

## **Parkinson's Disease & Those Toxins that Cause it!**

Parkinson's is considered a loss of dopamine and results in abnormal nerve-firing patterns within the brain that cause impaired movement. Some say there are unknown causes of Parkinson's Disease. Simple research says we know more about Parkinson's than meets the **eye**.

### **So, what can increase your risk for Parkinson's Disease?**

In my studies, I have found, Parkinson's can be caused by exposure to toxins and pesticides. We can no longer ignore or deny the fact that we are exposed to hundreds of toxins during a lifetime, whether at home or at our business, (1) that disrupt our gut microbiome.

Parkinson's disease risk increases with exposures to heavy metal residues, medications, processed foods, diet sodas, alcohol abuse and endocrine disruption.

There are studies suggesting that the cell's protein disposal system may fail in people with Parkinson's, causing proteins like alpha-synuclein to build up to harmful levels and trigger premature cell death.(2) But some proteins are designed to protect the brain. And so research continues.

Parkinson's, I've found, can be the inability to eliminate an abundance of toxins on a daily basis. I will take you down this path so you can have a better understanding.

### **Parkinson's Explained**

Parkinson's outward signs can begin in the eyes-the stare..at about age 40 or later. The inward signs that we don't normally check for, are poor gut bacteria. Your gut bacteria impacts your brain and whole body health. Poor gut bacteria can be linked to increased oxidative stress. (less oxygen) So it's no surprise that poor dietary

habits (low frequency foods) and antibiotics (that decrease good bacteria) also induce oxidative damage.(3)

If someone you love has ‘The Parkinson’s 2 D6gene’ and medical professionals expose them to antidepressants such as Prozac and Zoloft, watch what happens. Free radicals from accumulation of these toxic medications leads to oxidative stress which damages the mitochondria. Mitochondria are extremely sensitive to inflammation and toxic damage. The combination of these insults lead to more oxidative stress (rusting) than your body can handle. As a result Mitochondria literally rust and stop, just like a rusty wheel. Ultimately, all this results in cell death and symptoms we see as mood disorders, brain fog, behavior problems as well as Parkinson’s and Alzheimer’s.

### **Medications can be harmful!**

Antidepressants reduce dopamine and can be linked to Parkinson’s.(4)

Antidepressants are considered hepatotoxic.(5)

Statins show hepatotoxicity.(6)

Prostate /Acne Medication show hepatotoxicity.(7)

Note: Ask your doctor to check all the side effects from your medications.

Oxidative Stress can hurt the brain~

Oxidative stress describes a state of physiological stress in the body.(8)

Note: With an abundance of oxidative stress, dopamine dies.(9)

### **Inflammation is at the top of the list with any disease. And obesity is right behind.**

Inflammation from foods, emotional stress or toxic exposures in the body- leads to excitotoxicity. That’s what leads to anxiety. It decreases neurotransmitters and causes depression.

Uninhibited glutamate-induced calcium signaling may underlie the clinical hyperkinetic features such as tremor in the disease.(10)

Repeated exposure of toxic chemicals such as **aspartame**-can have toxic and inflammatory affect on our brain. They interfere with neurotransmitters.(27)

They cause oxidative stress. Toxicity of free radicals contributes to proteins and

DNA injury, inflammation, and tissue damage. Neuronal proteins and structural components get modified due to oxidative stress in neurological disorders.(28)

Nerve diseases such as Parkinson's' are connected to **parathyroid disorders**, (11)with the kidneys being affected due to faulty calcium metabolism and tooth decay.(12) High levels of calcium in the blood, (or hypercalcemia, a metabolic disorder) is ultimately due to a hormonal imbalance. The affects appear as neuromuscular issues, gastrointestinal problems, renal, skeletal, and/or heart or high blood pressure issues. It so happens that Vitamin D levels seems to be misplaced. And interestingly enough, a poor gut microbiome impacts parathyroid disorders, (13) as does antibiotics. This is because hormones transfer calcium through the gut.

*Hmmm, symptoms sounds similar to several other metabolic disorders. Don't you agree?*

Imagine Endocrine Disruptors as evil giants creating hormonal, brain, metabolic and blood sugar imbalances within the body. Endocrine disruptors include foods with that contain chemicals, such as excitotoxins MSG (14) and Aspartame, GMO's and pesticides such as glyphosate. Toxins such as pesticides can and will disrupt our central nervous system. (15)

### **Parkinson's Disease linked to Depression!**

There's some recent research that's been published on inflammation and depression. It's from Denmark where they found that if you had a diagnosis of a disease it increased risk of being diagnosed with a mood disorder like depression by 45%. [If you'd been hospitalized for some sort of infectious illness, that increased your risk of having mood disorders by 62%.](#) And if you had both of those things happen to you, you doubled the risk of subsequently being diagnosed with a mood illness.

Around 80% of our immune system is in our gut. In our world today we know that food can also cause mood changes. This is where the gut/ brain/depression connection come into play.

There is a connection between diet drinks and depression.

