

# PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

SEPTEMBER 2018 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

## SEPTEMBER MEETING

Wednesday, September 5, 2018 – 2 p.m. till 4 p.m.

**W**e welcome Dr. Irina Todorov from the Cleveland Clinic Wellness Institute. She will speak on the “Integrative Approach to Parkinson's Disease”. Dr. Todorov joined the Clinic in 2017 and provides Integrative Medicine consults for patients with a goal of creating a personalized plan for lifestyle changes aimed at prevention and reversal. Her treatment approach is to address the basics first – whole food plant based nutrition, regular exercise, and stress management and then incorporating other evidenced based treatment modalities.

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

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

### From David Brandt

The Parkinson's community has so many positive and helpful people donating their time it is just amazing. From all of the volunteers for the large events such as Moving Day Cleveland and the University Hospital's Boot Camp, the board members at the Ohio Parkinson Foundation Northeast Ohio, all of the support group leaders in town, those that assist at InMotion, and then down to PEP itself with our board members, those that speak at our meetings and those that help in hospitality. Whether it is helping in fundraising for research or providing organizational skills, this manpower means so much for those with Parkinson's and their caregivers.

I was reminded of this generosity in a small but meaningful way recently. Our own Barbara Marquardt, the PEP Newsletter Editor, has spearheaded an annual lemonade stand in her neighborhood along with her best friend, Dana Hudepohl. Dana's children, Wolfe and Harper; and Barbara's niece and nephew, Cece and Ian Mascia, run the stand and then donate their hard earned funds to the PEP group in memory of Barbara's dad, Bob Cvelbar. The amount of the donation, although large for a lemonade stand, was immaterial. It is the idea of the kids learning to donate their time and efforts to a most worthy cause. They will be the ones helping out dramatically in the next generation. To that I salute them.

### Upcoming events on the calendar:

**September 16, 2018** – Pals In Motion Walk/Run The second annual walk/run will be held at Orange High School. Opening remarks is at 8:30 a.m. and the run/walk will start at 9 a.m. Events including yoga and an obstacle course conclude at 11 a.m.

**November 4, 2018** - Big Band Brunch  
This annual event at Landerhaven is sponsored by OPFNE. More details to follow.

**November 11, 2018** - Pedaling for Parkinson's - Join us at the CycleBar Beachwood located at 3355 Richmond Rd. to help us raise funds in the memory of Sheldon Braverman for the Parkinson's Foundation and Parkinson Education Program of Greater Cleveland (PEP). Your \$25 donation will get you a seat at the ride and exclusive amenities including cycling shoes, towels, bottled water, fresh fruit, and more. Register at [www.rightathome.net/cleveland/event/pedaling-for-parkinsons](http://www.rightathome.net/cleveland/event/pedaling-for-parkinsons)



## Brain-Boosting Food: Fish Prevents Parkinson's Disease

(Excerpt from [www.naturalnews.com](http://www.naturalnews.com))

**T**hose of us who grew up in the 1980s are familiar with Parkinson's disease because we have watched in shock as its effects have slowly ravaged the body of one of our most beloved actors: Michael J. Fox. More recently, news broke that Alan Alda, best known for his role as Capt. Benjamin Franklin "Hawkeye" Pierce on the 1970s hit TV show *M\*A\*S\*H*, has been fighting the disease for three years. The truth is, Parkinson's can strike anyone, anywhere, and many of us have a family member or loved one who is battling the disease.

Medical experts cannot pinpoint the causes of Parkinson's, though it is believed to have both genetic and environmental triggers. Now, an encouraging new study by researchers from Chalmers University of Technology, Sweden, provides hope that this devastating disease can be prevented through the increased consumption of fish.

The link between eating fish and decreasing the risk of Parkinson's

Fish is undeniably one of the healthiest foods on the planet. Loaded with nutrients like protein, vitamin D and Omega-3 and 6 fatty acids, eating more fish can lower your risk of heart attack and stroke, promote brain and eye development during pregnancy (but be sure to avoid fish containing mercury), protect against age-related cognitive decline, increase happiness, and much more. (Related: Avoid eating these 11 types of fish to reduce your exposure to mercury.)

Many of the health benefits of fish have been attributed to its high levels of Omega-3 and 6 fatty acids, but while these nutrients undeniably provide excellent health benefits, the Swedish research team discovered that they are not responsible for reducing the risk of Parkinson's disease. Instead, a protein called parvalbumin, found in large quantities in many types of fish, provides this benefit by preventing the formation of protein structures which are strongly associated with Parkinson's.

The Chalmers University website explains further:

*One of the hallmarks of Parkinson's disease is amyloid formation of a particular human protein, called alpha-synuclein. Alpha-synuclein is even sometimes referred to as the 'Parkinson's protein'.*

*What the Chalmers researchers have now discovered, is that parvalbumin can form amyloid structures that bind together with the alpha-synuclein protein. Parvalbumin effectively 'scavenges' the alpha-synuclein proteins, using them for its own purposes, thus preventing them from forming their own potentially harmful amyloids later on.*

Several types of fish are particularly rich in parvalbumin, including herring, cod, carp and redfish like sockeye salmon and red snapper. Interestingly, levels of parvalbumin in these fish fluctuate throughout the year.

