



## Parkinson's Recovery Plan

Colin Potter

[www.fight-parkinsons.org](http://www.fight-parkinsons.org)

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# Parkinson's Recovery Plan

*Illnesses do not come upon us out of the blue.  
They are developed from small daily sins against  
Nature. When enough sins have accumulated,  
illnesses will suddenly appear.*

**-HIPPOCRATES**

My extensive research over the knowledge, which has months, has led me to don't have a single but a collection of whose origins are our lifestyle and



past four years and the acquired accelerated over the past 12 the conclusion that we disease i.e. Parkinson's, neurological symptoms multifactorial and lie in environment.

If I thought I was being very thinking, I soon stood to be corrected. across Hippocrates' saying, made all of 2,500 years earlier.

profound and original in my Whilst writing this paper, I stumbled

Illnesses, like that attributed to Parkinson's, occur when we contravene nature. That can be conscious offences like pursuing an inadequate, un-nutritious diet or lack of exercise, or inadvertent offences like exposure to pollutants and toxins. These are some of the 'sins' to which Hippocrates refers.

I was diagnosed with Parkinson's in 2011 after at least 3 years of obvious symptoms. Then, after a period of ever worsening symptoms, I was prescribed medication (levodopa ) My dose was later doubled.

Now, in 2017, I have been medication-free for 3 years and my many symptoms have either reversed or play no meaningful part in my life. I have resumed leading a full and active life.

How have I achieved that? By following the actions set out in this Recovery Plan; actions which counteract the potential causes of Parkinson's-like symptoms.

This is a short but essential document. To learn more, read my book, *The Parkinson's Solution*, though do keep returning to this Recovery Plan, as I'll keep it updated with new information. My research and learning never stops!

Be under no illusion, there's a lot of effort, commitment and belief involved in pursuing these actions to see off the symptoms. There are no guarantees. These are highly complex conditions. But by taking action to combat the causes of your symptoms, you at least give yourself a fighting chance. The way I see it, compared with the certainty of progressive decline when taking medications, it's worth pursuing alternative paths.

You'll be lucky, too, if you find a doctor of allopathic (mainstream) medicine who'll support you in your endeavours. Despite medical websites referring to Parkinson's as having environmental origins, these doctors prefer to offer temporary symptomatic relief rather than practice preventative or remedial therapies. You'll find plenty of doctors of functional medicine, though, who think quite differently and who will aid you in your efforts to recover.

Above all else, my purpose is to share the knowledge that your diagnosis does not determine your future health. You do!

Armed with the information shared in this Recovery Plan, my books, website and Facebook pages you can define your future as one where now, despite having underlying neurological and Parkinson's symptoms, you can lead a rich, fulfilling life.

*Colin Potter*

February 2017



## A Choice To Make

Just like everyone else with Parkinson's I had a choice to make.

You are faced now with the same choice I faced at diagnosis. Will you follow the doctor's orders and accept the predetermined fate that he says awaits you? Or will do you take action and seek to change your destiny?

Initially, I went along with my neurologist and conventional medical practice, and started taking levodopa.

But then I started thinking and researching. Parkinson's drugs focus only upon treating symptoms whilst doing nothing to stop the disease's progression. So, under this approach, the disease would overwhelm me eventually and a wheelchair would be waiting. A pretty lousy prognosis, and one that I didn't fancy one little bit.

But, if I searched out the causes and took action to fix them, then I might hold back the progression of my Parkinson's.

My early research quickly revealed that diet, lifestyle and environment were the likely causal factors, somewhat confirmed by the increasing numbers of younger people being diagnosed.

Since those early days of research, I have found more and more environmental origins from which our symptoms may spring. Every single one is within our ability to fix.

You are faced with the same choice that I faced. Do you follow doctor's orders and accept the predetermined fate that awaits you, or do you seek to change your destiny?

It's been my mission to provide fellow people with Parkinson's-like symptoms the answers I've found.

## Some things you need to know

1. Everything I do is based upon research conducted by accredited university and clinical research centres or is being performed by doctors.
2. Whereas, at the beginning, I self-medicated with supplements, now I am guided by my doctor who is, in turn, informed by results of my tests.
3. When we take positive actions to raise our level of health – it works throughout our body not just on one part. So I can't be specific about which particular action fixes what specific symptom and I don't have time to take just one action at a time. I'm 67 years old and I needed the problems solved. So, if I'm doing one thing which is superfluous to my personal health requirements, I see that as a very small price to pay for my good health.
4. It has taken years to get to my stage of Parkinson's, so it stands to reason that it's going to take some time to undo the damage. It took 6+ months before I observed real improvement and, now, 3 years to get to my present level and I'm still making improvements.  
  
Others are reporting faster progress, though they are now benefiting from the knowledge shared on these pages.
5. I never, ever drop my guard and I plan for all eventualities. I stick to my diet and, if I'm out and about, uncertain as to what food might be available, I'll always have a reserve of healthy food with me.
6. I never allow myself to be tempted by sugary, carbohydrate type foods. I never skip exercise or deviate from the plan. I value the gains too much. It just isn't worth it.



# The Ten-Step Recovery Plan

## Step 1: Find A Doctor & Get Tested

Although I managed to find research which showed how Parkinson's might be overcome, implement the findings and achieve a beneficial outcome, I feel I was lucky.

