

# ALL-NATURAL TREATMENT OPTIONS FOR PARKINSON'S AND ALZHEIMER'S

## PARKINSON'S

Reasons that contribute to Parkinson's Disease (PD) include:

- Poisoning by heavy metal such as *lead, mercury, cadmium, chromium, arsenic, cobalt, nickel, antimony, vanadium, zinc, platinum, palladium and rhodium* found in **mining and industrial wastes; vehicle emissions; lead-acid batteries; fertilizers; paints; treated woods; aging water supply & infrastructure; microplastics; color enhancers; anti-corrosive agents; children's toys; toy jewelry, coloring dyes, vehicle emissions, groundwater, lakes, streams, rivers as well as plant and animal based foods** AND organic toxins such as *pesticides, herbicides and artificial food additives*
  - Excessive oxidative stress that cause inflammation in the brain
  - Long term use of OTC drugs, recreational drugs, medications and antibiotics (*80% is used in livestock animals*)
  - Prolonged stress
  - Excessive iron intake, especially that from iron supplements, in the attempt to remedy low blood pressure (a condition a.k.a. *hemochromatosis*) contributes to oxidation of the blood and to the brain cells
  - Diabetes or excessive consumption of sugar
  - Various nutrient deficiencies
  - Lack of good gut health from lack of consumption of probiotics and fermented foods such as *kefir, kombucha tea, sauerkraut, kimchi and tempeh (fermented soy)*
1. **Magnesium:** Low intake of magnesium enables the deposition of excess calcium, heavy metals and toxins in the brain that leads to Parkinson's and Alzheimer's diseases. When you consume adequate amounts of magnesium, heavy metals cannot be absorbed in the small intestines. Magnesium plays a vital role in protecting neurons from the lethal effects of aluminum and mercury poisoning. Magnesium Threonate is the only form of magnesium that crosses the blood brain barrier. Additionally, it has the same benefits as any other magnesium including enhancing sleep quality. A recent research study published in the medical journal [Neuron](#) showed that Magnesium Threonate creates improvement in learning abilities, working memory and both short and long term memory.
  2. **B Vitamins:** A deficiency in vitamins B9 (folate) and B12 (cobalamin) can cause brain problems that will initially manifest as depression, anxiety or even psychosis. The other B vitamins are useful for protecting against age-related brain wasting, and possibly prevent memory loss.
  3. **Glutathione:** Glutathione is the mother of all antioxidants and is powerful in neutralizing free radicals damage and greatly reduce oxidative stress that destroy neurons. Astaxanthin helps maintain and even raise glutathione levels under conditions of elevated oxidative stress aka free radicals.

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4. **Curcumin:** The active ingredient in Turmeric has shown powerful benefits for brain health. Curcumin is neuroprotective and studies have shown that it reduces oxidative stress, mitochondria dysfunction and cell death—some of the main factors of early Parkinson's disease.
5. **Grape Seed Extract:** Possesses super antioxidant power that reduces DNA fragmentation in the brain. It's also able to cross into the blood brain barrier to protect brain cells from oxidative stress aka free radical damage.
6. **L-Tyrosine:** Is a non-essential amino acid used to manufacture certain hormones and neurotransmitters, including dopamine, norepinephrine, epinephrine, and thyroxine. The brain needs these neurotransmitters that help you to concentrate, focus, be alert, make new memories, sharpen your senses, decrease pain sensitivity, and help you cope with stress. Lacking these will cause a chaotic situation in the brain.
7. **L-Taurine:** Is another non-essential amino acid that helps your brain to control stress and anxiety by lowering cortisol. It is a potent brain nutrient that fights brain inflammation.

## ALZHEIMER'S

Reasons that contribute to Alzheimer's include:

- Scientists believe that for most people, Alzheimer's disease is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time.
- Less than 5 percent of the time, Alzheimer's is caused by specific genetic changes that virtually guarantee a person will develop the disease.
- Alzheimer's disease damages and kills brain cells. A brain affected by Alzheimer's disease has significantly fewer cells, fewer connections among surviving cells and leads to substantial brain shrinkage compared to a healthy brain.

### 1. **40 mL or 2.7 tbsp of Organic Coconut Oil per day**

- a. In December 2015, the results of a [Spanish clinical trial](#) was published on the effects of coconut oil being used to treat patients who have Alzheimer's. The study included giving 40 ml, approximately 2.7 tablespoons, of coconut oil a day to one of two control groups. Both control groups were made up of people of varying ages and genders in various stages of Alzheimer's. One control group received the coconut oil and the other did not. The study concluded that there was a statistically significant increase in test scores demonstrating improved cognitive status in the control group that received the coconut oil. The study clearly demonstrated the potentially powerful positive effects of coconut oil on patients struggling with Alzheimer's.