



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

Parkinson's Disease

Parkinson's disease is a neurodegenerative condition that occurs when nerve cells responsible for the production of dopamine (a brain chemical that helps control muscle movement) slowly die off. It is characterized by its most common of motor symptoms—tremors, stiffness or rigidity of the muscles, and slowness of movement. Many people with Parkinson's also experience other problems not related to movement, including, pain, sleep problems, constipation, anxiety, depression, cognitive changes and fatigue, among others. Parkinson's disease progressively worsens over time, although the rate of worsening varies greatly from one person to another. The Parkinson's Foundation estimates that 60,000 Americans are diagnosed with the disease every year.



As of today, there is no cure for Parkinson's disease. But there are many ways in which the disease can be treated to make the symptoms more manageable. Complementary and alternative therapies have proven beneficial, with exercise being the most essential component to overall disease management.

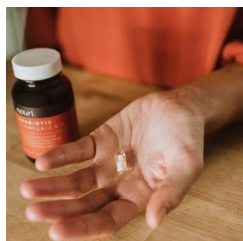
Other therapies include:

- Nutritional and herbal supplements
- Homeopathy
- Music and art therapy
- Acupuncture
- Naturopathy
- Massage
- Cannabis
- Ayurveda
- Chinese medicine
- Reiki
- Qi Gong
- Yoga
- Meditation
- Guided imagery
- Hypnosis
- Biofeedback
- Aromatherapy
- Chiropractic methods

It is always recommended to speak with your primary treating doctor and obtain his/her recommendation before beginning a new health regimen.



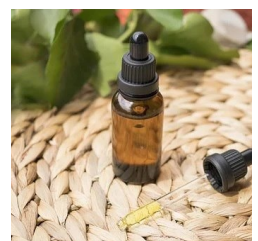
[N-Acetyl Cysteine Improves Symptoms of Parkinson's Disease](#)



[Probiotics Improve Clinical and Metabolic Response in Patients with Parkinson's Disease](#)



[Effect of Omega-3's and Vitamin E on Inflammation, Insulin and Lipids in Parkinson's Disease](#)



[Cannabidiol \(CBD\) Improves Quality of Life in Patients with Parkinson's Disease](#)

Upcoming Event



The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2022: Mental Health Matters. The event will be held on October 26-29, 2022 in San Diego, CA.

The Personalized Nutrition 2022 Summit will explore the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

[View the Agenda](#)

Recent Posts



Amla Supplementation Lessens Severity & Length of COVID-19 Related Symptoms in Adults

Written by Taylor Woosley, Staff Writer. 10-day consumption of amla given to subjects recently diagnosed with COVID-19 resulted in a significant increase in SpO2 levels compared to the control arm, along with a reduction in the mean percentage of lung involvement on CT and an improvement in CRP test results. [Read more »](#)



Olive Leaf Extract Shown to Help Herpes Simplex Virus

Written by Jessica Patella, ND. The study concluded that 2% olive leaf extract cream was an effective option for herpes simplex virus (HSV). [Read more »](#)



High Fiber Diet Lowers Risk of Antimicrobial Resistance in Healthy Adults

Written by Chrystal Moulton, Staff Writer. Fiber intake was associated with low ARG, specifically low abundance of aph3-dprime (aminoglycoside-O-phosphotransferases) and genes associated with multimetal resistance. [Read more »](#)



Moringa Supplementation Improves Glycemic Control in Adults with Prediabetes

Written by Taylor Woosley, Staff Writer. Results of the study show a significant correlation between 400 mg moringa supplementation and changes in HbA1c levels and the basal TNF- α value ($r=0.361$; $p=0.050$; $r=0.375$; $p=0.045$). [Read more »](#)

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