

# PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

JUNE 2018

Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

## JUNE MEETING

Wednesday, June 6, 2018 – 2 p.m. till 4 p.m.

**W**e welcome Lisa Wunderle, Therapy Consultant of Boston Scientific who has been involved with the Parkinson's community for eight years and will talk on Deep Brain Stimulation, how it may help, who is a good candidate, and what questions to ask your doctor.

**Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH**

*(Last names A through M, please bring light refreshments)*

### From David Brandt

Moving Day Cleveland presented by Parkinson's Foundation Ohio is coming up on Saturday, June 23rd, and I am pleased to announce that *PEP* has two ways to help donate to this very worthy cause. We have arranged with Café Tandoor to have 15% of their proceeds from lunch and dinner on Thursday, June 14th to be donated to the Parkinson Foundation Moving Day fundraiser. Here are the details:

Café Tandoor, 2096 South Taylor Rd. (just north of Cedar Road), Cleveland Heights, OH 216-371-8500

- ♦ Lunch 11:30 a.m. – 2 p.m.
- ♦ Dinner 5:30 p.m. – 10 p.m.

Café Tandoor was partially chosen because of their award winning Indian cuisine which have so many ingredients that are recommended for those with Parkinson's. Please join us for lunch or dinner!

The second way to help is to donate directly to the Moving Day website under our own TeamGetPEP! Here are the directions:

### How to Donate to Team Get PEP!

1. Go to [www.MovingDayCleveland.org](http://www.MovingDayCleveland.org)
2. Click on DONATE at top near center of screen
3. Scroll down to black band with white text – Search for a team or participant and type into field box: **team get pep**
4. Click on SEARCH
5. Click on DONATE

We look forward to seeing you at Café Tandoor on Thursday, June 14th and then at *Moving Day Cleveland* on Saturday, June 23rd. It is at Wade Oval in University Circle. Registration opens at 10:30 a.m. Walk start time is at 12 p.m., and the event ends at 1:30 p.m.

### TRIBUTES

The Cortese Family

In Honor of Marilyn Brandt  
Rick and Paula Reed

George and Theresa Morris

Anonymous

YourCause, LLC Trustee for MasterCard

**TO REACH US AT PEP – 440-742-0153**

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Facebook – Parkinson Education Program of Greater Cleveland

## **Parkinson's Disease Question Corner**

**Email [barbaramarquardt@outlook.com](mailto:barbaramarquardt@outlook.com) with questions!**

**Question: Question:** Could the product called, ASEA redox cell signaling supplement help my Parkinson's?

**Answer:** ASEA redox cell signaling supplement drink is the first and only supplement on the market that contains active redox signaling molecules, powerful cellular messengers that help protect, rejuvenate, and restore cells. These molecules, native to the human body, are created through a groundbreaking, patented process that reorganizes molecules of natural salt and purified water into redox signaling molecules.

ASEA increases the amount of glutathione inside the cells and glutathione chelates both mercury and aluminum.

ASEA has been shown in studies to increase the cellular production, bioavailability and utilization of (1) glutathione, (2) superoxide dismutase (SOD) and (3) catalase by over five times. These are all antioxidant enzymes produced naturally within the body. Studies have shown that as we age the cells produce less and less of these important enzymes, which can lead to many of the health challenges people experience as they age.

Researchers have shown that ASEA can increase the cells own production and utilization of these three super-antioxidant enzymes by at least 500%. ASEA is an all-natural product native to the body! In other words, everything inside the bottle of ASEA is already found inside of your body and in your cells.

The initial success of ASEA on Parkinson's has been very impressive. ASEA normally takes 30-90 days to notice a significant difference in Parkinson's patients. It is important to stay at a higher level of dosage until it turns around. There have been cases where there was a 100% improvement (no symptoms) within six months. Parkinson's requires staying on the higher dosage for longer periods of time than most other cellular energy diseases (up to six months).

**Note:** ASEA, like many natural products, requires a "build-up." Contact ASEA for doses and instructions.

To order or contact ASEA with questions:

### **CORPORATE OFFICE**

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## **Older Adults Grow Just as Many New Brain Cells as Young People**

*(Excerpt from [neurosciencenews.com](http://neurosciencenews.com))*

**T**here has been controversy over whether adult humans grow new neurons, and some research has previously suggested that the adult brain was hard-wired and that adults did not grow new neurons. This study, to appear in the journal *Cell Stem Cell* on April 5, counters that notion. Lead author Maura Boldrini, associate professor of neurobiology at Columbia University, says the findings may suggest that many senior citizens remain more cognitively and emotionally intact than commonly believed.

"We found that older people have similar ability to make thousands of hippocampal new neurons from progenitor cells as younger people do," Boldrini says. "We also found equivalent volumes of the hippocampus (a brain structure used for emotion and cognition) across ages. Nevertheless, older individuals had less vascularization and maybe less ability of new neurons to make connections."

The researchers autopsied hippocampi from 28 previously healthy individuals aged 14-79 who had died suddenly. This is the first time researchers looked at newly formed neurons and the state of blood vessels within the entire human hippocampus soon after death. (The researchers had determined that study subjects were not cognitively impaired and had not suffered from depression or taken antidepressants, which Boldrini and colleagues had previously found could impact the production of new brain cells.)

