



My Parkinson's Recovery Eating Plan

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My Parkinson's Recovery Eating Plan

This Recovery Eating Plan is at the heart of the My Parkinson's Recovery Plan and which I follow faithfully to this day. Within months of starting the Eating Plan my symptoms reversed and my health was restored. I've made more progress over the subsequent two years.

My Eating Plan is based upon the concept of the ketogenic diet which a study at Columbia University New York showed reduced Parkinson's by 43% within 28 days.

If there's one thing I've learned in my research it's that the right diet for man is the High-fat, Low-carbohydrate diet for which are bodies designed. In the past 50 years, we've strayed wildly from this diet, with disastrous consequences for our health.

The moment I chose to follow this healthy diet from which, over the years, I'd strayed, it began to work wonders. I've realised results beyond my wildest expectations.

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I started to eat properly and my symptoms began to improve within weeks!



‘Let Food Be Thy Medicine and Medicine Be Thy Food’

Doctors historically look up to Hippocrates as the founder of medicine as a rational science. It was in fact Hippocrates who freed medicine from the shackles of magic, superstition, and the supernatural.

Hippocrates saw an orderly, balanced, harmonious digestion and metabolism as being essential to all good health. Correspondingly he saw the origin of most disease stemming from disorders of our digestion and metabolism.

Hippocrates was a great believer in using dietary measures in the treatment of disease and would use the phrase

*“Let Food Be Thy Medicine and
Medicine Be Thy Food”.*

He uttered those words **two and a half thousand years ago!**

How far have we gotten away from this concept? Nowadays, we think we can swallow any old junk and that it won't cause any kind of a reaction in the body.

The Parkinson's Recovery Eating Plan is about healing our bodies and addressing many of the potential causes of Parkinson's disease.

Hippocrates of Kos c. 460 – c. 370 BC is considered one of the most outstanding figures in the history of medicine.

He is referred to as the ‘Father of Western Medicine’ in recognition of his lasting contributions to the field as the founder of the Hippocratic School of Medicine.

Eating Plan Objectives

Our principal goal is to restore good health to the person with Parkinson's and we can accomplish that by ceasing to eat the foods which can fuel the disease. In no particular order these are:

Eliminating gluten from our diets.

Gluten sensitivity in the brain is shown to be a possible cause of neurological disorders.

Eliminating gluten means cutting out all wheat-based products (bread, cakes, biscuits, pastas etc), as well as all gluten-containing foods from our diets.

As gluten is used widely in most processed foods, sauces, processed meats, ice creams etc it means that you need to stay away from foods that come in packets, jars, tins etc.

Reduce inflammation in our bodies and brains

Inflammation can be caused by an imbalance between Omega-3 (anti-inflammatory) and Omega-6 (pro-inflammatory) essential fatty acids (EFAs).

We need to increase our consumption of Omega-3 EFAs which is found in oily fish (salmon, mackerel, tuna, sardines etc), flaxseed, nuts (walnuts, pecans, hazelnuts etc) and leafy green vegetables.

At the same time we need to decrease our utilization of Omega-6 EFAs of which soybean oil is currently the biggest source. Soybean oil is really cheap and is found in all sorts of processed foods



Eating Plan Objectives

Eating antioxidant-rich foods, whilst avoiding foods which contain sugars, artificial preservatives, colorings and flavorings. This will reduce oxidative stress in the brain's cells. That means we need to cut out carbohydrates, sugars and all processed foods, whilst eating plenty of foods rich in antioxidants.

Top Antioxidant Foods:

Dark, red grapes

Berries: Blueberries, raspberries, strawberries, cranberries

Vegetables: Kale, broccoli, asparagus, bell peppers

Nuts: Walnuts, almonds, hazelnuts, pistachios, pecans

Seeds: Flaxseed, sunflower, sesame

Cacao (Yep, even organic, dark chocolate is good)

Balance gut bacteria by ensuring the right balance of good vs bad bacteria in the gut's microbiome which helps us maintain a healthy immune system.

That means eliminating foods which boost bad bacteria, such as sugary foods, carbohydrates, processed foods, whilst eating much more of foods which enhance the good bacteria. Good gut bacteria need to be replenished every day, so eat foods from this list about twice a day and maintain a gut environment that sustains gut flora.