My learning has increased one hundred fold since I began to engage with Dr John Thomas of [www.ihcog.com](http://www.ihcog.com). He is a doctor of Functional Medicine with specialist knowledge of genetics, nutrigenomics etc. ie everything relevant to my needs.

I've undergone a series of tests which show the full status of my genetic disposition and everything of relevance in my body.

A simple saliva test with [www.23andme.com](http://www.23andme.com) gave me my DNA results and Dr Thomas my full genetic profile.

Then Dr Thomas arranged for urine, blood and hair test kits to be sent to me which, when returned to the laboratory, revealed the full status of my:

- Toxic and Essential Elements
- Neuro-Biogenic Amines
- Methylation Profile
- Nutritional and Metabolic Profile

Armed with this detail information of these tests, Dr Thomas was able to plot a course of therapies and nutritional supplementation, personalised to my specific situation, to overcome my genetic susceptibilities and shortfalls in essential molecules and nutrients.

This requires the services of an experienced practitioner and is beyond the abilities of the layperson.

Dr Thomas is the practitioner I chose based upon his CV and his work with Parkinson's patients. If he does not have the capacity to accept new clients, he is prepared to recommend a similarly skilled practitioner. Alternatively, go to [www.livewello.com](http://www.livewello.com), where there is a list of practitioners who provide similar services.

# The Ten-Step Recovery Plan

## Step 2: Eat The Right Foods

The importance of diet to controlling Parkinson's was impressed upon me right from the outset by a study conducted with people with Parkinson's at Columbia University, New York. Their ketogenic diet saw an average decrease in Parkinson's symptoms of 43% over 28 days. Among symptoms that improved were resting tremor, freezing, balance, gait, mood and energy level.

We can't offend against nature by eating harmful foods, lacking in nutrition, and not expect to pay a price. So, eating proper, nutritious food is a fundamental requirement to restoring health.

I eat fresh, natural, unprocessed food based entirely upon a High-fat, Low-carbohydrate diet, and which research shows helps counter Parkinson's symptoms.

What to eat / not to eat is covered more fully in the Fight-Parkinson's Recovery Eating Plan, which you can download from my website, [www.fight-parkinsons.org/parkinsonsrecovery](http://www.fight-parkinsons.org/parkinsonsrecovery). I also provide many appropriate recipes on the website, too.

### Remove All Harmful Foods

I learned that to arrest further neuronal damage, and to aid recovery, I needed to remove all potentially harmful foods from my diet. In no particular order, these contain:

Refined Sugars  
Carbohydrates  
Gluten  
Artificial preservatives, colorings, flavors

Expressed in terms of actual foods, that means NONE of:

Sweets or candy  
Wheat based products – ie bread, pizza, pasta, pies, biscuits, cakes  
Breakfast cereals  
Rice  
Potatoes  
Processed foods, ready meals, take-aways, junk foods, and anything packaged  
Fruit juices  
Carbonated (fizzy) drinks

I've learned to look upon all processed foods, ie anything not acquired in its raw, natural state, as likely containing chemicals and unnatural substances. I stay away from them entirely. More on this in Step 3: Eradicating Toxins.

### **Organic Produce**

I eat, wherever possible, only fresh, organic produce, ie fruit and vegetables grown without the aid of chemical fertilisers and which hasn't been sprayed with pesticides.

Any meat or dairy produce has to have been reared naturally, in a non-caged environment and free from use of antibiotics or other pharmaceuticals.

### **Probiotic Foods**

Research demonstrates that a healthy balance of good bacteria is essential for good gut and brain health. Furthermore, good gut health (i.e. maintaining the right balance of good bacteria) is essential to resist the numerous gut issues e.g. constipation, which come with Parkinson's.

Food and drink rich in probiotic cultures. I drink kefir and kombucha daily and regularly have fermented foods, e.g. sauerkraut, with meals.

Probiotics are nature's natural antibiotics and help us ward off infections.

### **Get enough cholesterol**

Research shows us that low cholesterol is associated with Parkinson's disease. This conclusion is hardly surprising as cholesterol is vitally important to the brain, where it plays important roles in such things as membrane function, acts as an antioxidant, and serves as the raw material from which we are able to make things like progesterone, estrogen, cortisol, testosterone and vitamin D. Other studies link low cholesterol to low cognition, poor memory function and depression, too.

There is an easy and low cost remedy at hand; switch to a diet which contains the required levels of cholesterol. Such a diet will contain natural foods such as eggs, meat, cheese, fish; all which are key components of the high-healthy-fat, low-carbohydrate diet. You'll find this in the Parkinson's Recovery Eating Plan and accompanying Recipes.

### **Coconut oil**

Coconut oil is shown to reverse Alzheimer's and is a key component of the ketogenic diet. It truly is a superfood with multiple health benefits.

## **Boosting Omega-3 Levels**

### **Inflammation causes chronic illness**

Uncontrolled inflammation is considered to be one of the leading causes of most chronic illnesses today – our bodies are riddled with inflammation. These illnesses include Parkinson's, cancer, heart disease, diabetes, Alzheimer's etc.

