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# Fight Parkinson's And Huntington's With Vitamins And Antioxidants

## Fight Parkinson's and Huntington's with Vitamins and Antioxidants



- Maximizes the benefits of treatment programs
- Slows the progression of symptoms
- Includes easy-to-follow daily supplement guides

Kedar N. Prasad, Ph.D.



## Synopsis

The most up-to-date resource on the powerful benefits of nutritional supplements for the treatment of Parkinsonâ™s and Huntingtonâ™s diseaseâ¢ Provides an easy-to-follow program of supplements to optimize the benefits of treatment, slow the progression of symptoms, and help delay onset in those predisposed to these diseasesâ¢ Shows how specific combinations of antioxidants counteract the oxidative stress and chronic inflammation at the root of these diseasesâ¢ Based on more than 35 years of scientific and medical researchIn this practical scientific guide, micronutrient researcher Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants to treat Parkinsonâ™s and Huntingtonâ™s disease. He details how the proper combinations of vitamin and antioxidant supplements, along with polyphenic compounds such as curcumin and resveratrol, can greatly increase the effectiveness of standard medical treatments for these diseases, slowing the progression of symptoms as well as delaying onset despite family history.Prasad shows how oxidative stress and chronic inflammation play a significant role in the initiation and progression of neurodegenerative diseases like Parkinsonâ™s and Huntingtonâ™s disease. He provides an easy-to-follow daily supplement regimen to target free-radical damage and inflammation and slow the progression of these diseases. Reviewing the scientific research on micronutrients and neurodegenerative disease, he debunks the flawed conclusions of the neurological community that vitamins and antioxidants are ineffective, revealing how their studies focused on specific micronutrients used alone rather than synergistic combinations.Offering a safe self-help complement to standard medications, this guide provides a truly holistic approach to the prevention and treatment of both Parkinsonâ™s and Huntingtonâ™s disease.

## Book Information

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## Customer Reviews

This book should be welcomed warmly by everyone involved with Parkinson's disease (PD), whether as patient, caregiver, or medical provider. The standard treatment (drugs and/or deep-brain-stimulation surgery) aims only to manage the symptoms. This it can do, more or less, for a number of years. But as the disease continues to kill off the neurons generating Dopamine, and salt the brain with protein clumps called Lewy bodies, it becomes more and more challenging to control the symptoms. Eventually the advance of the disease combined with the side-effects from the drugs backs the patient up against a wall . . . it's game-over. As a Parkinson's patient myself, I read only the first half of the book (111 pages), which deals with PD, and will review that here. In contrast to the symptomatic approach, Dr. Prasad seeks to target basic causes of PD with supplements. His thesis, based on research, is that two major, self-sustaining triggers involved in the disease are: A) oxidative stress (think "free radicals"), and B) inflammation. He includes also related triggers such as excitotoxicity (think "aspartame, sucralose, MSG, . . .") where "neurons excite themselves to death." The importance of these triggers, and supplements to fight them, is not a new idea. Already several years ago, Russell L. Blaylock, MD, who lost both his parents to PD, published a lucid 10-page article, "Parkinson's Disease--You Can Fight Back," detailing this same philosophy, complete with recommended supplements. What is new in Dr. Prasad's work is the completeness of the treatment: five tutorial chapters explain the microbiology, together with a bibliography of more than 300 journal articles (for PD and HD, combined).

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