

DECEMBER 2025 Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT

DECEMBER MEETING / Wednesday, December 3, 2025 2:15 p.m.

We welcome back **Carolyn Lookabill, owner of Caring Services**, who will talk on Caregiving During The Holidays which will be positive and upbeat.

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

JANUARY 2026—NO MEETING – Happy Holidays

From David Brandt

In the spirit of Thanksgiving and the holiday season, this is a reminder of my time to give thanks to various individuals and organizations. Many thanks to:

- ◆ Larry and Vicki Dean, long-time members, who every year bring poinsettias to our December meetings to pass out in the holiday spirit.
- ◆ The Ohio Parkinson Foundation Northeast Region (OPFNE), for all the good things they do for the Parkinson community and local support groups, and also for their generous monetary support to make the *PEP* News sent to you every month.
- ◆ To those that have donated to *PEP* this year and help us to continue to support and educate you.
- ◆ Bob and Barbara Eckardt, who have year in and year out provided the hospitality at our meetings including all of the coffee and refreshments.
- ◆ To all of the speakers that volunteer their time to present at our monthly meetings. We thank you for passing on your knowledge.
- ◆ Barbara Marquardt, the Editor of *PEP* News, and Katherine Kaminski, who puts it together every month, for all their hard work and a job well done.
- ◆ The fact that we have two large hospital organizations (Cleveland Clinic and University Hospitals) that provide exceptional PD care, research, and guidance.
- ◆ To all the advances in research in PD that are bettering the lives of those with PD with even more progress towards improved care and treatments.
- ◆ My fellow *PEP* Board members, Shalom Plotkin, Mazie Adams, Kathy Wendorff, Pat Murphy, and Cherry Monegan for their time and guidance.
- ◆ InMotion for having the nation's best facility for all things that can help people with PD.
- ◆ The Michael J Fox Foundation, Parkinson's Foundation, Davis Phinney Foundation, PMD Alliance, and all of the other foundations that are related to PD and who provide so much information and research dollars that are changing the landscape for the better.
- ◆ Healthcare workers that support those with PD, i.e., doctors, nurses, physical therapists, psychologists, and more.
- ◆ My mom, 93 years young, who has donated so many years to *PEP* and was one of the best caregivers.
- ◆ And finally, all of the caregivers who provide the daily assistance and love to those with PD and keep them moving forward with a rewarding life.

I wish you all a very Happy Holiday Season!!

Top 10 Things Caregivers Need from Health Providers

(Excerpt from <https://caregiver.com/>)

1. **Attention:** The caregiver's loved one may be the 27th similar case you've seen today; but to the caregiver, this is Mom or Dad, Sister or Lover.
2. **Compassion:** Be diligent in its application.
3. **Time:** A few moments of your undivided time is some of the strongest medicine you'll ever administer—and it costs so very little.
4. **Respect:** The person pushing the wheelchair is also part-time bookkeeper, psychologist, dietitian, insurance and incontinence expert, and a full-time general in the war they are waging with this illness. They not only need your respect, they DESERVE it.
5. **Dedication:** Be relentless in your devotion to your craft. The caregiver has entrusted you with their most valuable asset—their loved one. You earn that trust with your skill, knowledge base and ability.
6. **Honesty:** The caregiver is your partner in this endeavor; they deserve (and can handle) the truth.
7. **Prudence:** The graceful administration of the truth is a true test of a caring professional.
8. **Advocacy:** Never accept less than the best your system has to offer their loved one.
9. **Understanding:** The caregiver plays a pivotal role in the well-being of your patient; understanding the needs, wishes and fears of the caregiver improves your patient's care.
10. **Your well-being:** Know your emotional limit and learn when to ask for help. Your loved ones as well as the caregiver's loved one need you to remain well.

Dr. James F. Farley identified 8 hidden, root functional causes of trans-neuronal degeneration/brain degeneration that must be (and can be) accurately measured to get a proper root functional cause diagnosis. Once he has an accurate root functional cause diagnosis, he can then design a custom treatment plan aimed at getting you lasting results to prevent further decline and restore function for many patients that qualify.

Hidden Cause #1 – Lack of Activation: the brain needs physical stimulation (activation) from the body.

Hidden Cause #2 – Low Oxygen or Anemia: His office finds almost 90% of patients have mild to severe low oxygen and anemia they have never been tested for or treated for!

Hidden Cause #3 – Stable Blood Sugar: is a factor in all chronic diseases. Have you had glucose, HGAIC, LDH, BUN, Triglycerides and a detailed blood sugar questionnaire filled out? It would be rare for this to not be a problem for most Parkinson's patients!

Hidden Cause #4 – Liver Detoxification Issues: The liver detoxes 90% of all toxins. If you have a weak dysfunctional liver then this needs to be addressed.

Hidden Cause #5 – Essential Fatty Acids and Cholesterol Levels: Good fats are needed for the brain. 25% of the total brain is made up of cholesterol. Are you taking statins to lower your cholesterol? If yes, this can be a root functional cause for you.

Hidden Cause #6 – Low Glutathione and SOD: These are extremely important at protecting your brain cells. If you have low levels of these, then future degeneration is a definite.

