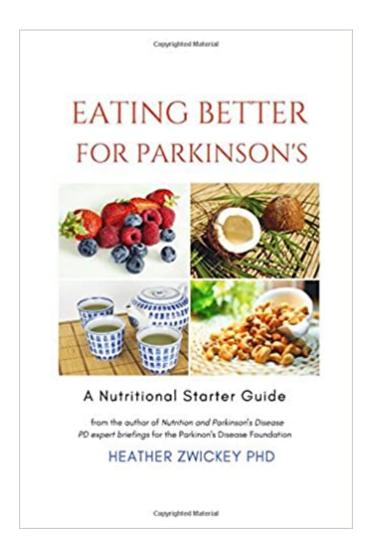


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Eating Better For Parkinsonââ,¬â"¢s: A Nutritional Starter Guide





Synopsis

This book is a response to a frustration I heard from the Parkinson \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢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 \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢s would be, I combed the medical and nutrition literature for foods that had a specific effect on Parkinson \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢s. I \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢ve been working and volunteering in the Parkinson \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢s community for many years. As an immunologist, my Parkinson \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢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 \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢s and nutrition in the last few years has increased by a factor of $10.\mathring{A}$ \mathring{A} Yet, when my friends with Parkinson \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{a}_n$ ¢s started hunting for information about how nutrition might impact their disease, they were both excited and disappointed. Most of that information \mathring{A} \mathring{A} was completely incomprehensible or unavailable to a non-scientist. \mathring{A} ¢ $\mathring{\alpha}$ $\neg \mathring{\alpha}$ 0 $\mathring{\alpha}$

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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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