Good Bacteria Boosters Are:

Fresh vegetables

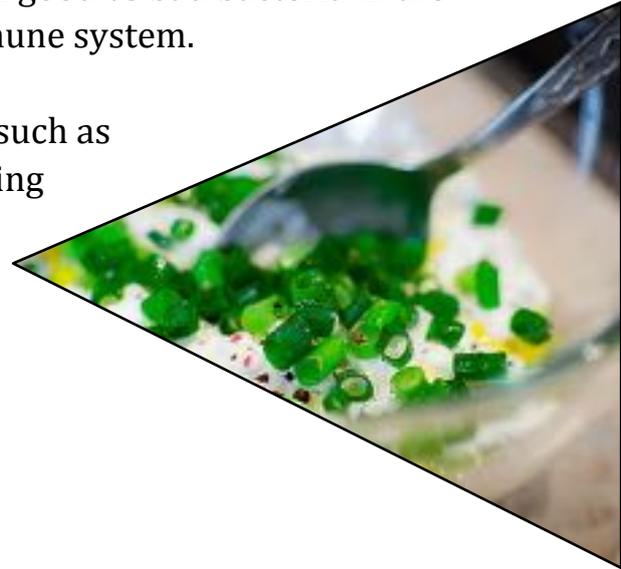
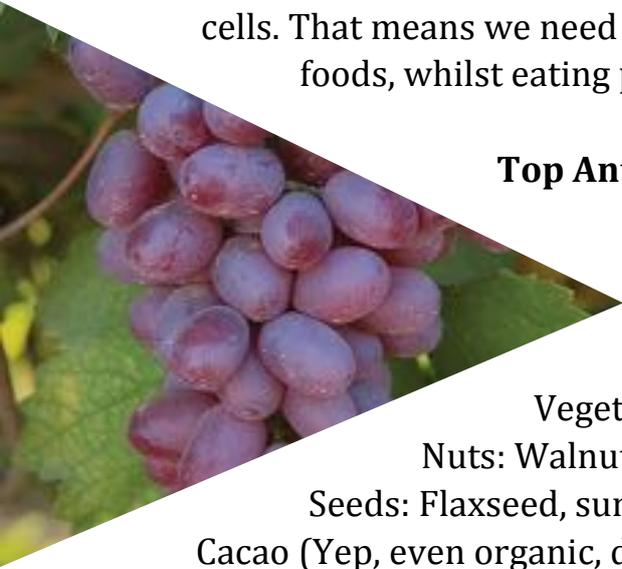
Vegetable juices

Natural probiotic yoghurt

Kefir

Kombucha

Fermented vegetables



Eating Plan Objectives

Eliminating toxins from our diet. This is easily achieved by cutting out all processed foods which contain all sorts of artificial additives, flavoring, colorings, sweeteners, preservatives etc. That goes for canned drinks and fruit juices, too.

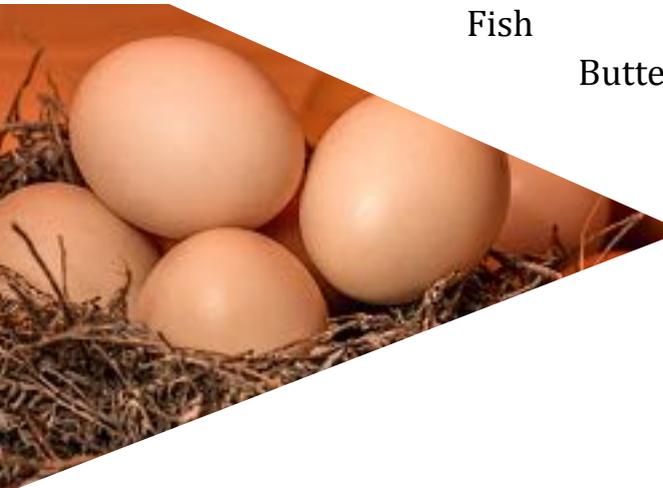
Reducing blood sugar levels which cause neurological damage, inflammation, oxidative stress and bacterial imbalances in the gut.

That doesn't just mean refined sugar has to go, but carbohydrates too (which will break down into sugar in the body) , and all processed foods too which are invariably stuffed with high fructose corn syrup – a cheap but damaging source of sweetness. Avoid manufactured fruit juices and canned drinks, too. There's no substitute for fresh foods.



