Your Monthly Update

Dear Colleague

Welcome to the November 2010 newsletter from Pure Bio Ltd.

Did you know:

According to research published in the Archives of Internal Medicine, high doses of oral vitamin D may reduce the incidence of fractures in the over-65's by 20 per cent

The chosen topic for this month is:

Parkinson's Disease

Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Primary		
Secondary	CoQ10 Methionine NADH Vitamin B2 Phenylalanine Vitamin C & E	
Other	Tyrosine Phosphatidyl serine Vitamin B6 Vitamin D	

Primary – Reliable and relatively consistent scientific data showing a substantial health benefit.

Secondary – Contradictory, insufficient, or preliminary studies suggesting a health benefit or

minimal health benefit.

Other – An herb is primarily supported by traditional use, or the herb or supplement has little scientific support and/or minimal health benefit.

Symptoms

Parkinson's disease is primarily a disease of the elderly. It is a chronic, slowly progressing and often debilitating disease which ultimately affects the mind and personality. Parkinson's disease affects more men than women at a ratio of three to two. Symptoms of fully-developed Parkinson's include rigid muscles, trembling, slow movement, loss of balance and stooped posture. Symptoms appear progressively, in no particular order and there may be a significant elapse of time before they interfere with normal activities. Eventually the face develops a mask-like appearance, with the eyes staring and the face expressionless. Often, the first sign is the development of a slight trembling in one hand, which disappears with movement and during sleep. Later, the trembling affects other parts of the body, especially the arms, legs and jaw. As the muscles become increasingly tense and rigid and movements become laboured and stiff, they begin to ache and weaken. Walking and balance become difficult and there is a tendency to fall. The mouth hangs open and there is excessive salivation. Swallowing also becomes difficult. Controlling speech is laborious and the monotonous tone produces an almost incoherent mumbling. Concentration and memory become poor.

Causes

Parkinson's disease was discovered over a century ago, and the cause remains fundamentally unknown. Genetic defects cause nerve and brain cells to deteriorate, which affects the production of actetycholine and dopamine. Loss of muscle control ultimately results from the deficiency of these neurotransmitters. The nervous system is particularly sensitive to the effects of toxins, so chemicals have a role to play a role in some cases of Parkinson's. The typical symptoms of Parkinson's also occur in meningitis and various types of poisoning from alcohol, carbon monoxide and heavy metals. This group of symptoms is called Parkinsonism. Overdoses of manganese also cause Parkinson's symptoms, and high levels of stored iron are found in those with Parkinson's disease.

Poor nutrition is an underlying cause of Parkinson's disease. High consumption of meat, rich in protein, also aggravates symptoms of the disease, whilst at the same time inhibiting the body's use of vitamin B6.

Symptoms of Parkinson's should not be confused with milder problems that are common as people get older, including slower, stiffer movements from aching joints, and trembling. Problems with poor memory and a lack of facial expression are often linked to depression.

A more healthy diet based on fresh foods, complex carbohydrates and avoidance of processed meals and snacks will invariably reduce the symptoms of indigestion. Food combining can also be very helpful, particularly in the elderly.

Dietary Modification

General recommendation is that people with Parkinson's disease supplement with fibre and maintain adequate fluid intake to reduce the constipation that is associated with this disease. Eating high-fibre foods may also help - studies show that fibre increases the body's ability to absorb dopamine. Fava beans are high in fibre and dopa, which is the precursor to dopamine. Artichokes and pomegranates also contain significant amounts of manganese and should thus be avoided.

A low protein diet, with most of the protein being eaten in the evening, significantly reduces the symptoms of Parkinson's. Deficiency of folic acid, magnesium and the amino acids tryptophan and tyrosine may be involved in the disease. Seventy-five percent of the diet should be comprised of enzyme-rich raw foods to ensure optimal use of the minerals and other nutrients found in vegetables, fruits, seeds and nuts. Foods high in vitamins A, C and E, such as fruits and vegetables, provide antioxidants, which help to destroy the free radicals causing cell damage.

The omega-6 essential fatty acid, linoleic acid - found in cold-pressed sunflower or sesame oil - helps reduce tremors and relieve constipation. Vitamin B6, contained in bananas, whole grains, fish, peanuts, potatoes and oatmeal, raises brain-dopamine levels. Tyrosine elevates mood, alertness and ambition, and can be found in alfalfa, lettuce, carrot and beet.

Nutritional Supplement Treatment Options

CoQ10 – *120mg TID.* In a double-blind trial, coenzyme Q10 given to people with early Parkinson's disease significantly slowed the progression of the disease.

Methionine - Preliminary trials have suggested that the amino acid methionine may effectively treat some symptoms of Parkinson's disease.

