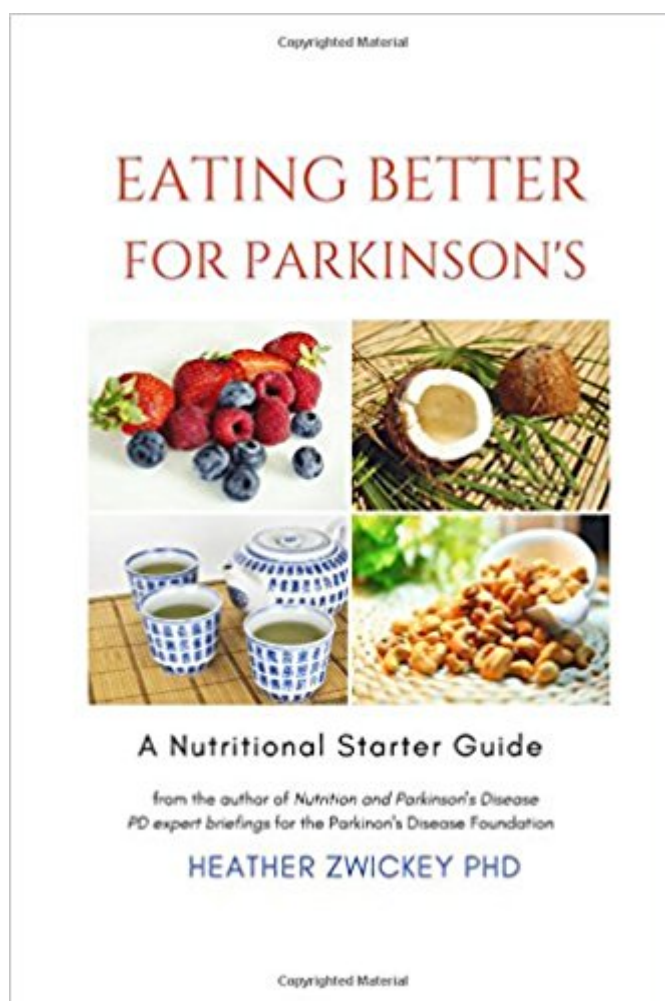


The book was found

# 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

Paperback: 101 pages

Publisher: Independently published (May 22, 2017)

Language: English

ISBN-10: 1521354316

ISBN-13: 978-1521354315

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #76,628 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #750 in Books > Health, Fitness & Dieting > Nutrition #24844 in Books > Textbooks

## 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

[Download to continue reading...](#)

Eating Better for Parkinson's: A Nutritional Starter Guide Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book HARDY BOYS STARTER SET, The Hardy Boys Starter Set Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Lose weight Fast, Eat thin) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures My Degeneration: A Journey Through Parkinson's (Graphic Medicine) Blood Type Diet: A Starter Guide: Eating Based on Blood Type for Health and Wellness Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Eating Do's & Don'ts for Nutritional Management of Carpal Tunnel Syndrome Ultimate Meal Planning Guide for Prediabetes & Diabetes Type 2: Meal Planning Starter's Guide for those with Prediabetes & Diabetes Type 2 Rookie Smarts Fire Starter Guide and Action Plan: The Official Discussion Guide For Rookie Smarts (Rookie Smarts: Why Learning Beats Knowing in the New Game of Work Book 2) Easy To Follow Guide To Wet Felting: A Quick Starter Guide from Corina's Curious Creations (Felting Easy To Follow Guides Book 1) Easy To Follow Guide To Needle Felting: A Quick Starter Guide from Corina's Curious Creations (Felting Easy To Follow Guides Book 1) Electronic Cigarette: The Ultimate Guide for Understanding E-Cigarettes And What You Need To Know (Vaping Pen, Electronic Hookah, E-Hookah, E-Liquid, Alternative, Juice, G-Pen, Starter Kit) How to Lose a Marathon: A starter's Guide to finishing in 26.2 chapters How to Lose a Marathon: A Starter's Guide to Finishing in 26.2 Chapters Beginners Guitar A 5 Step Starter

Guide (Learn How to Play Guitar Tim B. Miller Collection Book 1) Gameplan: The Complete Strategy Guide to go from Starter Kit to Silver

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)