### **Modern diets create inflammation**

The inflammation appears to be caused by a major shift in our diets, which are changing faster than our bodies are able to cope. Our bodies were evolved for digesting a far more natural, fibrous, less inflammatory diet.

Food additives, sugars, carbohydrates, processed seed and vegetable oils all feature highly in today's processed foods. They're cheap, but they're misleading us all inexorably on a path towards ill-health.

### **We've strayed far from mankind's natural diet**

200,000 years ago, mankind existed on a diet of natural foods (wild lean meat, fish, green leafy vegetables, fruits, nuts, berries, and honey). This is the diet to which our body is most suited. Some call it the Paleo diet.

### **Omega-3 and Omega-6 essential fatty acids balance is crucial**

Man's original diet created a 1:1 ratio of Omega-3 and Omega-6 essential fatty acids (EFAs) in our bodies. Our cells' structure evolved to operate at this ratio. Omega-6 is pro-inflammatory, whilst Omega-3 is anti-inflammatory. We need more omega-3 and less omega-6.

Stray too far from this ideal balance and inflammation occurs.

Omega-3 fatty acids come from oily fish (eg salmon, mackerel, tuna, sardines etc), flaxseed, nuts (eg walnuts, pecans, hazelnuts etc), leafy green vegetables.

With the start of agriculture, and the introduction of cereal grains as staple food, we've seen a steady increase of omega-6 EFAs at the expense of omega-3 EFAs. This has accelerated hugely over the past 50 years with cattle being fed more grains.

Added to that omega-6 fatty acids, which are found also in processed seed and vegetable oils, especially soybean oil, of which our consumption has increased 1,400% in the past 50 years. All of which creates a perfect storm.

### **Imbalance of Omega-3 to Omega-6**

Our bodies are being ravaged by the imbalance of omega-6 to omega-3. Our diets have taken us from approximately 1:1, to a ratio of 16:1, or much worse. The consequences of this to our health are dire.

### **No-one knows about this – Dietary guidance is misguided!**

I was totally ignorant of all of this, as I think are most people. My diet was severely lacking omega-3 fatty acids, and heavily over-burdened with omega-6. I was almost certainly suffering from inflammation and, I think most people with Parkinson's are in that same situation. As a consequence our gut and brains are greatly inflamed.

## Intermittent fasting

Research shows that the lean rat lives longest and healthiest. Intermittent fasting is easily achieved on a daily basis. I eat my last meal at 6pm and do not eat again, i'e. break-my-fast, until 8am the next morning. Digestion consumes lots of energy and fasting allows that energy to be diverted to healing. There is an abundance of research evidence which shows that the brain regenerates when the digestive system is rested and also when we sleep. This is evidenced by all the beneficial neurochemical changes that happen in the brain when we fast. Fasting increases the production of neurotropic factors, which in turn promotes the growth of neurons and the connection between neurons. All this results in improved cognitive function, increased stress resistance, and reduced inflammation.



### **I Don't Eat Between 7pm-8am**

Therefore, I eat no later than 6pm or 7pm in the evening and do not eat again until at least 8am the following morning.

### **Reduced Calories But Not Reduced Enjoyment of Foods**

People who eat less live more healthily, too, and I pretty much accomplish my reduced calorie intake as soon as I went onto the Recovery Eating Plan. That mission was fulfilled as soon as I cut out carbohydrates and sugar. Frankly, it couldn't have been easier. I love my delicious new foods, and don't give breads, pasta, rice etc a second thought.

# The Ten-Step Recovery Plan

## Step 3: Quelling Inflammation & Oxidative Stress

In summary, this means putting a stop to the damage Free Radicals are wreaking in our bodies.

Free radicals are unstable atoms which need to pair with an electron to then become stable. To find another electron, free radicals attack the nearest stable molecule, “stealing” its electron. When the “attacked” molecule loses its electron, it becomes a free radical itself, beginning a cascade like chain reaction of cellular disruption, much like dominoes all tumbling over in a line. This creates inflammation on a grand scale and then serious damage can occur. Inflammation is a major factor behind heart and vascular disease, cancer and chronic diseases such as diabetes and neurological disorders i.e. Alzheimer’s, Parkinson’s.

If you can quell free radical activity and, consequently, inflammation, it’s the fastest way to reduce or see off many Parkinson’s symptoms. Inflammation is that big a thing!

### **Free radicals originate from two major sources**

**Our environment** - Pollutants, smoke, toxins, pesticides, chemicals and preservatives in foods, cleaning products etc are just a few of the environmental sources

**Our immune system** - when the body has an injury or infection, its immune i.e. defence system goes into action, sending all kinds of soldier cells into battle to see off the offender. One of these groups of soldiers is free radicals whose job is to disable the invading cells by stealing their electrons. We're then left with a problem when, with the enemy seen off there are free radicals on the loose. With no enemy cells to attack they turn on adjoining healthy cells, setting off an inflammatory cascade, which can have disastrous health consequences.

## **Actions You Can Take to Control Free Radicals**

### **1. Eat antioxidant rich foods**

Such as colourful fruits and vegetables. Coconut oil is a powerful antioxidant, too. These foods help but, on their own are never enough.