"Fish is normally a lot more nutritious at the end of the summer, because of increased metabolic activity," explained Nathalie Scheers, assistant professor in the Department of Biology and Biological Engineering at Chalmers. "Levels of parvalbumin are much higher in fish after they have had a lot of sun, so it could be worthwhile increasing consumption during autumn," she added.

It is well-known that other neurodegenerative diseases like Alzheimer's and Huntington's diseases are also associated with an increase in amyloid structures in the brain. The team is therefore eager to investigate whether parvalbumin might have beneficial effects in preventing these conditions, too. (Related: Simple eye test could successfully detect Alzheimer's disease years before symptoms arise, new research shows.)

Certainly, as time passes, we will learn more about the wonderful long-term benefits of eating more fish. In the meantime, the Internet is full of wonderful and delicious recipes to make this superfood even more appealing.

**TO REACH US AT PEP – 440-742-0153**

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[Facebook – Parkinson Education Program of Greater Cleveland](#)

**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.*

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

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

**Question:** Could Medical Hypnosis help my Parkinson's?

**Answer:** Medical Hypnosis is a holistic therapy for Parkinson's.

Hypnosis has been used as a holistic therapy for Parkinson's to reduce tremor, anxiety, depression, pain, stiffness, and address libido and increase the quality of sleep and life of patients. What is less known about this holistic therapy is its use in working through the psychosocial factors behind the onset, progression, and exacerbation of Parkinson's.

### **Research in Hypnosis for Parkinson's**

The US National Library of Medicine National Institutes of Health published the study Feasibility of Clinical Hypnosis for The Treatment of Parkinson's Disease: A Case Study revealed that after three weekly sessions and instruction in self-hypnosis, the subject had a 94% reduction in resting tremors following treatment as well as improvement in other symptoms. The patient reported a high level of satisfaction with treatment.

These findings suggest clinical hypnosis is potentially feasible and beneficial treatment for various Parkinson's symptoms.

Also, Parkinson's disease tremor is diminished with relaxation-guided imagery showed that relaxation-guided imagery dramatically decreased tremors in patients with Parkinson's.

### **Hypnotherapy, A Holistic Therapy for Healing the Deeper Cause of Parkinson's**

Apart from relieving symptoms of Parkinson's disease (PD), hypnotherapy can be used to heal the deeper cause of the onset and recurrence of PD, what in integrative and functional medicine is referred to as the psychosocial factors.

To find a Medical Hypnosis practitioner, please contact the American Society of Clinical Hypnosis (ASCH), at: <https://www.asch.net/Public/CertificationInformation/FindCertifiedProfessionals.aspx> or contact office between 8 a.m.-5 p.m., CST (630) 980-4740, fax (630) 351-8490, or email [info@asch.net](mailto:info@asch.net)

Mailing address is:  
American Society of Clinical Hypnosis  
140 N. Bloomingdale Road  
Bloomingdale, IL 60108

Ref: [www.ncbi.nlm.nih.gov/pubmed/23427841](http://www.ncbi.nlm.nih.gov/pubmed/23427841)  
<https://www.mindbasedhealing.org/alternative-healing-parkinsons/>  
[https://www.researchgate.net/publication/26826149\\_Parkinson's\\_Disease\\_Tremor\\_is\\_Diminished\\_with\\_Relaxation\\_Guided\\_Imagery](https://www.researchgate.net/publication/26826149_Parkinson's_Disease_Tremor_is_Diminished_with_Relaxation_Guided_Imagery)

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## **What Is Taurine? Separating Myth from Reality**

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

**T**here's an amino acid out there that many believe comes from bull urine or bull semen, but the truth is this conditional amino acid, taurine, does not come from the bodily fluids of bulls. So what is taurine, and where does it come from?

Natural taurine actually comes from meat, fish and dairy and is otherwise found as synthetic supplements. It's most abundant in the brain, eyes, heart and muscles, and much like glycine, it's considered a conditional amino acid as opposed to an essential amino.

### ***Possibly Helps Decrease Side Effects of Parkinson's***

Studies indicate that taurine may help with the regeneration of brain cells. Testing has revealed low levels of taurine in patients with Parkinson's.

According to research, taurine has the ability to help increase the growth of brain cells by stimulating stem cells and increasing the life of neurons. Furthermore, we've learned that new brain cells can grow in the hippocampus, which is the part of the brain that's responsible for memory, with the help of taurine-filled foods and supplements. It seems that it works well, in terms of boosting the brain, with glycine.

## **PEP NEWS**

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### ***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.

### ***TRIBUTES***

Jerry Matyk

Dorothy Ort

Rudolph Kuchenmeister

In Memory of Bob Cvelbar  
Barbara Marquardt and Dana Hudepohl  
with special help from  
Wolfe and Harper Hudepohl  
and Cece and Ian Mascia.

### ***PEP October 3, 2018 Meeting***

We welcome Daniel P. Seink, Attorney and Kathy Cline, Certified Elder Care Coordinator from Daniel P. Seink Co, Advocates in Aging. Estate Planning and Getting Good Care. It will cover all of the basics for necessary documents as well as community resources and ways to pay for good care. Their firm is committed to providing comprehensive, yet affordable elder law and estate planning services to individuals and families throughout Ohio.

Partial grant support provided by OPFNE



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

### ***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