*(Cont'd on Page 3)*

## People with Early-Onset Parkinson's Disease May Benefit from Niacin in Diet

*(Excerpt from healthminute.org)*

**P**eople with certain forms of early-onset Parkinson's disease may benefit from boosting the amount of niacin in their diet, according to new research from the University of Leicester. Niacin, or Vitamin B3, is found in a variety of foods, including nuts and meat.

The team from the MRC Toxicology Unit at the University of Leicester studied fruit flies with a mutation that mimics the human disease. The results of the study, which is funded by the Medical Research Council, reveal a mechanism for how early-onset Parkinson's affects the brain, and point to other drugs that may also help this subset of patients.

Dr. Miguel Martins, who led the study, explained: "Parkinson's disease occurs when dopaminergic neurons in a part of the brain called the substantia nigra are lost." "This can happen for a variety of reasons, but in some hereditary cases, the main problem is unhealthy mitochondria – the organelles that power the cell." "Mutations in genes such as PINK1 prevent cells from clearing out the defective powerhouses. When they accumulate, neurons can't get enough energy and die. The faulty mitochondria also release toxic molecules that damage their genes encoded by DNA."

"Curiously enough, there's a compound in the body that's important for both energy generation and DNA repair." "It's called NAD. With all the mitochondrial damage going on, we wondered if in cases of Parkinson's the molecule ends up in short supply."

To investigate this, the team fed fruit flies with the mutated PINK1 gene food supplemented with an amide form of niacin, which is made into NAD inside the body. With this extra source of NAD, the flies had far fewer faulty mitochondria than their mutant peers on a regular diet. The vitamin also prevented the flies from losing neurons.

The team of neuroscientists then examined whether stopping DNA repair from depleting NAD would

protect the flies with Parkinson's – and found that genetically switching this function off kept mitochondria healthy and neurons alive, as well as improved the flies' strength, mobility and lifespan.

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## Older Adults Grow Just as Many New Brain Cells as Young People *(cont'd from Page 2)*

In rodents and primates, the ability to generate new hippocampal cells declines with age. Waning production of neurons and an overall shrinking of the dentate gyrus, part of the hippocampus thought to help form new episodic memories, was believed to occur in aging humans as well.

The researchers from Columbia University and New York State Psychiatric Institute found that even the oldest brains they studied produced new brain cells. "We found similar numbers of intermediate neural progenitors and thousands of immature neurons," they wrote. Nevertheless, older individuals form fewer new blood vessels within brain structures and possess a smaller pool of progenitor cells—descendants of stem cells that are more constrained in their capacity to differentiate and self-renew.

Boldrini surmised that reduced cognitive-emotional resilience in old age may be caused by this smaller pool of neural stem cells, the decline in vascularization, and reduced cell-to-cell connectivity within the hippocampus. "It is possible that ongoing hippocampal neurogenesis sustains human-specific cognitive function throughout life and that declines may be linked to compromised cognitive-emotional resilience," she says.

Boldrini says that future research on the aging brain will continue to explore how neural cell proliferation, maturation, and survival are regulated by hormones, transcription factors, and other inter-cellular pathways.

### **TRIBUTES**

We need your donations to continue bringing you the *PEP* News and for other expenses. A special thanks to those who contribute at the monthly meetings. To send a donation, please make your checks payable to Parkinson Education Program and mail to 17930 Birch Hill Drive; Chagrin Falls, OH 44023

## PEP NEWS

Parkinson Education Program  
of Greater Cleveland  
17930 Birch Hill Drive  
Chagrin Falls, OH 44023

### Address Service Requested

We try to keep our roster current. If you no longer wish to receive this bulletin or would like to receive it via email instead, notify Katherine.A.Kaminski@gmail.com or call 216-513-8990.

#### PEP July Meeting

There will not be a meeting in July – first Wednesday of the month when we normally have meeting is July 4th.



**DISCLAIMER:** *The material contained in this newsletter is intended to inform. PEP makes no recommendations or endorsements in the care and treatment of Parkinson's disease. Always consult your own physician before making any changes.*

Partial grant support provided by OPFNE



[ohparkinson.com](http://ohparkinson.com)

#### Ask the MD: Genetic Testing in Parkinson's

*(Excerpt from MichaelJFox.org)*

**J**ust 20 years ago, most scientists believed that genetics played little or no role in Parkinson's disease. Then they discovered a genetic mutation in a family with Parkinson's. For most people, there is not a single genetic mutation that causes Parkinson's, but researchers have identified several genetic mutations that increase Parkinson's risk. Studying these genetic changes is growing our understanding of disease and driving toward new therapies to slow or stop disease progression.

Many people, both with and without Parkinson's, are interested in learning whether they carry these mutations. But thinking about genetic testing can raise various questions and concerns. Your doctor and a genetic counselor can help.

If you have access to a computer, you can watch the video to learn more about genetic testing and genetic counseling in Parkinson's and learn more about genetic testing and counseling in Parkinson's and hear from people with Parkinson's about genetic testing and research. <https://www.michaeljfox.org/foundation/news-detail.php?ask-the-md-genetic-testing-in-parkinson>