## 2. Increase levels of Glutathione

Never heard of glutathione? Nor had I until I started upon my research. Glutathione is the body's master antioxidant, and is critical to our health needs. However, research shows that Parkinson's people are typically deficient in glutathione. There are 2 ways to increase glutathione levels:

a) I take four **nutritional supplements** which the body needs to create glutathione. They are, N-Acetyl-Cysteine, Alpha Lipoic Acid, Curcumin and Milk Thistle. They are amongst the earliest actions I took and they may have played a significant role in my recovery.

You can read more about these supplements on the Supplement pages of my website.

### b) Glutathione Nasal Spray

I can't testify to its effectiveness, because I've never used it, but Dr Laura Mischley, who I trust, and respect recommends it.

## 3. Earthing

This is one of my favourite solutions because of the rapid health benefits it has conferred and its low cost. This therapy addresses a number of individual symptoms and, whilst it may sound off-the-wall, I assure you it's not and there's solid science behind it.

Let me give you a personal example of Earthing's effectiveness. I'd been suffering for weeks with persistent, severe shoulder and neck pain. I could barely turn my head to one side and moving in bed was excruciatingly painful. Was this, I asked myself, a return of rigidity? I was soon to get an answer. Within 3 hours of continuous earthing, the pain had subsided 70%. Within 48 hours, I was free of all pain and discomfort, and had complete freedom of head movement. 4 weeks later, as I write now, the situation is unchanged. Amazing!

How did I do my Earthing? I took off my shoes and socks and walked barefoot along the sea's edge for 3 hours.

You don't have to be in a warm climate to Earth. There are Earthing products for indoor use. The great thing is, they're not expensive and, once purchased you have unlimited, free Earthing thereafter.

Do you know where the richest source of electrons lie? Electrons which pair off with free radicals, thereby neutralising Free Radicals and quelling inflammation? The Earth!

Earthing restores the body's electrical stability and has a major effect in restoring order to the normal functioning of all body systems.

All we have to do is tap into that rich resource! The moment you do that, the health benefits begin to flow. Earthing doesn't just help with Parkinson's symptoms. Users report it resolving a multitude of ailments.

# The Ten-Step Recovery Plan

## Step 4: Reducing Exposure to Environmental Toxins

Eradicating all toxins is overly optimistic, as many pollutants are beyond our control. However, there are steps we can each take to reduce our exposure to environmental toxins which, many observers believe, are the single, highest contributing factor to chronic disease.

Whilst not a comprehensive list, the following are some obvious examples of where we are exposed to toxins and the actions we can take to reduce or eliminate them from our bodies.

### **Chemicals and Other Unnatural Substances in Foods**

Processed foods depend heavily upon chemicals and other unnatural ingredients for their production. Fresh, natural ingredients are no longer a viable consideration, whatever the alluring imagery on the packaging, as they would never fulfil the requirements for lowest cost, highest shelf longevity, uniformity and ease of production capability. So, preservatives and food substitutes are used. Such substances are permitted because under regulatory guidelines chemicals etc in small quantities are classified as “Generally Recognised As Safe.”

I look upon chemicals, no matter how minute the quantity, as completely alien to my body. They each add something to our toxic load and are an unnecessary burden on the liver which has to flush them through. We each have a toxic threshold beyond which we can no longer cope – When we reach the maximum amount that we can detoxify ourselves from, the body can no longer rebalance itself any more, so our health breaks down. I'm not aware of any long term studies proving that preservatives and other chemicals used in food production are NOT actually harmful to us. As such it is reasonable to suspect they may be part of what contributes towards chronic disease.

I see processed (packaged) food as no more than 'edible food-like substances' which contain a cocktail of unnatural substances placing a toxic burden on my body.

My answer? Fresh, organic produce untainted by man-made substances.

## **Pesticides etc.**

I haven't quite finished with toxins and foods. Pesticides and, indeed, chemical fertilisers were unknown to our forefathers who ate entirely naturally produced fruit & vegetables, animals reared in the fields or farmyard or fish caught in free-flowing waters. This is no longer the case. We're presented with 'fresh' food contaminated at every level with all manner of chemicals.

My answer is fresh, organic produce.

## **Personal Hygiene Products**

The fastest way to absorb a substance into the body is to place it under the tongue. Now, just consider toothpaste, the chemicals used in its manufacture and the speed in which they're assimilated by the body.

Then consider soaps, shower gels, shampoos, shaving cream (for men) and cosmetics (for women). We are exposing ourselves to hundreds of chemicals and, if they're applied to the skin, for hours at a time.

My answer? Organic, chemical-free products.

## **Heavy Metals**

Heavy metals can accumulate in the body and extract a toll on our health. Parkinson's symptoms, in particular, can have their origin in heavy metals which can remain secreted away in cells and inflicting damage.

How do they get in the body? Well, there's a number of ways. Heavy industrial-type workplaces are an obvious contender, as is pollutants expelled by vehicles.

My high mercury contamination most likely originates from my amalgam tooth fillings. Others have lead contamination which can come from water pipes and paint, often from exposure decades ago. I even have a friend whose tests showed a concentration of arsenic.

## **What to do**

The first thing is to establish whether any heavy metals are present. I recommend you go to a doctor to arrange a test. My test was conducted using hair samples.

You'll need the doctor's involvement because you'll need the results interpreted and, if metals are present, his/her help in extracting them from your body. This is not a task for an amateur!

