas, chickpeas, etc. (Humus!)
- c. O = Onions; All types including garlic, leeks, shallots, etc.
- d. M = Mushrooms; a small amount of cooked mushrooms concentrates quercertins
- e. B = Berries; Deeply colored, low in sugar, high in anti-cancer, immune-boosting elements and antioxidants
- f. S = Seeds; All nuts, chia, flax, etc (H2O Soaked raw almonds are greatly concentrated in minerals and enzymes. They get "turned on" yet are still crunchy. Soak for a few hours up to overnight)

Part 2 Essential Oil Use

I. Dr. Terry Freidman (AZ) Protocols *passed away in 2012 before current research published*

- a. **Helichrysum + Frankincense**: Diffuse 1 hour, nightly
- b. **Helichrysum + Sandalwood**: Weekly/Biweekly Body Massage to chelate toxic, heavy metals and discharge them from the body. This can be used to prevent PD, as well
- c. **Layering Technique**: Begin by placing a few drops of (1) Frankincense on the base of skull and back of neck. Work the oil in, up to the occipital crest down to the top of the spinal cord; Follow with 3-5 drops, in order of (2) Valerian, (3) Vetiver, (4) Balsam Fir (*Abies balsamia*), note Douglas Fir is *Pseudotsuga* not *Abies* spp. (5) Roman Chamomile, and (6) Western Red Cedar, which is Arborvitae.

II. Supportive Oils for regular use in PD

- a. **Cinnamon**: research has shown efficacy at reducing alpha-syn-protein deposits (2012 research)
- b. **Balance**
- c. **Marjoram**
- d. **Lavender**
- e. **Peace**
- f. **Passion**
- g. **Console**
- h. **Sandalwood**
- i. **Citrus Oils (esp. Motivate, Cheer, Elevation)**: using citrus has been found reduce depression, normalize neuroendocrine function (glands in brain) and boost immune function (1995 rsch)
- j. **Cassia, Clove and Cinnamon**: contain Eugenol, found to prevent induced dopamine depression which is part of the disease process in PD (2007 rsch)

III.

- Use these oils on a regular basis; in blends and diffusing, to support overall brain health and gland functions. Experiment with blending these and oils to support PD specifically to achieve symptom relief as needed. Dilute as recommended for topical use. Aromatic use is best for the Pineal Gland. Oils can be applied topically and ingested to support PD.