

Get Moving ASAP!

Aerobic Exercise is the only thing known to halt the progression of PD

Boxing

Bicycling

Aerobic

HIIT

Medicine

Abstract- PubMed (nih.gov)

A database that has over 40 million medical articles, And thousands of articles about PD. Read abstracts – you can look up what the words mean!

Please talk to your primary care doctor before taking

Morning

Vitamin	Why	Amount	Site
Vitamin D3	<i>44% of the population in the USA is vitamin D3 deficient. Vitamin D is the MOST needed vitamin for everyone even those without PD. Before taking, get your levels check next time you are at your primary care doctor (Levels should be 70 or above).</i>	500 – 1000 iu, once a day	Anywhere
L-Tyrosine	<i>L-Tyrosine is the precursor of Dopamine and is very important to the production of Dopamine</i>	1000mg, once a day	Anywhere
L-Theanine	<i>Take as needed for stress or anxiety. Helpful for stress and has a calming effect.</i>	200 mg take as needed	LEF.org
B Complex	<i>B Complex is composed of: B1,3,6,12, folate, biotin, and pantothenic acid, which helps with tremors and has a beneficial effect to the nervous system.</i>	One B Complex Vitamin, once a day	Anywhere
Magnesium- Threonate *Neuro-Mag	<i>For Motor skills and dopamine neurons preservations</i>	667 mg, once a day	LEF.org

Fish Oil *Omega 3 Fatty Acids	<i>Fish Oil prevents heart disease, helps with joint pain, supplies the brain with nutrients building blocks</i>	600 mg – DHA 300MG- EPA, once a day	Anywhere
Vitamin C	<i>Vitamin C (ascorbic acid) deficiency is known to affect brain function and is associated with PD</i>	1000 mg, once a day	Anywhere
Once A Day			
Niacin	<i>Shown to decrease the rate or even better stop the progression of PD. May cause flushing- just ignore it</i>	Time Release Niacin 250mg once per day	Solaray.com
Night			
Melatonin	<i>Conclusions: In this review, biological and chemical knowledge of melatonin, its experimental effects, and the clinical impact on patients with neurological disorders were described. According to all of the beneficial results obtained from experimental and clinical trials, melatonin may have a prophylactic and therapeutic effect on neurological diseases. Strong collaboration between neurologists and health service policy makers is needed to encourage use of melatonin in the patients suffering from neurological diseases. Melatonin may be the solution we have been looking for.</i>	10mg to 40mg once a day. Take 30 mins before bed to help with sleep	LEF.org

Abstract- PubMed (nih.gov)

Niacin	An average of 9 ± 6-point improvement in the Unified Parkinson's Disease Rating Scale (UPDRS) III (motor) score was observed after 12 months of daily niacin compared to the expected decline in score (effect size = 0.78, 95% CI = 7-11). Additionally, secondary outcome measures improved.
Melatonin	Melatonin is a neuroregulatory hormone that has free radical scavenger, strong antioxidant, anti-inflammatory, and immunosuppressive actions. These major properties of melatonin can play an important role in the pathophysiological mechanisms of neurological diseases. In addition, melatonin is necessary for circadian rhythm. Studies have shown that melatonin levels are low in people with neurological diseases. Both preventive and therapeutic effects of melatonin are known for many diseases, including neurological diseases (e.g., Alzheimer's disease, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis, Huntington's disease, epilepsy, headache, etc.).