There are a variety of techniques, and my doctor is using Field Control Therapy ([www.fctworld.com](http://www.fctworld.com)) to chelate (remove) the metals from my cells.

It might seem obvious that, if the source of the mercury is tooth fillings, you have them removed and replaced. That is being scheduled for me, but only after my organs have been prepared and, even then, by a dentist who is skilled in this field and follows precise procedures.

## **ElectroSmog**

Electrosmog describes the artificially created electrical, magnetic, and electromagnetic fields which surround us invisibly everywhere. We are surrounded by sources of high-frequency radiation in our everyday lives, both at home and at work, e.g.:

DECT phones (cordless phones)

Smartphones/mobiles

Tablets

Radios

Televisions

Satellite receivers

Baby monitors

Smartmeter

Bluetooth

WiFi

Radio aerials

Mobile phone antennas

We are surrounded by these invisible forces, and the establishment assure us that 'it's safe'. But, they've said that about many things eg asbestos, only to reverse that view later. Meanwhile, people pay the consequences.

"Irradiation of the brain from mobile phones is the greatest experiment of humanity. We are drowning in a sea of radiation."

Prof Leif Salford, Lund University in Sweden

There is a lot of talk about individual hypersensitivity to these invisible forces, which may go to explain why some people suffer adverse consequences.

Studies are now showing that Electrosmog affects us to a far greater extent than was imaginable a few years ago. Our nerve and muscle functions in particular are largely based on the biochemical generation of natural electrical fields. These are measured and assessed by doctors to examine our body function, e.g. in an ECG (electrocardiogram, function of the heart), EEG (electroencephalogram, function of the brain waves) or the EMG (electromyogram, muscle function).

In modern times radio signals (artificial) are often a million times stronger than the naturally occurring fields, which causes massive interference with these natural human processes.

Swedish scientists found that mobile phone radiation opens the so-called blood-brain barrier, which allows toxins and proteins to enter the brain unobstructed and possibly damage the sensitive nerve cells.

This is very early days in my research of this particular environmental toxin, and I'll be digging deeper and writing more.

In the meantime, I'm taking no chances and have installed devices, proven to protect against these artificially created electrical, magnetic, and electromagnetic fields, on my iPhone and laptop, in our home and car. I also wear a bracelet device to protect me whilst out and about.

You have to make your own mind up on all of this, but something is contributing to the upsurge in chronic conditions and, by that, I don't just mean neurological conditions like Parkinson's or Alzheimer's. What about the surging numbers of young people with autism, ADHD, Asperger's, learning difficulties etc.?

## **Summary**

The more I investigate environmental toxins the more I appreciate the magnitude of the problem and their contribution to chronic ill-health.

The topics I've referred to in these pages are only the tip of an iceberg of information. I'll return to this subject in due course.

In the meantime, I urge you to shield yourself from all possible toxic products and environments, at least as much as realistically is possible.

# The Ten-Step Recovery Plan

## Step 5: Nutritional Supplementation

Countless research studies show that the typical Parkinson's person is deficient in specific nutrients, vitamins and minerals. The research also shows that, as we age, our bodies become depleted in these substances. We can't get sufficient from our food intake, so they need to be replenished by natural supplements.

### Supplements Daily

I take specialist supplements each day which have repeatedly been shown to be effective during my Parkinson's research because:

- They reduce inflammation
- They are antioxidants / create glutathione
- They are neuroprotective
- They replace deficiencies in the Parkinson's body
- They counteract mitochondrial dysfunction

The big difference is my health is restored and I don't have any nasty side-effects that accompany medications! Each supplement is backed by research and I have found that as I added each supplement to my daily regime, I felt better.

You can read about each supplement on my website, at [www.fight-parkinsons.org/parkinsonsrecovery](http://www.fight-parkinsons.org/parkinsonsrecovery).

However, now that I am being guided by a doctor, I am following his guidance as to supplements, especially since I learned that, to be effective for my particular situation, certain supplements e.g. vitamin B12 needed to be in a special methylated format.

I now look upon supplements as falling into two categories:

1. Specific - as directed by my doctor e.g. B9, B12, Carnisine, CoQ10
2. General - those for general health and where Parkinson's people are generally deficient e.g. vitamin D3, Omega3, resveratrol, probiotics, milk thistle

More on this in Supplements in the Parkinson's Recovery section of my website.

I purchase only the very best quality of supplements (you'd be surprised at the variation between brands) which I source in the UK online from [www.naturalhealthproducts.online](http://www.naturalhealthproducts.online)

# The Ten-Step Recovery Plan

## Step 6: Exercise is Medicine

I first became acquainted with the role of exercise in Parkinson's recovery when I read about the research linking aerobic exercise with substantial improvement in motor symptoms.

The research was conducted by Dr. Jay Alberts and his team at the Cleveland Clinic where they found that assisted pedaling of a cycle, where the subject rotated the pedals without inputting any effort, led to a global improvement in PD motor function and an alteration in the Central Nervous System function.

That was good enough for me, and I commenced my own programme of aerobic activity in the gym. I participate in both fast walking on the treadmill and pedaling the exercise cycle at 90 RPM.