Warding off low cholesterol by eating cholesterol-rich foods, such as:

- Eggs
- Cheese
- Meat
- Fish
- Butter



Worried about cholesterol?

Then you need to read the next page about the myth created that cholesterol is bad for our health!

Denying our bodies cholesterol is a source of health issues

Worried about high cholesterol?

'High cholesterol' as a health issue appears to be without foundation. Clinical study after study concluded that there is not a shred of evidence linking cholesterol to heart disease or strokes. These studies conclude that coronary artery disease is entirely to do with inflammation and oxidized Low Density Lipoproteins.

One study, led by scientist P W Siri-Tarino and published in 2010 in the American Journal of Clinical Nutrition, says it all. This was a retrospective evaluation of 21 previous medical reports of 340,000 people studied between 5 and 23 years. The study concluded that:

“intake of saturated fat was not associated with an increased risk of coronary heart disease, stroke, or cardiovascular disease”.

Another study by L M de Lau, published in 2006 in the American Journal of Epidemiology concluded:

“Higher serum levels of total cholesterol were associated with a significantly decreased risk of Parkinson's disease.”

I could print study after study which demonstrate that we've been misled over cholesterol and heart disease. It just so happens that this myth has been perpetuated by big pharmaceutical companies who leapt on the bandwagon with statins.

Sweden Adopts High-fat Diet

For decades now, formal government nutritional guidelines have recommended the Low-fat diet. Meanwhile, we have become fatter and sicker as we've indulged ourselves in carbohydrates and sugars.

At last, cracks in the wall are appearing in this misguided advice and some governments are questioning what they've been advising their citizens.

In 2014, the Swedish health authorities amended their dietary guidance and began to recommend the High-fat, Low-carbohydrate diet.

My Recovery Eating Plan

The Right Foods to Eat: I eat plenty of the following:

Oily fish Salmon, sardines, mackerel, herring, trout, tuna for their richness in Omega-3 Essential Fatty Acids

White fish (except for their livers) are not actually rich in Omega-3, and so are not overly beneficial to us.

Shellfish

Eggs Rich in cholesterol.

Cheese In its natural form. Not processed cheeses.

I purchase unpasteurised cheeses from a specialist supplier on the web. This means that I'm getting cheese which contains healthy probiotic bacteria and the natural enzymes which make for easy digestion.

Meat Preferably organic and grass fed
Liver is excellent for its carnitine content

Avoid processed meats like ham, bacon (these when shop bought, generally contain nitrates and we want chemical free meats) There are suppliers of organic, nitrate free bacon online if you need some though.

Raw Nuts Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pistachios, Walnuts are sources of healthy fats.



My Recovery Eating Plan

Seeds Chia, Flax, Pumpkin, Sesame, Sunflower are sources of healthy fats.

Oils Avocado (yes, avocados are an oil), Extra Virgin Olive, Coconut (more of this in a moment)

Vegetables

Your plate should be 75% vegetables. Colourful and leafy green are the best. But, a wide selection of vegetables with each meal is preferred as they are rich in antioxidants and nutrients.

Potatoes and sweetcorn are to be avoided, though sweet potatoes, in moderation, are part of my diet.

Fruit Fruit is generally rich in fructose (ie sugar) and should be consumed in limited quantities. However, because fruit is high in fibre, those sugars are more slowly absorbed by the body than refined sugars (ie they don't cause the damaging blood sugar spikes that refined sugars do) and so, are manageable.

As constipation is often a Parkinson symptom, and people find some fruit is helpful in managing this problem, then some fruit is OK. Prunes are particularly helpful and are also high in antioxidants.

Berries are best, for their antioxidant properties, and you'll see we recommend these highly.

Blueberries and dried blueberry powder are both especially healthy.



What Not To Eat

As the Parkinson's Recovery Eating Plan recommends the exclusion of foods containing carbohydrates, sugars and gluten, the list of 'what not to eat' is extensive.

Wheat and grain based products

No bread, rolls, panini, cakes, biscuits, pastries, pasta, pizza, pies

Carbohydrates

No potatoes or rice

Sugars

All breakfast cereals found in cartons are off the agenda. This includes muesli. They're high in sugar content.



