

**FEBRUARY 2024**

**Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT**

**FEBRUARY MEETING—Wednesday, February 7, 2024 – 2:15 p.m.**

**W**e welcome **Paul Sobel, Founder and Executive Director of Village in the Heights**. This organization whose motto is "Living Better Longer .....At Home", is based on neighbors helping neighbors. They have volunteers who can provide transportation to grocery stores, medical appointments, even *PEP* meetings. They offer many routine In-Home Assistance chores such as moving furniture, changing light bulbs, and making light-duty repairs. This is available to most east side Cuyahoga County suburbs. Come learn about this very helpful group and also how being a *PEP* member can help you save.

**Cleveland Heights Senior Activity Center/One Monticello Blvd., Cleveland Heights, OH 44118**

## From David Brandt

There is a new Healing Poetry Series for people with PD and/or their care partners funded with a grant from the Ohio Parkinson Foundation Northeast Region that will meet via Zoom twice a month starting in February through May. The overall goal of the series is for each participant to experience poem-making as a healing art. You will explore feelings about living with PD by reading, writing, and sharing poems in a safe and supportive environment. A few examples of topics to be explored include A Just Anger, When Despair Grows In Me, Cutting Loose, Our Stories of Survival, and Building Community. No prior experience is necessary.

This is being run by Tara Broderick who is a certified Practitioner of Poetic Medicine who is also diagnosed with PD. Register by emailing her at [broderickt@gmail.com](mailto:broderickt@gmail.com). There is no cost for this program but space is limited. Please register by Feb. 5.

**Upcoming Events—Sat., April 13, 2024 / Annual Parkinson Symposium** presented by the Ohio Parkinson Foundation Northeast Region. This year the event will be held at the Embassy Suites in Independence, Ohio from 10 a.m. to 2:30 p.m. This year's key speakers will be Sara Whittingham, MD who has PD and earned a spot at the 2023 Ironman World Championships and David Zid who will provide an interactive presentation on the brain and body connection and exercising both. There is no charge for this event and lunch will be provided. Registration details will be forthcoming.

## The National Plan to End PD Act Advances to the Senate

(Excerpt from [www.michaeljfox.org](http://www.michaeljfox.org))

**C**ue the confetti! With overwhelming support, on December 14, 2023, the U.S. House of Representatives passed the first-ever legislation solely devoted to ending PD. Now, the bill heads to the Senate for consideration next year.

## The Use of Phospholipid IV Therapy in the Treatment of PD

(Excerpt from [angellongevity.com](http://angellongevity.com))

PD is a chronic and progressive disease of the nervous system marked by tremor, muscular rigidity and slow, imprecise movement, usually affecting middle-aged and elderly people. Normally when a person with Parkinson's wants to get treated, they are given medications to help control their symptoms. However, medication only covers up those symptoms, and does not find the underlying cause, nor does it actually help handle any of the symptoms being experienced. Fortunately, there is functional medicine that can help treat PD; the use of phospholipid IV therapy as an alternative PD treatment can greatly help patients.

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experienced. Fortunately, there is functional medicine that can help treat PD; the use of phospholipid IV therapy as an alternative Parkinson's Disease treatment can greatly help patients.

**What is Phospholipid IV Therapy?** – It is important to first understand that the body can store toxins in body fat for long periods of time, and these toxins can stay in the phospholipid layers of cells to cause increased levels of toxicity and cellular degeneration. Not to mention the chemicals from preservatives in foods, pesticides and some prescription drugs may stay in cellular membranes. This can cause dysfunction in the brain, nervous system, and immune system.

Phospholipid IV therapy simply involves injecting PC (phosphatidylcholine) into the bloodstream in order to make it available for the body to use in cell membranes. PC is the main part of cellular membranes and comprises 70 percent of the phospholipid bilayer. Phospholipid IV therapy replenishes fats and oils in the correct proportion within cell membranes and inside cells. It also replaces toxic fatty oils that contain pesticides, toxic heavy metals, and dangerous organic compounds with cleaner versions of fatty oils, which detoxifies the body's system. By detoxifying substances that are toxic to the brain from cells can bring back the normal function of the cells and brain and return health to the patient.

