

PEP NEWS

Newsletter of the Parkinson Education Program of Greater Cleveland

OCTOBER 2018

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

OCTOBER MEETING

Wednesday, October 3, 2018 – 2 p.m. till 4 p.m.

We welcome Daniel P Seink, Attorney and Kathy Cline, Certified Elder Care Coordinator from Daniel P Seink Co., advocates in aging as they talk on 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.

Cleveland Heights Recreation Center / One Monticello Boulevard, Cleveland Heights, OH
(Last names N through Z, please bring light refreshments)

From David Brandt

Once again, the Ohio Parkinson Foundation Northeast Region (OPFNE), along with Come Dance With Me, are sponsoring the Big Band Brunch November 4th and once again, PEP will encourage our members to attend by paying for their admission. Here are the details:

Sunday, November 4 at Executive Caterers at 6111 Landerwood Dr. in Mayfield Heights, OH 44124
12:00 Noon – 1:30 PM – Fabulous Buffet Brunch
1:00 PM – 4:00PM Music by Swing City Big Band

Enjoy a fun afternoon of great food and friendships while listening or dancing to great music. Experience the excitement of an 18-piece big band playing all of the popular hits from the 40's to today. This event has become more popular every year, and they are moving to a larger hall within Executive Caterers to accommodate.

If you would like to attend, please email me at dbrandtpep@gmail.com or call me at 440-742-0153, and I will make the reservations and PEP will cover the \$20 per person charge. I will need to hear from you by Sunday October 28th.

Everyone who has attended in the past loved the food and has had a great time. I hope to see you there!

Upcoming Events on the Calendar

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

December 1, 2018 – 2018 Caregiver's Summit put on by The Parkinson's Foundation. You can attend from your home via webinar or can attend in person in Columbus. This is a free event specifically for caregivers of people living with Parkinson's disease. More details will be provided in next month's newsletter.

PEP November 7, 2018 Meeting

To Be Announced

TO REACH US AT PEP – 440-742-0153

dbrandtpep@gmail.com

Facebook – Parkinson Education Program of Greater Cleveland

Eating a Mango Every Day Prevents Constipation

(Excerpt from www.naturalnews.com)

The brightly-colored sweetly-tart mango fruit is considered to be a true superfood. From India – where it is mostly grown, to the coasts of Florida and Southern California – where we get our own supply, mangoes are the most cultivated fruits in the world. It's no wonder: The drupe is not only incredibly delicious but good for you, too, especially when it comes to digestive health.

A new study published in *Molecular Nutrition & Food Research* found that eating a medium-sized mango (or around 300 g of its equivalent amount of fiber) every day for four weeks can dramatically reduce symptoms of chronic constipation. This makes the mango a natural and effective laxative aid for certain digestive indications.

In this new study, researchers saw that the daily consumption of mangoes significantly improved constipation status (in terms of stool frequency, consistency, and shape); increased gastrin levels and fecal concentrations of short-chain fatty acid (valeric acid); and lowered endotoxin and interleukin-6 concentrations in plasma. These effects are believed to be caused by the high amounts of fiber and polyphenols found in mangoes. The synergistic qualities of these compounds reduced intestinal inflammation which may, in turn, contribute to constipation.

The pilot study concluded that mangoes might be an easy way to relieve constipation. Authors of the study, however, caution that the drupe does not fully address all gastrointestinal conditions and should be used as a supplement to other healthy lifestyle choices such as physical exercise and a varied diet.

Oozing with goodness, every bite brings immense health benefits – Aside from being packed with fiber, mangoes are also a good source of vitamins A and C, potassium, magnesium, copper, quercetin, beta-carotene, and astragalín. Folk healers prescribe the fruit as a means to maintain overall health because of its excellent ability to enhance the immune system by

neutralizing free radicals.

Other health benefits include:

Preventing cancer – Mangoes lower cholesterol levels in your blood. This is again thanks to its high fiber content that cleans your intestines and keeps your immune system strong. Studies have shown an active link between eating mangoes and a reduced risk of developing cancers of the gastrointestinal tract.

- **Remedying anemia** – Mangoes help relieve anemia. Rich in iron, mango tonics increase red blood cell count. In fact, many traditional Chinese medicine recipes call for mangoes as a treatment for bleeding gums, cough, and other conditions related to a lowered red blood count.
- **Reducing acne** – Mangoes open clogged pores in the skin, removing excess oil buildup that contributes to acne development.
- **Promoting brain health** – The drupe contains abundant amounts of vitamin B6, an essential vitamin for better brain health. Mangoes help regulate mood and can help you sleep better, too.

Managing diabetes – This is still a new area of research, but some studies have found that mangoes can be an excellent natural remedy for diabetes. Nutritionists recommend boiling 10 to 15 mango leaves in warm water and drinking the tea on an empty stomach. (Related: Mangoes might be the ultimate superfood for diabetes: New science finds they control both blood sugar and blood pressure.)

