

Healing by Design

Parkinson's Disease

Top 10 List:

1) Alkaline diet of fruits, veggies and greens, nuts and seeds. A cleansing, healing diet which allow the nerves and brain to repair, essential fatty acids are crucial here, like olive oil and avocado.

- * ***Polar Power by North American Herb and Spice***
- * ***Raw, cold pressed flax seed oil***
- * ***Krill Oil***
- * ***Spirulina - HIGH amounts of beta carotene (vitamin A) and other healing nutrients***

2) Please eliminate all dairy, grains and complex sugars, including "healthy sugars." Eliminating grains is helpful to most everyone, especially those with nervous system disorders. There are many toxins in grains that affect nerve and brain function such as:

Phytates – Phytates, also found in lesser quantities in nuts and seeds, are not inherently damaging, but they do bind to dietary minerals and prevent their absorption. They're not as harmful as gluten and lectins if the rest of your diet is mineral rich. To help break down phytates, you can soak food in water combined with lemon juice or vinegar.

Gluten – Gluten is a protein which enables bread to rise by forming gas cells that hold carbon dioxide during fermentation. Modern technology has increased the amount in wheat so that it now contains about 80% gluten.

Lectins – Lectins are so small and hard to digest that they tend to bio-accumulate in your body. They damage the gut lining which leads to leaky gut and other disorders. Lectins also cause leptin resistance, which means that your hunger signal is suppressed and that you'll be hungry even when your body has had more than enough calories. They're resistant to heat and digestive enzymes and can bind to almost all cell types, causing damage to tissues and organs.

All seeds of the grass family are high in lectins which cause agglutination.

- Here's the Merriam Webster definition of *agglutination* – "a reaction in which particles (as red blood cells or bacteria) suspended in a liquid collect into clumps and which occurs especially as a serological response to a specific antibody".

What agglutinin is capable of doing to us is this:

- It stimulates the synthesis of chemical messengers that are responsible for inflammation in response to some injury or invasion.
- ***It inhibits nerve growth factor which keeps neurons alive and thriving and sticks to the protective covering of nerves (the myelin sheath)***
- New research is showing that it may disrupt endocrine function and interfere with other genetic expression.
- It shares similarities with certain viruses
- It induces platelet aggregation
- It stimulates pro-inflammatory cytokines and causes gut permeability ([12](#)) which allows bacteria and large particles to enter the bloodstream
- Gliadin epitopes in modern wheat contribute to gut-permeating activity that moves dietary antigens into your blood stream. It's believed to be causative in autoimmune diseases such as rheumatoid arthritis, multiple sclerosis, inflammatory bowel disease (ulcerative colitis), asthma, chronic fatigue syndrome and depression. 30% of the population has noticeable amounts of anti-gliadins in their stools. Anti-gliadins are antibodies secreted when the body sees gliadin, a constituent of gluten, as an intruder. Having the antibody in your stools means that your body is actively fighting an intruder and that you already have low level inflammation.
- Gluten triggers the over-abundance of zonulin, a protein which is responsible for the permeability of tight junctions between cells of the wall of the digestive tract. Too much zonulin production disrupts intestinal barrier function
- ***Agglutinin binds to the outer coating of human cells, can cross the blood-brain barrier allowing bacteria to enter cells***

3) Dopamine. Supplementing products that NATURALLY increase dopamine is crucially important and beneficial, while using synthetic pharmaceutical drugs are dangerous. ***Mucuna Pruriens by Ojio or Banyan Botanicals*** has the largest natural source of L-Dopa (the pre-cursor for dopamine) among and known plant. Start with very slow doses and slowly increase. ***Cerevive by Ortho Molecular*** contains many ingredients that naturally boost dopamine and serotonin both. Natural nutrients that help with dopamine production includes turmeric, ginkgo biloba, L-Theanine, L-Tyrosine, and Mucuna Pruraria. For a great turmeric product use ***Turmerol by North American Herb and Spice***.

4) Antioxidants! Vitamins C,D,E and Sunshine.

Vitamin C - Pure Radiance C by Synergy Company or Garden of Life Vitamin C

Vitamin D - SUNSHINE (No pill can replace!) Harmonic Innerprizes 10,000IU or Garden of Life 5,000IU's

Vitamin E - North American Herb and Spice Purely-E

4) Antioxidants! Glutathione. You can use straight Glutathione such as ***Glutathione Liposomal by Quicksilver***. Better yet, take products that naturally increase Glutathione in every cell of the body! There are two great products for this called ***R-Lipoic Acid with Vitamin C by Quicksilver and Protandim by LifeVantage***. ***NAC by Dr.'s Best*** is a precursor to Glutathione and is helpful.

5) Antioxidants! Super Oxy-Dismutase (SOD). Good sources include honeydew and canteloupe. Are favorite source is Chaga Mushrooms. **North American Herb and Spice have various Chaga products such as Chaga Boost and Chaga-O-Power.**

6) Antioxidants! Other. There are many amazing products out there loaded with powerful antioxidants such as **Alpha Lipoic Acid by Dr.'s Best, Astaxanthin found in BioAstin by Nutrex (our personal favorite!), Grapeseed Extract by Flora, Resveratrol by Garden of Life, Daily Antioxidants by Cedar Bear and Pycnogenol by Healthy Origins.**

7) Mitochondrial support. There are certain nutrients the mitochondria of the cells need to function properly such as antioxidants (listed above), coQ10, B-vitamins and certain minerals. Some great products include **Mito-Synergy, CoQ10 by Garden of Life or Dr Clark Stores, Ubiquinol by Healthy Origins or just a good multi-vitamin such as Garden of Life.**

8) B-Vitamins and especially B-12. **Methyl-B Complex and Metyhyl-B-12 by Quicksilver**

9) CBD Oil - Maybe the most promising recent discovery for nerve related health problems. Cannabidiol regulates the nervous system. Check www.projectcbd.org, which lists many published studies related to the benefits of CBD oil and Parkinson's Disease. It is important to get the best quality CBD, which is **Elixinol brand. The strongest therapeutic dose is called the X-Pen. We also encourage the 3600mg bottle starting at 15mg 2x daily. This can be safely increased up to 200mg daily for severe cases.**

10) Feeding the nerves - Nerves are made of lipids and the molecule PC (phosphatidylcholine) is in every cell of the body and crucial for cellular and nerve repair. Lecithin is a key component to healthy nerves, found in sunflowers and soy (but we encourage avoiding soy)

* **Phosphatidylcholine by Quicksilver**

* **Lecithin by NOW Foods, add to salads and smoothies, or take capsules**

11) Essential Oils. Some of the best essential oils for nerve issues include **frankincense (best), sandalwood, cedarwood and rosemary. We use Aromatics International and DoTerra brands.**

12) GET TESTED! Find the root cause of your health issues. There is something interfering with brain function and neurotransmitter function related to dopamine production.

OATS test - Checks for infections, mitochondrial function, dopamine levels, b-vitamins and more

GPL-Tox - Checks 172 chemical contaminants such as herbicide, pesticides, fuel additives, etc.

Quicksilver Mercury and Blood Metals Panel - Checks heavy metals and mineral levels using blood, hair and urine

13) Far-Infrared Saunas! Getting in a far-infrared sauna is the #1 way to detoxify the body of ANY health issue. Regardless if the concern is chemicals, heavy metals, infections, etc. HEAT and SWEAT is how to remove toxins from the body. Do this as often as possible!

All testing can be done through Spirit of Health