

ANTECEDENTS

Parkinson's begins in the gut up to 7-9 yrs. before onset of symptoms.

Inflammation from the gut travels up the vagus nerve to the brain = creating low dopamine response

Dysbiosis

TRIGGERING EVENTS

Vitamin D deficiency

Exposure to pesticides and herbicides which kills the microbe prevotella

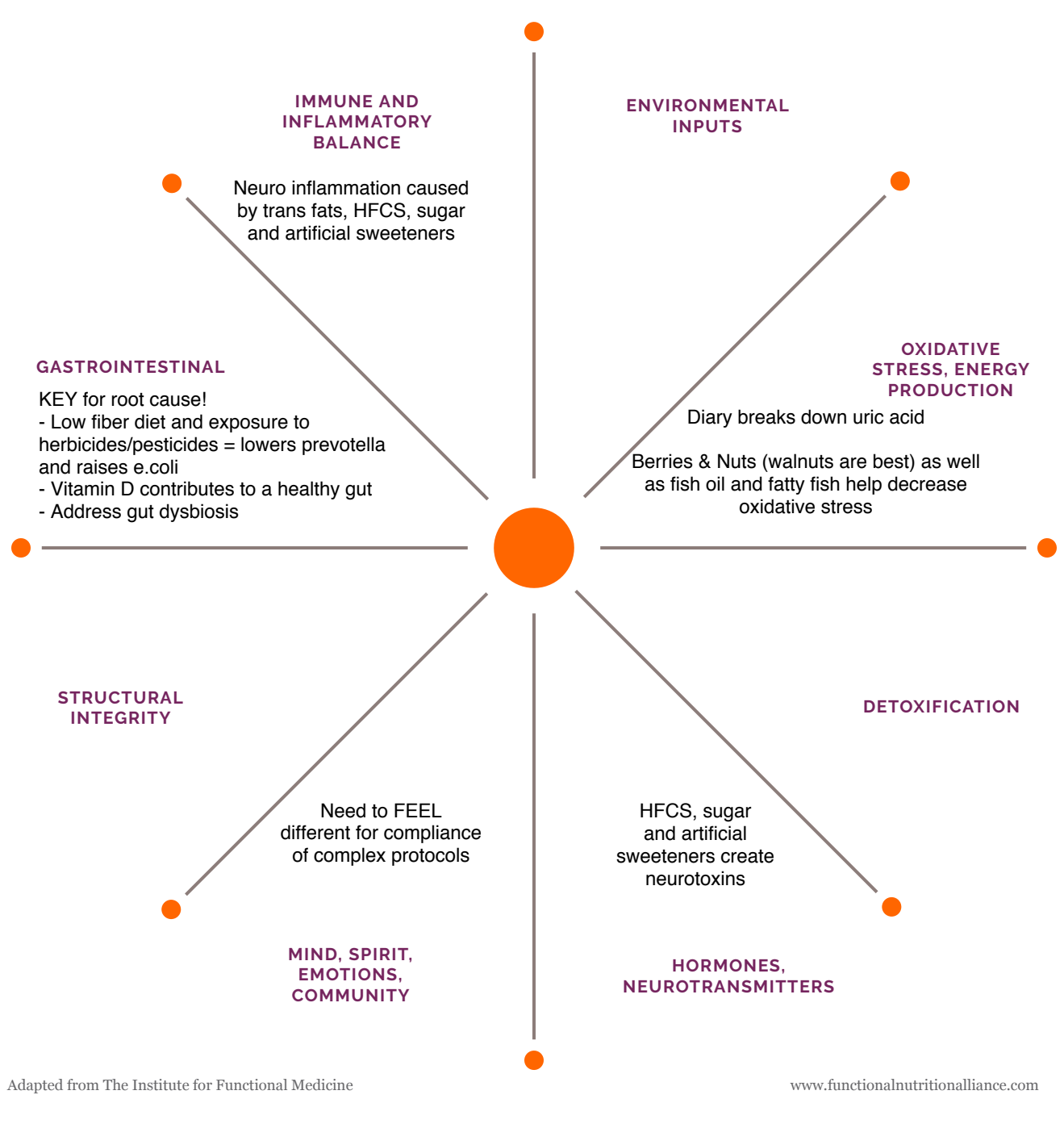
Undergrowth of prevotella leads to an overgrowth of e.coli which correlates with gait difficulty

Gut dysbiosis

MEDIATORS

Makes worse:
-Living in farming communities
-Low vitamin D
-Poor water supply

Makes better:
+ Clean diet
+ Organic foods
+ Exercise
+ Vitamin D
+ Fish oil
+ Clean water



SLEEP/RELAXATION

EXERCISE/MOVEMENT

Daily exercise key for success

NUTRITION/HYDRATION

Eat- organic, berries and nuts, fiber and fatty fish
Drink - clean water, green tea and possibly coffee
Avoid - HFCS, sugar, artificial sweeteners, trans fats, conventional grown food

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS

Need support of a nutritionist to determine individual needs