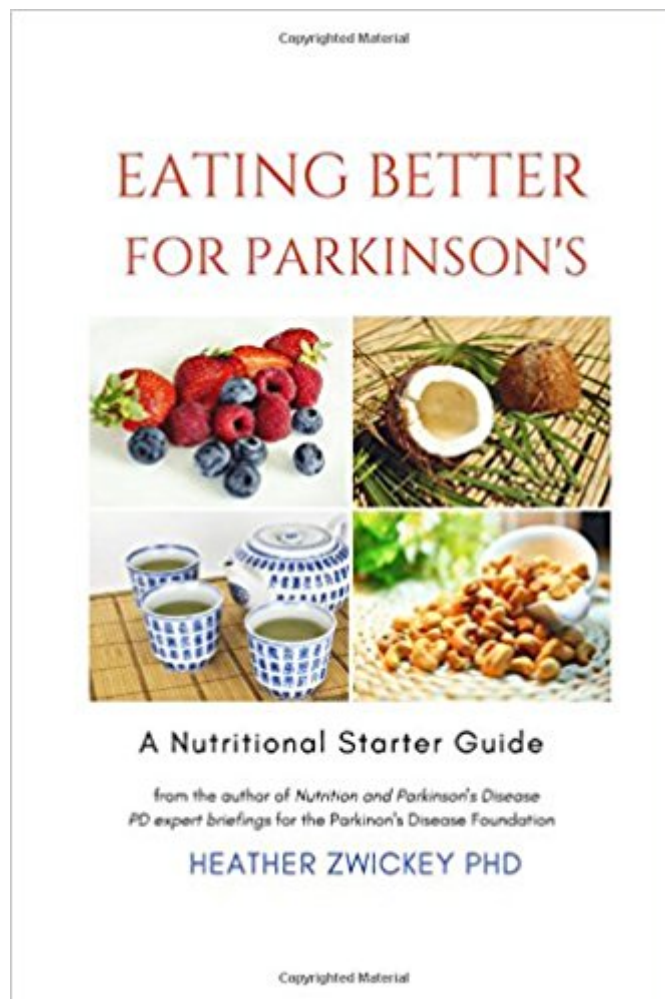


The book was found

Eating Better For Parkinson's™: A Nutritional Starter Guide



Synopsis

This book is a response to a frustration I heard from the Parkinson'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 Parkinson's would be, I combed the medical and nutrition literature for foods that had a specific effect on Parkinson's. I've been working and volunteering in the Parkinson's community for many years. As an immunologist, my Parkinson'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 Parkinson's and nutrition in the last few years has increased by a factor of 10. Yet, when my friends with Parkinson's started hunting for information about how nutrition might impact their disease, they were both excited and disappointed. Most of that information was completely incomprehensible or unavailable to a non-scientist. I've been sharing this information at wellness retreats and conferences, including the World Parkinson's Congress 2016. Whenever I speak, people tell me that they want a written document that they can refer to. This is that resource. ©

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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