



Parkinson's Disease

Topics in Nutrition
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Interesting...

A whole-food, plant-based diet has been shown to be most helpful for managing symptoms related to PD including chronic inflammation and oxidative injury and

Constipation

Depression and Anxiety

Fatigue

Nutrition and Inflammation

- **Wheat**
- **Corn**
- **Dairy**
- **Sugar**



Hydration

- General rule is half of body weight and divide by 2 in ounces per day
- For example:
 $150 \text{ pounds} / 2 = 75 \text{ ounces/day}$



Anti-Inflammatory Eating

- Areas most affected: Digestive tract, skin, joints, muscles, connective tissue
- Triggers may be: Stress, poor diet, food allergies, toxins



For more information:

www.forksoverknives.com

www.nutritionfacts.org

Gluten

- Sensitivity-Body doesn't like it (Celiac-negative)
- Allergy-Celiac Disease (inflammatory disease in small intestines in response to dietary gluten)
- Storage form of protein: Wheat (gliaden), Barley (hardein), Rye (secalin)
- Triggers: Genetics, Autoimmune Response, Modern wheat strains, Hygiene theory

Consider Taking out Gluten

- See what happens after a week
- Try new recipes
- Resolution of symptoms happens when gluten is removed
- You may feel better



Keep Immune System Healthy

- Manage stress
- Get regular physical activity (appropriate and safe for you)
- Get enough sleep (ideally 7-9 hours)
- Eat a healthy diet



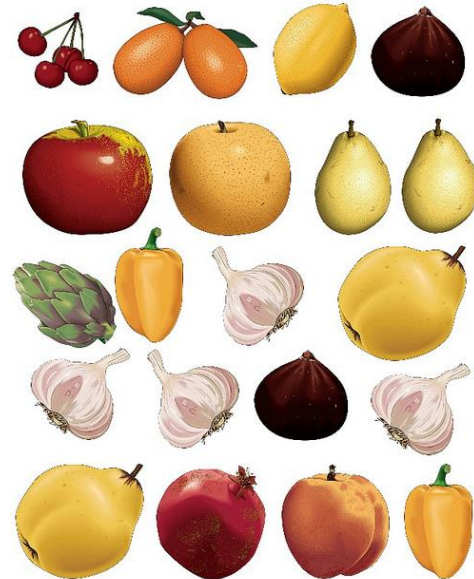
Eat a Healthy Diet

- Rich in anti-oxidants
- Support digestive health
- Anti-inflammatory
- Low in added sugar
- Low in added sugar
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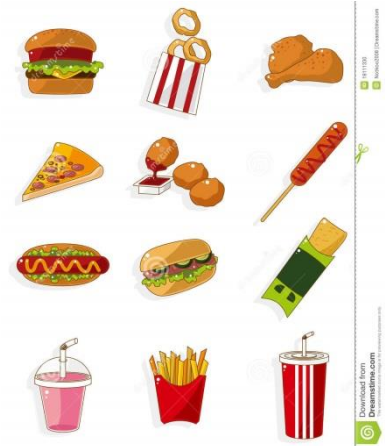
Anti-Oxidants

- 8-10 servings of colorful vegetables and fruits per day
- Organic preferred
- Free radical scavengers



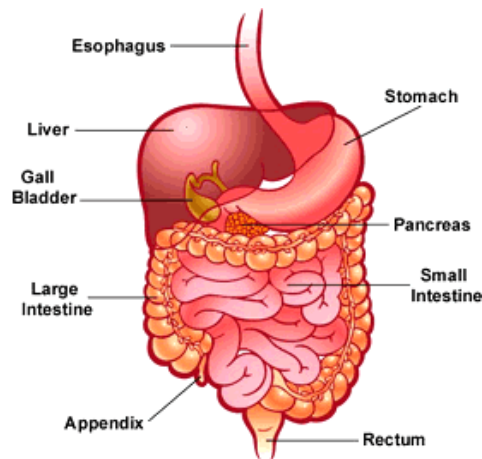
Gut Health

- Contains 80% of your immune cells
- Chew your food
- Eat in a relaxed environment
- Increase fiber intake
- Consume fermented or take a probiotic supplement
- Decrease sugars and refined carbohydrates



Minimize Inflammation

- Lab testing: Vitamin D and Hs-C Reactive Protein
- Inflammation increases free radicals that can damage the immune system and other organs
- Identify and manage food allergies and sensitivities



Anti-Inflammatory Foods

- Salmon, sardines, trout
- Ground flax, chia seeds, walnuts, pumpkin seeds
- Berries, apples, pears
- Ginger, cinnamon
- Turmeric, rosemary



Foods that Support Detoxification

- Crucifers (broccoli, cauliflower, brussel sprouts)
- Berries
- Green tea
- Turmeric
- Yogurt
- Legumes, nuts and seeds
- Garlic and onions



Limit Sugar Intake

- Women: No more than 25 grams per day
Not more than 6 teaspoons per day
- Men: No more than 35 grams per day
No more than 9 teaspoons per day



How many in one can???

6 Tips

1. Double your vegies at lunch
2. Drink more water (measure what you drink in a day to ensure you are getting the recommended amount)
3. Get your GBOMBS
4. Think in terms of Usually, Sometimes and Rarely instead of “Never or Always”
5. Consume probiotics and prebiotics every day
6. Consider eliminating dairy for three days and see how you feel. In some, it can help with constipation.

Enjoy the Taste of Eating While Keeping Yourself Healthy

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