Then, I learned about [www.pwr4life.org](http://www.pwr4life.org), a charitable foundation in Tucson, Arizona, who are pioneers in exercise programmes 'to counteract the inactivity, motor deterioration, and symptoms of PD.'

Their 'PROACTIVE program that allows you to optimize your brain change (neuroplasticity), brain repair, and increase your desire to participate in everyday LIFE.'

PWR!4Life™ train coaches. One such coach is Sarah King of InvigoratePT in Austin, Texas and who I met during my USA visit in April 2016. Sarah is incredibly knowledgeable about PD, and has created an interactive, online program which you can do in your home.

### PD Warrior

This is an Australian organization who run PD exercise sessions and who have expanded into other territories e.g. UK.

I have no personal experience of PD Warrior but hear good reports.

Visit [www.pdwarrrior.com](http://www.pdwarrrior.com) to ascertain if there is a coach near you.

Doing nothing really the worst option.

Sitting in a chair, demotivated and demoralized, is guaranteed to deliver one outcome – further demoralization and demotivation.

No matter how debilitating your symptoms, the right exercise will bring about improvements. It's within your power to bring about brain change and brain repair!



# The Ten-Step Recovery Plan

## Step 7: Mitochondria Regeneration

I first became aware of the mitochondria and their role in the onset of neurological symptoms when I read Dr Oliver Phillipson's paper on the 'Management of the Aging Risk Factor for Parkinson's Disease' in the journal, *Neurobiology of Aging*, in 2013.

This paper identified that the loss of dopamine neurons and the accumulation of misfolded protein alpha-synuclein are a consequence of mitochondrial dysfunction.

The mitochondria are often referred to as the powerhouses of the cells. They are like little batteries that generate energy in our cells. Each cell can contain many thousands of mitochondria and these numbers are dependent upon the function of each cell. For example, brain cells need a lot of energy to be able to communicate with each other and also to communicate with parts of the body that may be far away, to do this substances need to be transported along the cells, which needs lots of energy.

An energy deficiency, brought about by mitochondrial dysfunction, is going to be behind a multitude of disorders, especially neurological problems.

Although I acted upon Dr Phillipson's recommended therapeutic solutions, I can't say that I observed any material improvements.

Then, in 2016, I was alerted to the Mitochondrial Therapy created by internationally renowned doctor, Dr Michael Kucera, specializing in mitochondrial and anti-aging medicine. You can read about Dr Kucera's therapy, [HERE](#).

I was wired up to a computer to undergo a Heart Rate Variability test, which took 300,000 readings in 5 minutes. The results were conclusive and identified a major source of my neurological shortcomings.

The total power output of my mitochondria was, at best, 10% of the minimum required! It's amazing that I'm doing as well as I am.

I'm on a course of treatment which, after only two months, saw a big (25%) improvement in my results. An early, tangible outcome was that I no longer felt tired in the afternoons, and the need to take a nap.

It's early days for me, though I've found Mitochondrial Therapy has delivered positive outcomes more quickly and for far less cost than anything else I've encountered.

# The Ten-Step Recovery Plan

## Step 8: Overcome Infections

My research keeps encountering scientific references to Parkinson's being associated with pathogens such as

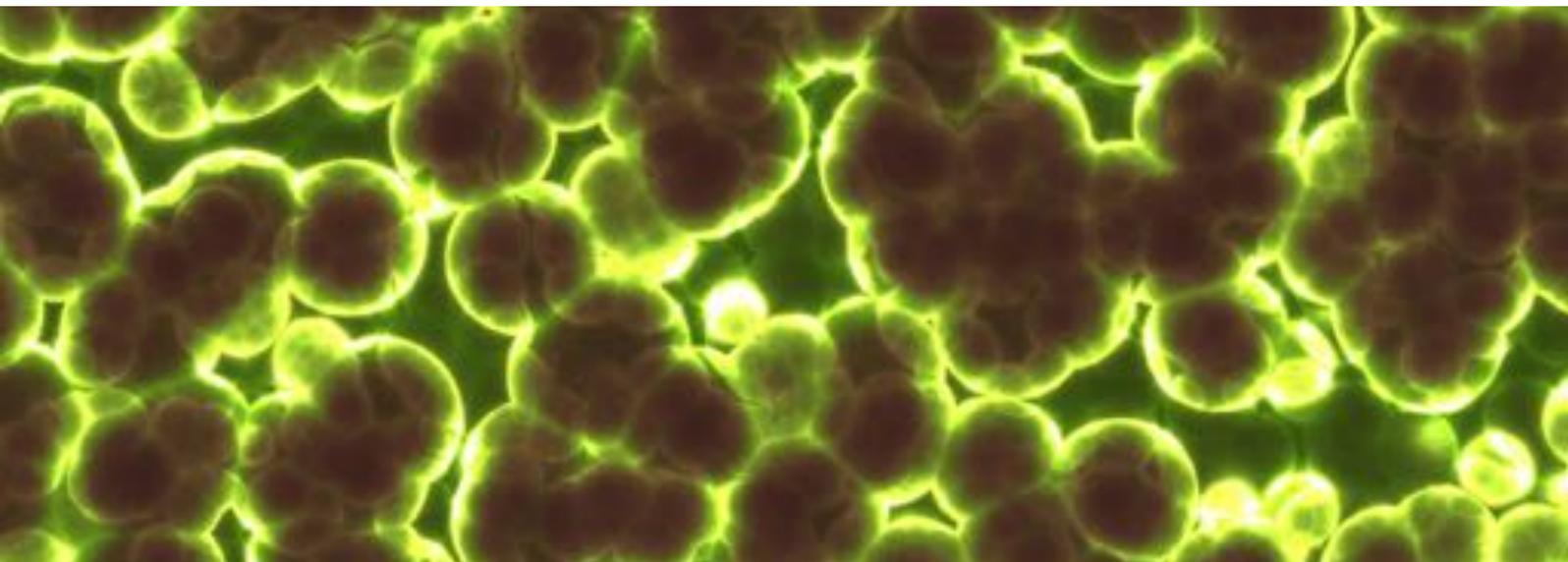
Cytomegalovirus  
Epstein-Barr virus  
Herpes simplex virus  
Borrelia burgdorferi (Lyme Disease)  
Clostridium difficile  
Chlamydia pneumonia  
Helicobacter pylori  
Candida albicans  
Mycoplasmas  
Biofilms