NADH—*5mg BID.* Drug therapy for Parkinson's disease has been reported to deplete vitamin B3 in humans. Vitamin B3 may be needed to decrease SAMe levels, and in so doing, may possibly help people with Parkinson's disease. Nicotinamide adenine dinucleotide (NADH)—the active form of vitamin B3 in the body—effectively raises the level of dopamine in the brain, making it potentially useful in the treatment of people with Parkinson's disease. In preliminary research, NADH supplementation reduced symptoms and improved brain function in people with Parkinson's disease.

Phenylalanine - In a small, four-week trial, d-Phenylalanine (DPA) supplementation improved motor control and tremors in people with Parkinson's disease. Some commercially available phenylalanine products contain dl-Phenylalanine - the form of phenylalanine that occurs naturally in food (also known as DLPA). People with Parkinson's disease should consult a physician before using DPA or DLPA.

DPA should not be taken with L-dopa as it may interfere with the transport of L-dopa to the brain.

Vitamin B2 – *30mg TID.* In a preliminary study of 31 individuals with Parkinson's disease, all had laboratory evidence of

http://www.purecaps.com/healthnotes_Conditions.asp?topics=%2fus%2fassets%2fnutritional-supplement%2fvitamin-b2%2f%7edefaultvitamin B2 (riboflavin) deficiency. Nineteen of these individuals received 30 mg of supplemental riboflavin TID for six months. After three months, all participants treated with riboflavin demonstrated an improvement in motor capacity, and this improvement was either maintained or greater at six months. (The participants in this study also eliminated red meat from their diet)

Vitamin C & E - *3,000 mg of vitamin C and 3,200 IU of vitamin E*. Interest in the relationship between antioxidants and Parkinson's disease led to a preliminary trial using high amounts of vitamin C and vitamin E in early Parkinson's disease and to a large ten-year controlled trial of high amounts of vitamin E combined with the drug deprenyl. In the trial combining vitamins C and E, people with early Parkinson's disease given 750 mg of vitamin C and 800 IU of vitamin E QID (totaling 3,000 mg of vitamin C and 3,200 IU of vitamin E per day) were able to delay the need for drug therapy (i.e., L-dopa or selegiline) by an average of about two and a half years, compared with those not taking the vitamins. (The amounts of vitamin E used in the above trials were very high, because raising antioxidant levels in brain tissue is quite difficult to achieve).

l-Tyrosine is the direct precursor to L-dopa and therefore could be an alternative to L-dopa therapy.. One small preliminary trial demonstrated that some people with Parkinson's disease who supplemented with L-tyrosine (45 mg per pound of body weight) for three years had better clinical results and fewer side effects than did patients using L-dopa. *However, it should not be taken with L-dopa as it may interfere with L-dopa transport to the brain.*

Phosphatidyl serine – *100mg TID.* People with Parkinson's disease treated with L-dopa have been reported to have reduced levels of the neurotransmitter phosphatidyl serine. In one trial, supplementing with phosphatidyl serine (100 mg TID) improved the mood and mental function in patients with Parkinson's disease, but exerted no beneficial effects on muscle control.

Vitamin B6 has been reported to improve Parkinson's symptoms. It can be used in conjunction with L-dopa plus carbidopa (Sinemet) or selegiline (Eldepryl, Atapryl), rather than with L-dopa alone.

Vitamin D - *400–1,000 IU vitamin D per day.* Vitamin D deficiency is common in Parkinson's disease and may increase the risk of hip fracture due to osteoporosis. This risk may be reduced by taking vitamin D.

Those with Parkinson's who have taken the drug hevodopa for a long time, develop deficiencies in vitamin B6, vitamin B3 (niacin), folic acid and vitamin B12. Supplementing these vitamins can prevent worsening of the symptoms.

The omega 3 and 6 essential fatty acids are necessary for normal brain and nervous system function.

Homeopathy

Consultation with an experienced homeopath is required for Parkinson's disease. However, given below is a sample of homeopathic remedies for occasional use. Take the 6c strength four times daily for up to two weeks when the symptoms are severe, or while waiting for help from a homeopath.

- Take Gelsemium for trembling and weakness mainly of the tongue and eyes, and while attempting to swallow; and / or a staggering gait.
- Mercurius is useful for excessive saliva, a sweet or metallic taste in the mouth, and trembling hands. A tremor is accompanied and made worse by perspiration. Sensitivity to heat and cold is felt equally, memory and concentration is patchy, and willpower is weak.
- Take Rhus tox for stiffness or cramping made worse by dampness or by not moving, but movement provides relief. The tremor is slight.

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