

Parkinson's Disease

What Is Parkinson's Disease?

Parkinson's disease is a degenerative central nervous system disorder. Parkinson's disease symptoms occur after the death of dopamine-generating cells in the midbrain. Some of the most apparent early symptoms are related to movement and include rigidity, shaking, and difficulty walking. As the disease advances, cognitive and behavioral issues may develop to include depression and sleep, emotional, and sensory problems. Parkinson's disease is most common in older adults, normally diagnosed after the age of 50.

What Causes Parkinson's Disease?

The disease occurs when alpha-synuclein proteins accumulate into Lewy body inclusions in neurons. Lewy bodies are the pathological marker of the disorder, along with insufficient dopamine formation and activity in parts of the midbrain. While there is no known cause of the disease, researchers believe that genetic and environmental factors contribute. Parkinson's disease diagnosis normally takes place after symptoms are observed; the disease can be confirmed using neuroimaging.



“I was experiencing many of the symptoms associated with Parkinson's Disease. Some mornings I could barely get out of the bed, and my stiff and inflexible muscles really made it feel like a chore. The tremors are still here, but since following your health plan that you recommended to me and because I've been taking the Serrapeptase, I have noticed an improvement in my condition. I have less pain and stiffness in my joints, and the tremors are becoming less frequent... they are still there, but there is a difference. Thank you for the blessing that is Serrapeptase.”

- Joan, West Yorks, UK



Follow the Health Plan as recommended for the best results:

PARKINSON'S DISEASE HEALTH PLAN

The following health plan is designed to provide relief for Parkinson's Disease. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve Parkinson's Disease, so as to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:*

- **1st Line (Thiocyanate) Immune Support Kit** - You can take a single dose to clear any low level infection remaining in the cells. Or, take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow. (Studies show even Parkinson's may be an autoimmune problem.)
- **Serranol** - For inflammation, healthy arteries and brain support, 2 x 3 times per day, 30 mins before eating with water and then reduce to 1 x 3 after definite improvement.
- **UB8Q10 Ubiquinol** - Coenzyme Q10 but 8x stronger than standard Q10. Take 2 with breakfast and 2 with dinner (you may be aware of the studies on COQ10).
- **BrainPower** - Product currently not available. As an alternative, mix 2 capsules of **Curcuminx4000** with 2 teaspoons of **coconut oil** and half an avocado; chew slowly x 2 times per day. Coconut oil supports healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in lauric acid and has strong anti-microbial properties.
- **Vitamin D3-K2 Spray** - For healthy brain circulation. Take 4 sprays, 2-3 times daily.
- **Lithium Balance** - Take 3 tablets, 2 times per day. Supports healthy mental responses and is an anti-aging nutrient for the brain.
- **Astaxanthin** - Take 2 with breakfast, 2 with lunch and 2 with dinner. This is a powerful antioxidant which can enhance energy and metabolism, while supporting brain health.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Liver Balance Plus** - You likely need to rescue the liver and kidneys in the next month after recovery has taken place. The liver and kidneys are essential parts of ongoing good health. Take 3 tablets daily.