Practical considerations

Mangoes reach their peak season from May through September. They can range in color from red to orange to yellow. Some varieties though remain green (these are popular in Thailand, India, and Malaysia) and have a more tart flavor.

To select a ripe mango, lightly press its surface. It should not be too hard to the touch. Green mangoes also have a sweet aroma. Fresh mangoes are typically four inches in length and can weigh around nine ounces to four pounds, depending on the variety.

Ripe mangoes can be stored in a refrigerator for around two weeks.

Parkinson's Disease Question Corner

Email barbaramarquardt@outlook.com with questions!

Question: I tend to have awful leg cramps with my Parkinson's, do you have any suggestions?

Answer: Muscle cramps happen when your muscles shorten and tighten causing sudden, sharp pain. In many cases you will be able to feel them, but not see them happening. However, after several years of research, CrampsAWAY's team believes that cramps actually occur due to an imbalance between neuronal firing and inhibition, which leaves muscles in a contracted, or "cramped" position.

Episodes of muscle cramp usually last less than 10 minutes, although your muscles can feel tender for up to a few hours. However, your Parkinson's is unique to you, and people may experience muscle cramps differently.

Some people with Parkinson's say that muscle cramps happen because of something specific. This could be sleeping in a particular position, or doing an activity involving unusual muscle movement. However, others say muscle cramps appear to happen without there being any cause.

In people with Parkinson's, cramps commonly affect muscles related to movement. You are most likely to get cramps in your calves, feet and neck.

You may find physiotherapy helpful. A physiotherapist will assess your muscles, and any movements that seem to cause your cramps or make them worse. They can give you stretching exercises that may help to ease stiffness and soreness and improve your posture. Your health care provider should be able to refer you to a physiotherapist. You could also see one privately.

Several over-the-counter supplements that may be helpful include:

1. NATURAL VITALITY'S CALMFUL MUSCLES

For muscles to function properly, there needs to be the right amount of both calcium and magnesium within them. Calcium is what makes muscle fibers contract, whereas magnesium is what allows them to relax. Without enough magnesium to balance the calcium,

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.

muscles remain tense, causing them to spasm and twitch. *Natural Vitality's Calmful Muscles* was specifically designed to help ease tired, sore, or cramping muscles, including:

- The same relaxing magnesium found in *Natural Vitality's Calm*, the multi-award-winning, best-selling anti-stress drink mix
- The amino acid L-carnitine to support healthy muscle function and recovery as well as fatty acid metabolism
- Bromelain – derived from the pineapple plant – is a proteolytic enzyme complex that aids in protein digestion and may reduce inflammation
- Beet root powder which contains antioxidants and micronutrients including nitric oxide, which may help blood vessels relax

2. MAGNELEVURES

Magnelevures by Seroyal provides essential magnesium along with nutrients that were specifically formulated to encourage magnesium absorption and utilization in order for the body to function properly and be protected against any potential damaging effects to the nervous and cardiovascular systems.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

3. CrampsAWAY

CrampsAWAY is an all-natural, food-grade liquid supplement that instantly stops cramps. CrampsAWAY comes in convenient single-serve packets, perfect for any person/athlete on-the-go. CrampsAWAY also provides a restful night's sleep by stopping and preventing night cramps.

It's simple, fast and easy: Just open a packet of CrampsAWAY, swish it in your mouth for approximately 30-60 seconds, then swallow it. Instantly, CrampsAWAY's proprietary, patent-pending solution stimulates the neuro-receptors on the tongue and in the mouth to instantly inhibit the nerves that are causing muscle cramps. Additional neuro-receptors in the intestinal tract are

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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.

Parkinson's Disease Question Corner

(Cont'd from previous page)

further stimulated by swallowing CrampsAWAY, extending its effects for up to two hours. So by targeting the actual cause of cramping, instead of using fluids and electrolyte replacement products in an attempt to relieve it,

TRIBUTES

Grace Bailey

Michael and Sylvia Brown

Roy Miller

Richard Nowak

The Laretta K Peters and Richard R Peters Charitable Foundation

Susan Salling

In Memory of Donald R Wilham
Marianne Wilham

CrampsAWAY offers an entirely new solution for cramp relief.

All three supplements listed above could be purchased from www.amazon.com. Your local health food store should carry Natural Vitality's Calmful Muscles.

Ref. <https://www.parkinsons.org.uk/information-and-support/muscle-cramps-and-dystonia>
<https://naturalvitality.com/natural-vitalitys-calmful-muscles/>
<https://www.greenhealingnow.com/product/magnelevures/>
<https://www.crampsaway.com/fag>

Partial grant support provided by OPFNE



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