Integrative Medicine & Parkinson’s Disease

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Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals’ inherent self-healing process.

The practice of naturopathic medicine includes modern and traditional, scientific, and empirical methods.

Naturopathic practice includes the following diagnostic and therapeutic modalities: nutritional medicine, botanical medicine, physical medicine (including joint manipulation), public health, counseling, minor surgery, homeopathy, acupuncture, intravenous and injection therapy, naturopathic obstetrics (natural childbirth), clinical and laboratory diagnostic testing and prescription medication.
Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.
# Integrative Assessment & Treatment of Parkinson’s Disease

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Side Effects
DIET

- Caloric intake
- Macronutrients
- Micronutrients
- Antioxidants
- Influence on L-dopa
Low Protein Diet

- Men: 50 grams per day
- Women: 40 grams per day

Avoid protein with L-dopa

Consume protein during last meal of the day

Be consistent about protein intake
Caloric Restriction of 10% to 25% less than average Western diet may:

- Decrease PD progression
- Support brain dopamine levels
- Support GDNF and neuronal survival
DIET

Fruit & Veggies

Half Your Plate
DIET

Antioxidants

Vitamin E-rich Foods

- Sunflower seeds
- Almonds
- Hazelnut
- Abalone
- Peanuts
- Salmon
- Avocado
- Trout
- Kiwi
- Sweet red pepper
DIET

Micronutrients

Vitamin D
- Deficiency

B-vitamins
- When to restrict and when to supplement
DIET

When to supplement?

High Homocysteine
- Vitamin B12
- Vitamin B6
- Folic Acid
- Betaine
DIET

B Vitamins

When to restrict?

Unresponsive to levodopa
DIET

Pesticides

Environmental Working Group

● Dirty Dozen
● Clean Fifteen

ewg.org
Heavy Metals

- Mercury
- Lead
- Copper
- Manganese
- Iron
- Zinc
- Aluminum
Oxidative stress may contribute to PD through:

- neurotoxic metals
- inhibition of mitochondria
- depleted glutathione.
OXIDATIVE STRESS:

the condition in which the sum of the free radicals in a cell exceeds the antioxidant capacity of the cell.
GLUTATHIONE

The Supreme Antioxidant

Glutathione is an antioxidant found in every tissue of the body, including the brain.
GLUTATHIONE
Neuroprotectant

Glutathione Protects Neurons

Free Radicals
Antioxidants
Normal
Compared with healthy controls, PD patients have 40% reduced (active) glutathione levels.
GLUTATHIONE
Diagnostic Testing
GLUTATHIONE

Treatment
GLUTATHIONE

Research

→ Liposomes
→ Nanoparticles
→ Co-drugs
→ Analogues
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Contact

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THANK YOU