**How Phospholipid IV Therapy Helps Parkinson's?** – Parkinson's is a disorder of the central nervous system, including the brain, that affects movement and often includes tremors. Toxic chemicals can greatly affect the brain and other parts of the body in a negative way, and most of the time these toxic chemicals remain in the fatty oils without us being aware of it. An individual could do a detox, but these toxins are lodged in so well into the fatty oils that sometimes even a detox will not get rid of them. This is why Phospholipid IV therapy can help. Phospholipid IV therapy allows these fatty oils with toxins to be replaced with cleaner fatty oils, thus improving the brain, central nervous system, other parts of the body, and overall health.

**Am I a Candidate for Phospholipid IV Therapy?** – If you have a disorder such as Chronic Fatigue & Immune Dysfunction Syndrome, Fibromyalgia, MS, Autism, Cardiovascular Disease, Rheumatoid Arthritis, IBS, Infertility, Lou Gehrig's Disease, Parkinson's, Lyme, Sick Building Syndrome, Diabetes, Heavy Metal Toxicity, Pulmonary Hemorrhage or Stroke, you may be a candidate for Phospholipid IV therapy to help improve your symptoms. While Phospholipid IV therapy can greatly benefit those with the above diseases, it can benefit others who are suffering from an undiagnosed chronic

disease by helping find the root cause of the illness and creating a plan to improve the symptoms of that illness.

The Phospholipid IV therapy technique has been used in Eastern Europe for decades with great success. Dr. Patricia Kane had pioneered this technique and saw remarkable clinical results through the use of intravenous therapy. Phospholipid IV therapy is a great option for those with a chronic or undiagnosed chronic disease to help find the underlying cause and truly help improve symptoms instead of masking them with medication.

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## **EPA Proposes Ban of a Toxic Chemical Known to Increase Risk of PD**

*(Excerpt from [www.michaeljfox.org](http://www.michaeljfox.org))*

In October, The U.S. EPA proposed a ban on nearly all uses of trichloroethylene (TCE). TCE is a toxin known to cause serious health issues including a 500% increased risk of PD. Due in part to nearly a decade of advocacy by MJFF and PD advocates nationwide, this news comes as a massive breakthrough in our work to stop the use of dangerous chemicals like paraquat and TCE.

For many years, MJFF has actively lobbied against the use of toxic chemicals like TCE and paraquat and advocated for reducing or eliminating other environmental risk factors our military servicemembers, veterans and others may encounter. An estimated 10 to 12 percent of all PD patients have served in the military, and a growing body of research points to harmful environmental triggers such as Agent Orange, TCE, and others as the potential cause of their disease. In addition to this advocacy, MJFF has been supporting research on the link between solvent exposures and PD for more than a decade.

### **PD Question Corner**

**Email:** [barbaramarquardt@outlook.com](mailto:barbaramarquardt@outlook.com)

**Question:** Do you know of a device that helps with posture and neck issues with PD?

**Answer:** Yes, there is a device called the Iron Neck.

The Iron Neck helps relieve neck pain, reduce injury risk, fix stiff neck, improve posture, and increase mobility.

To learn more, please visit [www.iron-neck.com](http://www.iron-neck.com); email: [support@iron-neck.com](mailto:support@iron-neck.com) / (325) 225-6325 Ref.: [www.iron-neck.com](http://www.iron-neck.com)

**DISCLAIMER:** The material contained in this newsletter is intended to inform. PEP makes no recommendations or endorsements in the care and treatment of PD. Always consult your own physician before making any changes. No one involved with the newsletter receives financial benefit from any programs/products listed.

# PD and Brain Photobiomodulation

*(Excerpt from [www.vielight.com](http://www.vielight.com))*

Photobiomodulation (PBM) therapy involves using non-thermal light, specifically narrow-wavelength bands of red and near-infrared light from LED or laser sources, to affect cellular responses. This therapy primarily targets cytochrome-C-oxidase, which releases reactive oxygen species (ROS) and regulates cellular signaling pathways. PBM therapy has a strong safety record and is free of serious side-effects, making it a promising option for treating various disorders such as pain, inflammation, and musculoskeletal conditions.

Recent research has shown potential for PBM therapy in treating neurological and neuropsychiatric disorders such as PD (PD). Studies using animal models have demonstrated that PBM therapy can precondition and protect against toxin-induced PD by preserving neurons in the substantia nigra, and small-scale human trials are currently being undertaken with transcranial PBM. Additionally, the use of remote PBM treatment on areas such as the abdomen and neck may also have potential benefits, particularly given the importance of the gut-brain axis in PD. Overall, PBM therapy holds promise as a safe and effective treatment option for a variety of disorders, including PD.