which is quite an impressive, though by no means exhaustive, list.

To that list, we can add mold.

I read reports that, in some cases, the mold, virus or bacteria mimic Parkinson's-like symptoms and when the pathogen is eliminated, the symptoms are eliminated, too.

Establishing the presence of viral or bacterial infections, and then dealing with them, requires the assistance of a doctor.



# The Ten-Step Recovery Plan

## Step 9: Reducing Stress

I have to confess that, whilst I have followed every other action in this Plan, I have no personal experience of suffering stress nor implementing actions to counteract it.

I am very fortunate in two respects. I simply do not dwell over things, especially those I can't change. Secondly, if I'm faced with a problem, I work out an action plan, then implement it. These two principles keep me sane and strong. So, when I was diagnosed with Parkinson's, I didn't sink into despair, but saw it in terms of a problem with which I needed to deal. Furthermore, when I was told my Parkinson's was incurable and degenerative I took the stand, 'says who', and ever since have set about proving these doomsayer doctors wrong.

However, throughout my life, and particularly since I've been in close contact with Parkinson's people, I have met many suffering intolerable levels of stress. It's unquestionable that it both impacts the severity of their condition and severely impairs their ability to deal with it, post diagnosis.

Relieving stress and living stress free is, though, easier said than done. As with several of the action in this Plan, it calls for professional help.

I talked with a doctor friend, Dr Stephen Simpson, who has graduated to mind coaching for sports people and high stakes poker players and he said:

*"In my humble opinion stress is a major contributory factor behind just about all diseases. When stress can be reduced or eliminated the body has the ability to heal just about anything. It is probably the most important part of the work that I do with clients. It is just as important with poker players as with people with chronic diseases.*

*Most of the techniques that I use are stress relievers even though I do not mention them as such. Techniques such as hypnosis, Meditation, Mindfulness, Heartmath, Havening, as well as just the usual talking therapies."*

This would be particularly true for people with Parkinson's. We are not claiming to cure people but just help them feel better about life in general. Privately, I would not be surprised if some people did begin to recover. There are many things in medicine that we do not understand and an open attitude keeps possibilities open, too.'

A good friend who is battling both Parkinson's and severe mental stress has found answers to her stress and regained control over her mind and health by linking with Dr Joe Dispenza.

Stress is a challenging problem to overcome and requires concentrated focus and action. It's hard to see a person being able to make a physical recovery if their head is in a bad place.

So, accept professional help either by direct consultation or tools such as cd's and videos. Then there are other actions you can take, such as:

Regular **physical activity** such as walking, cycling and swimming are great ways to burn cortisol and relieve stress. As little as 30 minutes per day of aerobic activity can go a long way to reduce cortisol levels as well as conveying a host of other health benefits too

**Meditation** will reduce anxiety and cortisol levels. You can just sit quietly and focus solely on your breathing. Breathe in through your nose whilst counting to six, count to four whilst holding your breath, and then exhale through your mouth whilst counting to eight. In no time at all you'll feel calmer, your heart rate will slow and blood pressure drop.

Yoga, Tai-Chi, QiGong are meditational techniques upon which many people with Parkinson's give favourable reports.

Try **laughing** as a way of changing your mood and relieving your stress. Laughter releases feel-good chemicals or endorphins in the brain, which helps tip the chemical balance away from stressors again. Listen to or watch something that you find funny. Do this as often as necessary.

**Music** is one of the most soothing mediums and, if you sing along with it, it is a powerful way to relieve stress.

# The Ten-Step Recovery Plan

## Step 10: Read and Learn

Knowledge is power when it comes to tackling Parkinson's (and all illnesses and diseases).

