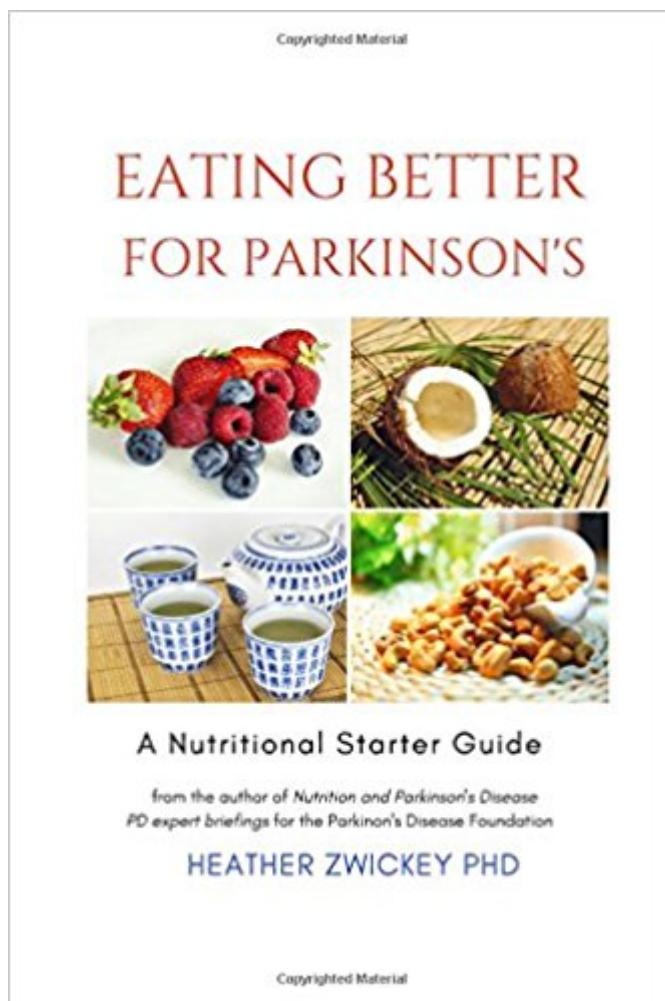


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# Eating Better For Parkinsonâ€™s: A Nutritional Starter Guide



## Synopsis

This book is a response to a frustration I heard from the Parkinsonâ™s community. The people I spoke to wanted to know if there were things they should be eating (or NOT eating) that might impact their disease. In order to generate a guide for what a relevant diet for people with Parkinsonâ™s would be, I combed the medical and nutrition literature for foods that had a specific effect on Parkinsonâ™s. Iâ™ve been working and volunteering in the Parkinsonâ™s community for many years. As an immunologist, my Parkinsonâ™s focus was centered on neuroinflammation. I had previously studied the role of diet in inflammation, and I suspected that diet could play a role in brain inflammation. The number of research articles published on Parkinsonâ™s and nutrition in the last few years has increased by a factor of 10. Yet, when my friends with Parkinsonâ™s started hunting for information about how nutrition might impact their disease, they were both excited and disappointed. Most of that information Â was completely incomprehensible or unavailable to a non-scientist. â©â©Iâ™ve been sharing this information at wellness retreats and conferences, including the World Parkinsonâ™s Congress 2016. Whenever I speak, people tell me that they want a written document that they can refer to. This is that resource. â©

## Book Information

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## Customer Reviews

Easy to read, full of good basic nutritional information that when you think about it makes so much sense, even for people without PD. I had Dr. Zwickey as a professor some years back, and if anyone can make a difficult to comprehend subject easy to understand and incorporate in your thinking and daily practice, it is her. Highly recommend this little book!

This book was written in a language that a person with a non-scientific background can understand. I appreciate that! The information is good with lots of research to back up the assertions. Well done!

Ms Zwickey has a practical approach to eating wisely. This is an easy read and one to keep in the kitchen

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