

Nutrients for Parkinson's and Alzheimer's: An evidence-based overview

Disclosure Statement:

Parris Kidd, PhD has indicated he is a consultant for Suarez Corporation, Inc., Green Medica, LLC, and Doctor's Best Vitamin.

About the lecture:

The human brain is a biological totality of hundreds of billions of neurons, astrocytes, glia and other cell types. Its informational connections (synapses) number in the hundreds to thousands of trillions and are continually being formed and re-formed via cell-to-cell membrane associations. The brain requires a disproportionately great supply of energy and nutrient factors to support this incomparably dynamic activity. Parkinson's and Alzheimer's- type neuro-degeneration initially manifests as energy insufficiencies, against which energy support nutrients may contribute benefits. Their subsequent progression involves inflammatory and other immune-mediated cascades, and here also certain nutrients have shown promise. Then there are trophic nutrients that support growth factor actions and can help rebuild or replace damaged connections. This presentation will review the abundant clinical and basic science evidence for nutrients that contribute to the integrative management of neuro-degeneration.

About Dr. Kidd:

Dr. Parris Kidd earned his PhD in cell biology at the University of California, Berkeley. He is internationally renowned for his expertise at correlating nutrient science with the findings from controlled clinical trials and the real-life experiences of our integrative medicine community, and has made many presentations to ACAM audiences. As a founding Contributing Editor to Alternative Medicine Review, Dr. Kidd has published an array of peer-reviewed articles, many of which are available at www.dockidd.com, together with his "Better Brain Blog."

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