



Healthy4life.ca Parkinson's Disease - January 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Nutrition and Parkinson's Disease

Parkinson's involves the central nervous system. It is a degenerative disorder that affects the motor system causing symptoms like shaking, tremors, rigid muscles, impaired posture and balance, speech changes, writing changes, slowed movement known as bradykinesia and difficulty walking.

There are several things in addition to medication and exercise that can help alleviate symptoms and in some cases slow the progression of the disease.

Whole Foods

Dietary choices for living well with Parkinson's include choosing a mostly vegetarian diet with low fat, low amount of animal foods and high fibre. Eat as much organic and unprocessed foods as possible to limit toxins. Try to drink a minimum of 2 quarts or 2 litres of filtered water per day.

Fibre is found in fruits and vegetables with the skin on, whole grains, nuts and seeds. Vitamin E rich foods include sunflower seeds, almonds, broccoli, mustard greens, chard, olives, kale, turnip greens, papaya, sweet potato and butternut squash. B complex vitamins are found in legumes, dried beans and fresh orange juice. Eating fermented foods daily or taking a multi-strain probiotic formula helps keep the gut microbiome healthy helping with the digestion and absorption of nutrients.

Avoid supplements with iron, copper and manganese as high levels of these minerals have been found in the brain tissue of people with Parkinson's Disease.

Toxins

It is also important to limit exposure to chemicals from detergents, dryer sheets, personal products i.e. scented shampoo, deodorant, body lotion, perfume, air fresheners, scented candles, household cleaners, etc.; and to avoid exposure to aluminum from cans, foil, aluminum cookware and aluminum containing deodorants. Long term and short term exposure to pesticides, solvents, certain metals and manganese have been implicated in the etiology of, or cause of Parkinson's.

Stress Management

Use daily stress management techniques like meditation, prayer, autogenic relaxation, deep breathing, guided imagery, listening to or playing music and art. Lowering stress lowers the stress hormone cortisol. This can help improve memory and mood.

Summary

You have diet and lifestyle choices. It is up to you to choose wisely.

Parkinson Canada

**Be healthy 4 life,
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