

PARKINSON

Parkinson disease (PD)

Basics

- Neurological disorder characterized by impairments in motor system function
- Degenerative disease of certain regions of the brain (substantia nigra globus pallidus) responsible for moderating and controlling movement (motor function)

Symptoms

- Resting tremors in hands, rigidity, slowness of movement, balance impairment
- Decreased facial expression and sense of smell, sleep disturbances, soft voice, slowness in thinking, abnormally small handwriting
- Autonomic dysfunction (eg, constipation, sweating abnormalities, sexual dysfunction)
- Mood disturbances, particularly depression



Prevention strategies

- Avoid exposure to toxic chemicals, particularly pesticides, herbicides, insecticides, industrial plants or quarries, heavy air pollution and toxic mold. Avoid consumption of well water or add water filtration system.
- Improve your gut health by treating all gut infections. Consume a diet rich in nutrient dense, pesticide-free foods, such as vegetables and fruits, nuts and seeds which provide vitamin E and variety of minerals, and prebiotic rich foods. Consider adding probiotics. Remember, 80 % of the immune system resides in the gut.
- Consider supplementing with vitamin D, C, omega-3 fats and coenzyme Q10 (ubiquinone) – a molecule produced in all cells, necessary for energy production in the mitochondria. Deficiencies of CoQ10 have been associated with neurological disorders, such as PD. Look for ubiquinol form of CoQ10 which is better absorbed and provides greater therapeutic effect.