*“In 1993, Dr Walton, who is a psychiatrist, conducted a study of 40 patients with unipolar depression and a similar number without a psychiatric history. The subjects were given 30 mgs per kg of body weight a day of aspartame or a placebo for 20 days (about equal to daily consumption if it completely replaced sugar). Thirteen individuals completed the study, then an institutional review board called the project to a halt “because of the severity of reactions within the group of patients” In a smaller, shorter crossover design, “again there was a significant difference between aspartame and placebo in number and severity of symptoms for patients with depression”*

*Remarkably, Dr Walton’s study is the only one we have related to both mood and aspartame. It would be helpful to get a second opinion, but no one else since, apparently, has tried to either replicate or refute his results. This may be due to the political and funding climate. “The NutraSweet company,” Dr Walton told this writer, “clearly tried to block our study.”*

### **More on Aspartame Dangers**

There are direct and indirect cellular effects of aspartame on the brain.(16)

There are DNA strand breaks in bone marrow from ingesting aspartame.(17)

There are risk for weight gain and diabetes from ingesting aspartame.(18)

There are risk of lymphoma and leukemia from ingesting aspartame.(19)

The blood brain barrier is not fully developed as a child. Aspartame can break through and cause harm. (29)

Aspartame is linked to Diabetes and Metabolic Syndrome.(30)

**Another term for neuro-inflammation among alternative integrative doctors is “leaky brain.”**

Leaky Gut and Leaky Brain are best buddies. Leaky Brain is chronic inflammation in the brain. Leaky Brain, or Blood Brain Barrier Hyper-permeability is a reality of antibiotic overuse.(20)

It's similar to leaky gut in that membranes that are supposed to protect one part of the body don't work and become increasingly permeable, letting in substances that should have stayed outside.

Cytokines have been shown to increase the permeability of the blood-brain barrier membrane.(21) There's several ways they do it. Inflammatory cytokines like IL-1, IL-6 and TNF, MMP9 and TGF-beta; as well as bacterial toxins (lipopolysaccharides, LPS) have all been associated with increasing the permeability of the brain.

When we increase the permeability and we increase the stress response of the hypopituitary axis, these factors may lead to a breakdown of serotonin in the brain by breaking down tryptophan.

Our immune system, our endocrine system and our **brain** are intimately related. The hormone "Ghrelin" has it's fingers in energy balance, nervous system balance (brain) and our appetite. When we consume alcohol and excitotoxins we disrupt Ghrelin.(22)

### **Our brain makes and uses dopamine**

Dopamine is a neurotransmitter that activates pleasure centers in certain parts of the brain. Heroin and cocaine manipulate dopamine levels by slowing down the rate of dopamine reabsorption. Caffeine increases dopamine levels in the same way. Its effect is much weaker than heroin's, but the mechanism is the same.

Researchers suspect that this dopamine connection is what contributes to caffeine addiction.(23)

Note: It's wise to avoid addictions.

### **Parkinson's ~ depletion of dopamine**

People with Parkinson's have loss of the nerve endings that produce the neurotransmitter norepinephrine. Norepinephrine, which is closely related to dopamine, is the main chemical messenger of the sympathetic nervous system.

Note: Atrazine is a toxic pesticide sprayed on golf courses and found in our waterways. Atrazine is found to be toxic to our brains.(24)  
Atrazine adversely affect the brain **dopaminergic system**.(25)

### **Let's Recap.. what's toxic to the Brain**

- 1- Ingesting Excitotoxins such as Fluoride, Mercury, MSG and Aspartame increase glutamate in the brain and interferes with neurotransmitters.
- 2- Certain processed foods and pesticides can pose a toxic risk to our brain.
- 3- And if you use cocaine, you have more issues than just a risk for Parkinson's.

**Food for thought.** Evidence links Autism, Alzheimer's, Parkinson's, Depression, Bipolar and Severe Brain Aging together with mitochondria injury, neurotransmitter disruption and oxidative stress. Mitochondria and brain function rely on blood sugar and insulin balance. As a nation we have an epidemic of obesity and diabetes in our children. So, what's going to happen when these children get Parkinson's Disease at even an earlier age?

(Most of these effects can be reversed by introducing self care habits. These include reducing stress levels in the mind and body, avoiding toxic behaviors and toxic exposures and eating real whole foods from Mother Nature's Table while ditching the fake foods and chemicals that keeps us sick, tired, obese and depressed.)

**Solutions for Brain Health.** There is a connection between what we eat, the toxins we expose ourselves to and the health of our brain. There was always a gut brain connection (26) even when it wasn't as popular like it is today!

When Dr. Drew Ramsey, a psychiatrist specializing in depression and anxiety, began practicing he noticed an absence of serious discussion about one of the most basic and natural medicines available to help people struggling with mental health issues. He said: "I started to talk about food with my patients". It was a logical

leap for him, owning and operating a small family farm in Indiana where his meals come right out of his 127 organic acres. As he saw the positive effects that making good food choices had on his patients, he grew more interested in how best to feed the brain.

We now know more and more data is coming out and there are very clear links between toxins and brain health.

### Health Tips

**When you need to concentrate or find your focus waning**, try making a tea from herbs and spices rich in volatile oils and B vitamins that naturally perk up your brain. Steep any of the following herbs in hot water for five minutes: dill, clove, oregano, cilantro, rosemary, sage, fennel, anise, cardamon, ginger, leek, scallion, pepper, chive, cinnamon, basil, and coriander.

**Add Turmeric to your diet**, 1 gram of Turmeric per day assist with cancer, Alzheimer's, Parkinson's, thyroid and autoimmune disorders.

**We can't replace all deficiencies with supplements.** There are no subtle and intricate effects as adding in more green veggies to your diet. Our immune system works better on real whole foods. These can fill you up with good bacteria from gut to brain health!

Want to learn more? Amazon link to my book. Path to a Healthy Mind & Body .. <http://www.amazon.com/gp/product/0692566066?>

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**footnotes:**

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