



Amino Acid Therapy

**A potentially life-changing Parkinson's therapy;
for even those at advanced stages**

A Report for *fight-parkinsons* members

Writing this report just became a whole lot easier because we have our very first first-hand account of Amino Acid Therapy (AAT) in action. More in a moment.

This first page is a short introduction to AAT, and other considerations.

Back in 1997, three US doctors, Hinz, Stein and Uncini worked out a way to get sufficient levodopa to the brain to enable a Parkinson's person to overcome their symptoms, and without suffering awful side-effects. The AAT method seems to halt continued degeneration, too.

All of these are outcomes which elude conventional levodopa medications prescribed by your friendly neurologist.

So, it's all good news, then?

Well, there's always something that puts a spanner in the works.

Firstly, it can be quite costly. Secondly, it can be a bumpy ride until the amino acids are balanced and your symptoms have cleared up. Thirdly, it hasn't worked for everyone, though there may be reasonable explanations.

AAT is provided only through doctors trained in the therapy. These doctors are based almost exclusively in the USA, although they invariably provide online consultations via Skype.

Proceeding under the auspices is essential, as the first step with AAT involves ceasing all existing Parkinson's medications.

On the following page, you can read the experience of Derek who, within three months of starting AAT, has seen a wholesale reversal of his Parkinson's symptoms, which were well advanced. Reading the case histories of others is one thing, but first-hand experience is quite another.

Take the time to read these pages and you'll be in a position to judge whether Amino Acid Therapy is for you.

Why conventional levodopa medication doesn't work!

Or rather, why it doesn't work that well.

It's generally accepted that the Parkinson brain is suffering from a deficiency of dopamine, and that the answer is to get more dopamine into the brain.

You can't fix that problem by simply taking a dopamine medication, because dopamine can't cross the blood-brain barrier.

The pharmaceutical boys found the answer back in the 1960s when they discovered levodopa, which crosses the blood-brain barrier where it is converted into dopamine.

If you think that was problem solved, then think again.

The problems start because levodopa quickly gets broken down in the body by an enzyme, the decarboxylase enzyme, before it even reaches the blood-brain barrier thereby reducing the amount of dopamine available to the brain.

One obvious answer would be to increase the amount of the levodopa dosage so that more levodopa gets through the blood brain barrier. That doesn't work in practice because the body has a low tolerance of levodopa, which induces intense nausea.

The pharmaceutical answer to fix this problem is to add another compound to the mix to inhibit the action of that pesky decarboxylase enzyme; enter carbidopa

(in Sinemet and Stalevo) and benserazide (in Madopar).

Somehow, that still doesn't do the trick. It's doubtful that enough dopamine is getting through because some symptoms are only partially addressed, and others aren't addressed at all. Meanwhile, the disease continues to progress.

On top of that, the functions that the decarboxylase enzyme was there to perform are no longer available to the body, which may be why the drugs are accompanied by a long list of challenging side-effects.

These levodopa drugs are considered the gold-standard approach to Parkinson's medication.

" the moment I went onto levodopa, my symptoms worsened. My doctors answer? Increase my dose!"

Amino Acid Therapy answers the questions

Doctors Hinz, Stein and Uncini made two important discoveries. They found that:

1. the nausea that accompanies high doses of levodopa can be overcome by simultaneously treating the brain's serotonin systems
2. the side effects doctors see with high doses of levodopa are not caused by the levodopa itself. The side effects are caused by an imbalance in the other neurotransmitters. It happens because when you increase the amount of one neurotransmitter (ie dopamine) you also affect the levels of the others.

By properly supplying the amino acids for neurotransmitters, serotonin, epinephrine, and nor-epinephrine at the same time as increasing doses of levodopa are given, they found the answer to providing the high levels of levodopa that are needed to treat Parkinson's effectively.

In this manner, they found a mechanism to halt Parkinson's in its tracks and reverse its symptoms.

Of course, there remained some challenges. With Parkinson's, everyone is somewhat different; each person with Parkinson's has a different balance of brain chemicals. That means there is not just one single combination of amino acids that will work for everybody.

Drs Hinz et al devised a urine test which enabled them to analyze the balance of brain chemicals and adjust each patient's amino acids according to the laboratory's findings.

With the right administration levels of dopamine and amino acids, and the neurotransmitters in balance, Parkinson's is brought under control and the patient's neural function is restored.

Derek: “Amino Acid Therapy has made such a difference to my life”

This is what Derek had to say within 3 months of commencing AAT:

“Everyone has been remarking how well I look and glad to see the wooden effect has gone. I feel great, back to doing my model boat building and am now planning my next model. Have just finished painting the window sills in our upstairs bedrooms which also involved taking down and putting back up the curtains, curtain rails and blinds. Am starting to repaint the dining room next week. The AAT has made such a difference to my life, as I had to stop my model boat due to the shakes.”

Derek is a meticulous journal keeper and so has an excellent record of his symptoms before and after commencing AAT, as well as his experiences along the way.

His symptoms at the outset in November 2015, even with his Parkinson’s medications [Stalevo (levodopa) and Mirapexin (agonist)] were:

Walking wooden and plodding, shuffling. Needed walking stick to avoid veering to the right.

Standing - Knees bending and beginning to crouch down. Tremors starting in legs
Issues with balance

Stooping, head held forward, shoulders rounded

Freezing – feet refuse to move

Left arm wooden and won’t swing

Tremors in arms and legs

Dribbling

Difficulty holding a fork when eating

Pain – small of back, wrists, fingers between joints, right ankle, left toes, neck & shoulders

Wooden facial appearance

Handwriting – signature illegible

By February 2016, ie within 3 months, Derek reported:

Walking upright without stick, arm swinging Head up; heel/toe action. Striding out.

Balance much better. Can stand still for quite some time now.

Not dribbling now.

Pain gone

No Difficulty holding a fork when eating

Signature much better and more legible but have to take my time with it.

Tremors much better, back building model boats

Face – wooden appearance gone

Derek would be the last to say it's perfection, though AAT has brought a near reversal of his symptoms and a big improvement to his life.

Whilst it hasn't always been a smooth journey as Derek transitioned from a dependency on Parkinson's medications to the amino acid supplements, the final outcomes have made seeing through such travails worthwhile.

The specific side-effects Derek saw along the way are:

Persistent Headache

Light-headedness

Heart Palpitations

Indigestion

Of these side-effects, the indigestion, which is severe at times, remains. That's work-in-progress with his doctor.

