

Parkinson's Disease

Parkinson's Disease is a degenerative condition affecting the nervous system. Symptoms appear when there is a lack of dopamine in the brain, although the exact cause is unknown. In people with Parkinson's, the area of the brain that manufactures the neurotransmitters dopamine, serotonin and noradrenaline, is either damaged or dying, and the ability to manufacture these chemicals is lost. There is evidence leading to the belief that toxins within the body destroy the brain cells. These are toxins that the liver is unable to filter out, metabolize or detoxify. There is also evidence showing that environmental toxins may also be responsible.

Nutritional deficiencies are rampant with people who have Parkinson's, and **Body Balance** would help to correct these. Also a high percentage of people with PD have been found to have high levels of lead in their brains, as well as an abnormally high level of other chemical toxins. Sea vegetation contains alginic acid, which is able to detoxify these heavy metals from the body. (Also see the article on Heavy Metal Toxicity above). It seems that the loss of brain cells that causes Parkinson's are destroyed by these toxins within the body that the liver is unable to filter out, metabolize or detoxify. Also the production of an enzyme that stimulates dopamine production has been found to be stimulated by mineral supplementation.

Amino Charge can be highly beneficial. Amino acids that are bio-available are very important, as protein is difficult for PD sufferers to metabolize. Reducing the intake of animal protein alone can help with control of coordination and muscle movements. Each of the aminos plays a specific role, and all are needed. For example, glutathione is depleted in people with PD. It is found in the area of the brain where cells are dying. Phenylalanine and tyrosine are converted into dopamine, which is not being produced very much in someone with PD. GABA functions as a neurotransmitter that stabilizes neuron activity. As well, the Amino Charge contains 5HTP, which increases serotonin levels in the brain, another neurotransmitter that the body is unable to produce properly, and which helps overcome insomnia and depression. The amino acids arginine, cysteine, and methionine help to detoxify ammonia, a by-product of protein digestion that accumulates when the liver isn't functioning properly. They also detoxify other harmful hepatotoxins and protect glutathione.

Sunbright is also a wonderful supplier of these amino acids that are particular for healthy brain function, as well as different herbs such as ginkgo biloba that feed and nourish the brain and the endocrine system.

Vitali-C Plus would be one of the things at the top of my list. Full spectrum Vitamin C has been shown in clinical studies to slow progression of the disease. As well the other ingredients are powerful for healthy immune functioning.

Osteoprocure - People with PD often develop porous bones and are in danger of fractures. Calcium also supports the nervous system. The magnesium, potassium and

other minerals are important for the function of nerves and muscles, aid nerve impulse transmission and muscle contraction.

The Herbal Body Wrap is a potent detoxifier that works primarily through the sebaceous glands and the lymphatic systems.

True Greens contains some wonderful food nutrients as well. Grapeseed extract is a potent bioflavonoid and free radical scavenger. Chlorophyll has also been shown to often times significantly reduce symptoms.

The enzymes in both the **True Greens** and the **Amino Charge** aid digestion and assimilation of all nutrients.

The Colon Cleanse program would significantly help the detoxification process, as well as aid in greater uptake and assimilation of nutrients.