CustomVite®
PERSONALIZED NUTRITIONAL SUPPLEMENTS

PARKINSON'S DISEASE

Parkinson's disease is a devastating brain disorder that gradually robs people of the ability to control their own movements. While the causes and cure of this affliction remain elusive, progressive scientists are continuing to unravel this disease. During Parkinson's, cells in the parts of the brain that control movement and regulate mood are gradually destroyed. The primary defect in Parkinson's is a loss of dopaminergic neurons (such as dopamine-producing neurons) in a part of the brain called the substantia nigra. Dopamine is a neurotransmitter that modulates movement. In Parkinson's disease, the dopamine-producing nerve cells are destroyed by high levels of oxidative damage. There is evidence that this oxidative damage is, in turn, caused by defects in the cells' mitochondria, or power-generating centers.

The ideal treatment for Parkinson's disease would be a neuroprotective agent—a treatment that protects the brain. While no neuroprotective prescription agent has been found, studies suggest that high-dose co-enzyme Q10 (Co-Q10), a natural agent, may have neuroprotective properties. Co-Q10 is known to support mitochondria by enhancing energy levels in the brain, as well as by acting as a powerful antioxidant.

MANAGEMENT OF PARKINSON'S DISEASE

Conventional therapy for Parkinson's disease focuses on increasing the production and utilization of dopamine. Levodopa, which is the precursor to dopamine, has been the basis of Parkinson's disease therapy since its discovery in the early 1960s. Levodopa currently remains the foundation of Parkinson's therapy. However, after 5 years, levodopa begins to lose its effectiveness in patients with Parkinson's disease. If used as the sole treatment, levodopa must then be prescribed in higher and higher doses, leading to more adverse effects and more intense symptoms. Other drugs that target other parts of dopamine production and utilization are now increasingly prescribed. When used early enough, these drugs can help postpone levodopa therapy. By supporting the mitochondria with Co-Q10, reducing oxidant stress, and enhancing production of dopamine with supplements and alternative prescription agents, the progression of Parkinson's can be delayed. Numerous strategies beyond the use of antiparkinson medications can help patients to achieve and maintain optimal health status. These include such interventions as establishing an exercise program, learning the most efficient methods to perform routine activities of daily living, and improving nutritional status. Maintaining a positive attitude is one of the healthiest things a patient can do in response to a diagnosis of Parkinson's disease. At first, it is admittedly hard to have confidence that the disease is not a sentence to decline and disability. But given time, people with good self-esteem and an optimistic attitude develop a healthy determination to cope with the illness and sustain energy, activities, and relationships.

WHERE SCIENCE MEETS NUTRITION®

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PARKINSON'S DISEASE

RECOMMENDATIONS

The supplements in the listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patients' unique nutritional requirements. Dosages can be adjusted accordingly to help improve your patients overall nutritional status. This recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation

PARKINSON'S DISEASE PROTOCOL

The following is a list of nutritional supplements that can be used in the management of Parkinson's Disease:

SUPPLEMENT	DOSAGE
Vitamin C	500 mg
Vitamin E	400 IU
Thiamin (Vitamin B1)	50 mg
Riboflavin (Vitamin B2)	50 mg
Niacin (Niacinamide) (Vitamin B3)	50 mg
Pantothenic Acid (Vitamin B5)	50 mg
Pyridoxine Hydrochloride (Vitamin B6)	75 mg
Methylcobolamin (Vitamin B12)	500 mcg
Folic Acid	1000 mcg
Selenium (Amino Acid Complex)	200 mcg
Bilberry	100 mg
Co-Enzyme Q10	400 mg
Gingko Biloba	240 mg
Grapeseed Extract	50 mg
Green Tea Extract	500 mg
L-Carnitine (Fumarate)	1000 mg
Lipoic Acid	300 mg
Milk Thistle	100 mg
N-Acetylcysteine	500 mg
Phosphatidylserine	300 mg
Tyrosine	500 mg
Fish Oil	3000 mg

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A Professional's Guide to Parkinson's Disease, which encourages a holistic approach, has been produced by the Parkinson's Disease Society. (Feb 2008) v18 i1 p4(1) *Primary Health Care*, 18, 1. p.4(1).
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