Processed Foods

Most prepared/packaged foods contain sugar, carbohydrates, gluten, artificial colorings, flavors and preservatives. So, if it comes wrapped, boxed, canned or any way other than fresh, it's to be avoided.

Convenience and good health are pretty much incompatible. If you prioritise recovering from Parkinson's and reversing its symptoms above convenience, then you'll use only fresh ingredients and cook from scratch.

Any form of packaged or convenience foods spell trouble for Parkinson's.

What To Drink

Water (best drink of all)

Tea (black, green or herbal)

Coffee

Milk

Wine (red is best, although the occasional white wine won't cause too much harm) – but in limited quantities

Blueberry juice made from one teaspoon freeze-dried blueberry powder to one glass water.



What Not To Drink

Beer or lager

Sparkling water

Fruit juice

Hot chocolate

Fizzy drinks (whether or not diet formula)



Nothing fizzy!

Superfoods

Coconut Oil: Fuel for the brain

First used as a key component of the ketogenic diet, coconut oil is recognized as one of the healthiest of all fats. Research has revealed it as a powerful therapeutic aid for overcoming neurological conditions such as Parkinson's and Alzheimer's.

The medium chain triglycerides in coconut oil have been seen to create significant improvement in cognition with Alzheimer's patients.

In a 2005, a study of Parkinson's patients, who went on a ketogenic diet which incorporated coconut oil, showed 28 days later that they had made gains in driving down their symptoms that rivaled both traditional medication and even brain surgery.



How I take coconut oil

I get my daily requirement for coconut oil in the following ways:

- a) By adding it to my morning breakfast smoothie (see Recipe)
- b) By including it in my daily kefir/fruit/coconut oil smoothie drink (see Recipes)
- c) By using it as my preferred oil for frying, baking, roasting etc
- d) By adding it to cups of coffee or tea
- e) By using it in making Parkinson's-friendly treats (see Recipes).

Superfoods

Antioxidant Foods

Eating foods rich in antioxidants will help quell oxidative stress. Top Antioxidant Foods:

Dark, red grapes

Berries: Blueberries*, raspberries, strawberries, cranberries, prunes

Vegetables: Kale, broccoli, asparagus, bell peppers

Nuts: Walnuts, almonds, hazelnuts, pistachios, pecans

Seeds: Flaxseed, sunflower, sesame

Cacao (Yep, even organic, dark chocolate is good)

My personal favourite is to make a mid-morning blueberry smoothie with kefir, coconut oil and blueberry powder. It's delicious and I get three superfoods in one go.

* Freeze-dried Blueberry Powder

Blueberry is a top antioxidant food and by taking it in its concentrated, freeze-dried form, where it contains ten times more blueberry antioxidants than in its natural form, you're really enhancing your benefit..

Breakfast is an ideal time and you'll get ample quantities by including blueberry powder in the recommended breakfast smoothie (see Parkinson's Recovery Eating Plan Recipe Book). There are other recipes where the blueberry powder can be included, too.



Superfoods

Probiotic Foods

These are crucial to maintaining a healthy population of good bacteria in the gut.

Every day, I eat the following probiotic foods:

Probiotic natural yoghurt

Kefir

Kombucha

Fresh vegetables

On other days, I have generous helpings of Fermented Vegetables

Chocolate

Chocolate, at 80% cacao, is

You can also enjoy dark and at least 80% lecithin!

I make my own, healthy almonds and coconut fully customizable. Takes chocolate 've ever tasted. and Treats.



rich in antioxidants, and is a **Superfood!**

chocolate, as long as it's unsweetened, cocoa. Make sure it doesn't contain soy

chocolate from 80% cacao, ground oil. I can add nuts and fruit, too. So, it's minutes to make and is the nicest
Go to my website and look under Recipes

Treats

If you've been used to having sugary, carbohydrate filled treats such as biscuits, cakes, desserts, sweets etc, then you'll probably miss them initially, but this will pass. They've become a very bad habit, which have helped fuel the neuronal damage in our brains.

We've come up with alternative healthy treats, which fulfill our seemingly innate need for 'rewards' but which also meet the criteria for adhering to the diet. You'll find a section in the Recipe Book devoted to treats.

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