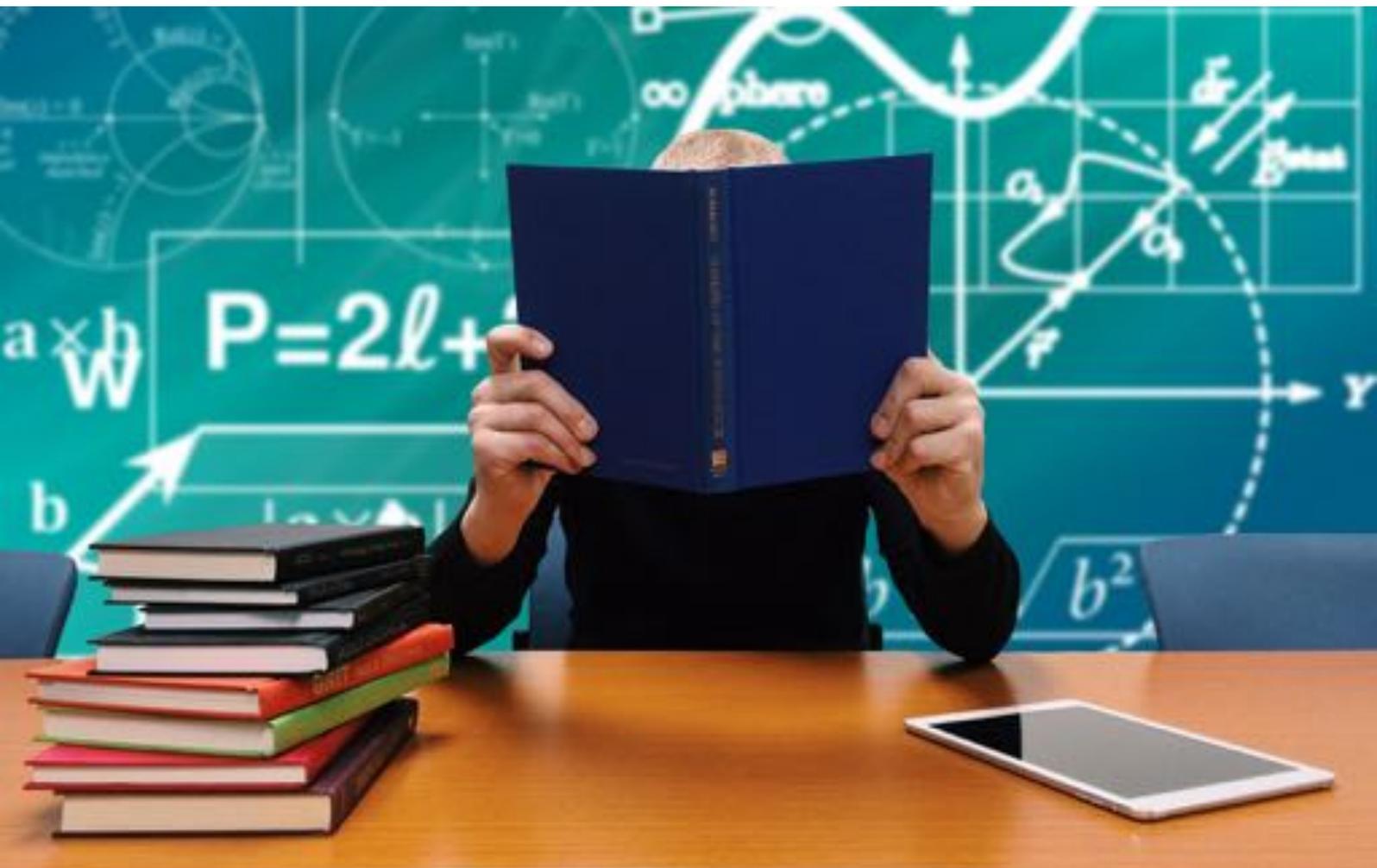
Reading and learning everything about Parkinson's, neurological conditions, health matters have been the bedrock upon which my health has been restored.

I am informed.

This knowledge has given me the confidence to question conventional medical opinion on Parkinson's and to pursue my own path to good health.

My website shares with you everything I've learned but, for obvious reasons, the content needs to be kept concise.

The internet is your friend. You only need an enquiring mind and the ability to enter a simple search term in a search engine, eg Google, to get started. Making this effort is empowering.



# The Ten-Step Recovery Plan

## In Conclusion

I started out writing this Recovery Plan by saying that what is diagnosed as Parkinson's is a collection of neurological symptoms whose origins are multifactorial and environmental.

If they're environmental in origin, then it's to our environment we have to go to fix it.

These origins are many, and there are no shortcuts to the actions. It's a big undertaking to tackle these symptoms and the rewards may be slow in coming; but there is no other way.

It took me 6 months of following a new diet before I began to detect improvements in my health and a reduction in my symptoms. Now, I focus on maintaining my status quo, knowing I have to stick to the Recovery Plan. There is never any let up.

The Recovery Plan isn't suggesting a cure. It's more a matter of gaining a stranglehold over the causes and then maintaining your grip.

This begs the question, 'Is every action in the Recovery Plan a necessary requirement to restore health?' I honestly can't answer that. I can't be sure whether every action is crucial. So, I don't take any chances.

Some actions that I've implemented, eg water filtration, ElectroMagnetic Field protection, have proven fairly costly. However, faced with the horror of advanced Parkinson's symptoms and costs of care, it seems a small price to pay.

If I can leave you with a final message, it's that this is do-able and offers the prospect of a better life.





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[www.fight-parkinsons.org](http://www.fight-parkinsons.org)

Natures Healthworks Limited  
Basepoint Business & Innovation Centre  
Harts Farm Way  
Havant, Hants PO9 1HS

Tel. +44(0)2380 972290

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