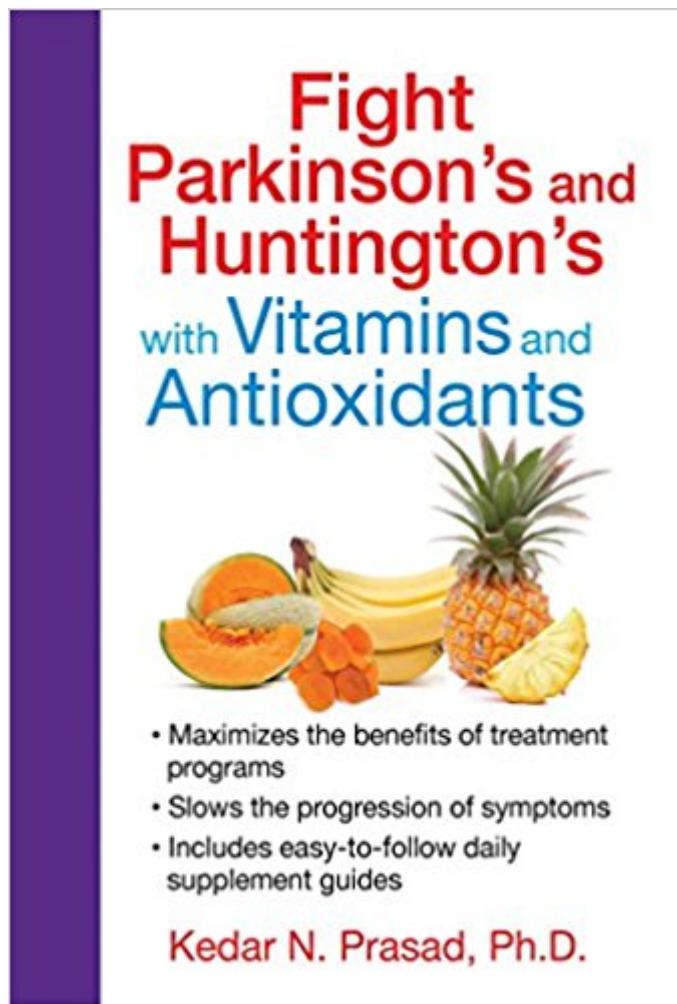


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# Fight Parkinson's And Huntington's With Vitamins And Antioxidants



**Fight  
Parkinson's and  
Huntington's  
with Vitamins and  
Antioxidants**



- Maximizes the benefits of treatment programs
- Slows the progression of symptoms
- Includes easy-to-follow daily supplement guides

Kedar N. Prasad, Ph.D.



## Synopsis

The most up-to-date resource on the powerful benefits of nutritional supplements for the treatment of Parkinson's and Huntington's disease. Provides an easy-to-follow program of supplements to optimize the benefits of treatment, slow the progression of symptoms, and help delay onset in those predisposed to these diseases. Shows how specific combinations of antioxidants counteract the oxidative stress and chronic inflammation at the root of these diseases. Based on more than 35 years of scientific and medical research, this practical scientific guide, micronutrient researcher Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants to treat Parkinson's and Huntington's disease. He details how the proper combinations of vitamin and antioxidant supplements, along with polyphenic compounds such as curcumin and resveratrol, can greatly increase the effectiveness of standard medical treatments for these diseases, slowing the progression of symptoms as well as delaying onset despite family history. Prasad shows how oxidative stress and chronic inflammation play a significant role in the initiation and progression of neurodegenerative diseases like Parkinson's and Huntington's disease. He provides an easy-to-follow daily supplement regimen to target free-radical damage and inflammation and slow the progression of these diseases. Reviewing the scientific research on micronutrients and neurodegenerative disease, he debunks the flawed conclusions of the neurological community that vitamins and antioxidants are ineffective, revealing how their studies focused on specific micronutrients used alone rather than synergistic combinations. Offering a safe self-help complement to standard medications, this guide provides a truly holistic approach to the prevention and treatment of both Parkinson's and Huntington's disease.