For PD Awareness Month, we're commemorating the groundbreaking PD study by Dr. Ann Liebert, Dr. Liisa Laakso et al. from the University of Sydney, Australia.

This study was a historical first in showing the potential efficacy of photobiomodulation for PD symptoms in humans.

The Vielight Neuro Gamma was utilized for transcranial-intranasal brain photobiomodulation and an Irradia MID 2.5 laser device for neck and abdominal photobiomodulation throughout this study.

Published Study: Improvements in clinical signs of PD using photobiomodulation: a prospective proof-of-concept study

Authors: Ann Liebert , Brian Bicknell, E-Liisa Laakso, Gillian Heller, Parastoo Jalilitabaei, Sharon Tilley, John Mitrofanis, Hosen Kiat

Background: PD (PD) is a progressive neurodegenerative disease with no cure and few treatment options. Its incidence is increasing due to aging populations, longer disease duration and potentially as a COVID-19 sequela. Photobiomodulation (PBM) has been successfully used in animal models to reduce the signs of PD and to protect dopaminergic neurons.

Objective: To assess the effectiveness of PBM to mitigate clinical signs of PD in a prospective proof-of-concept study, using a combination of transcranial and remote treatment, in order to inform on best practice for a larger randomized placebo-controlled trial (RCT).

Methods: Twelve participants with idiopathic PD were recruited. Six were randomly chosen to begin 12 weeks of transcranial, intranasal, neck and abdominal PBM. The remaining 6 were waitlisted for 14 weeks before commencing the same treatment. After the 12-week treatment period, all participants were supplied with PBM devices to continue home treatment. Participants were assessed for mobility, fine motor skills, balance and cognition before treatment began, after 4 weeks of treatment, after 12 weeks of treatment and the end of the home treatment period. A Wilcoxon Signed Ranks test was used to assess treatment effectiveness at a significance level of 5%.

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## PEP NEWS

Parkinson Education Program  
of Greater Cleveland  
2785 Edgehill Rd.  
Cleveland Heights, OH 44106

### Address Service Requested

We try to keep our roster current. If you no longer wish to receive this bulletin or would like to receive it via email instead, notify Katherine.A.Kaminski@gmail.com or call 216-513-8990.

## PD and Brain Photobiomodulation

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Results: Measures of mobility, cognition, dynamic balance and fine motor skill were significantly improved ( $p < 0.05$ ) with PBM treatment for 12 weeks and up to one year. Many individual improvements were above the minimal clinically important difference, the threshold judged to be meaningful for participants. Individual improvements varied but many continued for up to one year with sustained home treatment. There was a demonstrable Hawthorne Effect that was below the treatment effect. No side effects of the treatment were observed.

Conclusions: PBM was shown to be a safe and potentially effective treatment for a range of clinical signs and symptoms of PD. Improvements were maintained for as long as treatment continued, for up to one year in a neurodegenerative disease where decline is typically expected. Home treatment of PD by the person themselves or with the help of a carer might be an effective therapy option. The results of this study indicate that a large RCT is warranted.

Partial grant support provided by OPFNE



ohparkinson.com

We need your donations to continue bringing you the *PEP* News and for other expenses. A special thanks to those who contribute at the monthly meetings. To send a donation, please make your checks payable to Parkinson Education Program and mail to 2785 Edgehill Rd., Cleveland Heights, OH 44106

### MARCH MEETING / Wednesday, March 6, 2024

We welcome back **Ben Rossi, Co-Founder of InMotion** and its **Chief Program Officer**. He brings over 20 years of fitness teaching and coaching experience, is an ACE Fitness Trainer and a qualified community exercise instructor for Parkinson's patients.

Ben has created multiple exercise and measurement programs for PD clients, with data from these programs shared in global research. He is actively involved with the World Parkinson Congress, the Parkinson's Foundation and the Ohio Parkinson Foundation Northeast Region.

### TRIBUTES

Eileen Clark  
Marianne Gooding  
Carol & Hans Drescher  
Mazie Adams

In Memory of Judy Weidenthal who loved *PEP*  
Daniel Weidenthal, MD

TO REACH US AT *PEP* 440-742-0153 dbrandtpep@gmail.com  
Facebook – Parkinson Education Program of Greater Cleveland