## Book Information

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## Customer Reviews

Ã¢ "As the worldÃ¢ s leading scientist and educator on the practical use of a multiple micronutrient strategy to combat leading diseases, Kedar Prasad now addresses ParkinsonÃ¢ s and HuntingtonÃ¢ s disease in this latest book. After providing a proper background in immunology, antioxidant science, and neurodegenerative disorders and debunking myths for both proactive citizens and clinicians, Prasad provides a rational antioxidant/anti-inflammatory/immune supportive approach that can improve the health of millions. To maximize the benefit of PrasadÃ¢ s authoritative research-based advice, buy two copies of this book now--it may well be the most valuable addition to your physicianÃ¢ s practice!" (James E. Ehrlich, M.D., clinical associate professor, University of Colorado, Denver)

Kedar N. Prasad, Ph.D., is the chief scientific officer of the Premier Micronutrient Corporation, the former director of the Center for Vitamins and Cancer Research at the University of Colorado School of Medicine, and the former president of the International Society of Nutrition and Cancer. The author of several books, including *Fight AlzheimerÃ¢ s with Vitamins and Antioxidants*, *Fight Diabetes with Vitamins and Antioxidants*, and *Fighting Cancer with Vitamins and Antioxidants*, he lives in the San Francisco Bay area.

This book should be welcomed warmly by everyone involved with Parkinson's disease (PD), whether as patient, caregiver, or medical provider. The standard treatment (drugs and/or deep-brain-stimulation surgery) aims only to manage the symptoms. This it can do, more or less, for a number of years. But as the disease continues to kill off the neurons generating Dopamine, and salt the brain with protein clumps called Lewy bodies, it becomes more and more challenging to control the symptoms. Eventually the advance of the disease combined with the side-effects from the drugs backs the patient up against a wall . . . it's game-over. As a Parkinson's patient myself, I read only the first half of the book (111 pages), which deals with PD, and will review that here. In contrast to the symptomatic approach, Dr. Prasad seeks to target basic causes of PD with supplements. His thesis, based on research, is that two major, self-sustaining triggers involved in

the disease are: A) oxidative stress (think "free radicals"), and B) inflammation. He includes also related triggers such as excitotoxicity (think "aspartame, sucralose, MSG, . . .") where "neurons excite themselves to death." The importance of these triggers, and supplements to fight them, is not a new idea. Already several years ago, Russell L. Blaylock, MD, who lost both his parents to PD, published a lucid 10-page article, "Parkinson's Disease--You Can Fight Back," detailing this same philosophy, complete with recommended supplements. What is new in Dr. Prasad's work is the completeness of the treatment: five tutorial chapters explain the microbiology, together with a bibliography of more than 300 journal articles (for PD and HD, combined.) Most of the references are less than 10 years old, and most should be accessible for free online (at least their abstracts) via PubMed. But that brings me to a CAUTION for the would-be buyer: this book is NOT "Neurology and Vitaminology for Dummies"! It is ostensibly aimed at the medically-literate reader. The average lay reader will find many parts too technical for comfort, too jam-packed with jargon and detail. But, there is an easy way out. If perusing the book convinced you, as it did me, that the author knows fully whereof he speaks, you can skip to the concluding PD advice. Pages 106-111, specially the table on page 108, will show you quickly and easily what supplements are recommended, in what dosages, and according to what schedule. Dr. Prasad gives a contact email on the bottom of page 107 whereby one can make further inquiries about a relevant product. One other caution. The micro-nutrient mixture that the author recommends is still hypothetical, even if it is inspired by decades of research. It has never been clinically tested on human beings, though individual supplements within it, such as vitamin E and CoQ10 have been. Dr. Prasad argues that the multifaceted mixture is likely to be much more successful at extinguishing inflammation and oxidative stress than one or two isolated nutrients. Also, at the suggested dosages, the ingredients ought to be completely safe. I suspect that given the safety, many people will be interested to add these nutrients to their daily regimen in the interest of preventing or slowing down PD, Especially if the price is right!

I'm sorry I purchased this book. Dr Kedar Prasad's recommended supplement protocols are same similar to Dr Robert Atkin's recommended supplement protocols from the 1970s. Helpful but very little new information. Omitting information on the vital importance of amino acids, and most especially L-Tyrosine in the management of Parkinson's Disease.

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