Hidden Cause #7 – GI Problems With or Without Symptoms: The GI houses 85% of the immune system. The immune system is a big big problem for 100% of Parkinson's patients, because a sustained inflammatory response is critical to correct.

Hidden Cause #8 – Poor Methylation: This process requires that our bodies make enough methyl groups or CH3. Without these CH3 methylation groups our brains break down and can never get healthy.

Ref and to learn more about Dr. Farley's, please visit: <https://neurobiomedicinehealth.com> or call:

TRIBUTES

Kathleen Majoras

Laughter is Medicine

What do you call an obnoxious reindeer?

Rude-olph

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: I am looking for a good Parkinson's book for the Holidays, any ideas?

Answer: If you are looking for a good Parkinson's book, please consider checking this NEW one out! In *The Parkinson's Plan*, two doctors on the cutting edge of Parkinson's research detail the steps necessary to prevent, slow, and treat this condition. They show readers how to prevent the disease through the food we eat, the water we drink, the air we breathe, and the lifestyles we live. They introduce the "Parkinson's 25," the most detailed checklist ever created to allow anyone to lower their risk of Parkinson's. They interview the world's top scientists, clinicians, and thought leaders in the Parkinson's field to offer a detailed plan for treatment that includes cutting-edge methods and recent technological and medical advances.

The Parkinson's Plan takes the next step in winning the battle against Parkinson's, presenting a clear road map with the strategies and tactics necessary to create a world where the disease is increasingly rare and the treatments are more successful.

Authors: Dr. Ray Dorsey and Dr. Michael S. Okun

Ref.: <https://www.amazon.com/Parkinsons-Plan-Path-Prevention-Treatment>

If you have a Parkinson's question, please email: barbaramarquardt@outlook.com

Please consider listening to Dr. Mark Hyman's recent podcast on Parkinson's. Parkinson's disease is exploding, with cases rising an astonishing 60% faster than Alzheimer's when adjusted for age. But what if it's not an inevitable part of aging, but a preventable disease fueled by our modern world? The Dr. Hyman Show, is joined by two of the world's leading neurologists, Dr. Ray Dorsey and Dr. Michael Okun, co-authors of *The Parkinson's Plan*, to reveal the environmental triggers driving this pandemic and the powerful steps you can take to protect yourself and your family.

They uncover the shocking links between everyday exposures—from pesticides on golf courses to chemicals in your water and air—and the quadrupling of Parkinson's cases since 1990. Drs. Dorsey and Okun explain why Parkinson's is a whole-body disease, often starting in the gut or nose years before the first tremor appears, and share their 25-point plan for prevention

and slowing progression.

This is a critical conversation about how policy, not pills, will be the ultimate prevention. Learn how to reduce your toxic load, support your body's detoxification systems, and build a resilient brain for years to come. To watch/listen to the podcast, please visit: <https://www.youtube.com/watch?v=NjnHIYEpx8o> or Apple Podcasts.

I have been talking about the potential dangers of chemicals used on golf courses and Parkinson's for years now, and I hope Dr. Mark Hyman's recent podcast on Parkinson's reaches many more people with this pertinent information. Several other things to consider avoiding are: processed foods with seed oils (instead eat whole foods, and organic as much as possible), eating out often (instead try cooking more at home with fresh organic foods), heavy metal exposures (consider having mercury fillings removed by a biological dentist), EMF's (consider using EMF blocking technology like Safesleeve, and/or ditch your cell phone for a land line), and plastics (instead consider storing food in glass).

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Ref.: <https://www.youtube.com/watch?v=NjnHIYEpx8o>

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PEP NEWS

Parkinson Education Program
of Greater Cleveland
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Cleveland Heights, OH 44106

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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.

5 Facts About Parkinson's and Exercise

(Excerpt from Parkinson's Foundation Fall 2025 Report)

For those with Parkinson's Disease (PD), exercise is a vital component to maintaining balance, mobility and activities of daily living. Here are five facts about exercise and PD:

1. People with PD who increase physical activity to at least 2.5 hours per week can significantly improve their quality of life.
2. To help manage PD symptoms, an exercise program should include these key components: aerobic activity, strength training, balance, agility and multitasking, and flexibility.
3. There are many PD related tailored programs that help focus on making movement and daily activities easy. You can find a nearby PD exercise class in Northeast Ohio by going to www.ohparkinson.org.
4. Exercise has a neuroprotective effect. Neuroprotection is when the brain works to prevent the death of neurons, or brain cells, which impact dopamine.
5. Studies show that engaging in any level of physical activity is beneficial for movement and non-movement PD symptoms and may improve cognition, depression, and fatigue.

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Facebook – Par-
kinson Education

Program of
Greater
Cleveland

Partial grant support provided by OPFNE



ohparkinson.com

Looking for a Holiday gift to improve your overall health? Perhaps look into Dr. Blaylock's Wellness Report. "Traditional treatments for Parkinson's, including various drugs, often lead to deterioration over time. According to the Blaylock Wellness Report, many patients experience worsening symptoms after two to five years on medication, as these drugs do not address the root causes of neurodegeneration. Instead, they provide a temporary solution by

resupplying L-dopa, without exploring why the brain is no longer producing it. They often worsen symptoms after a few years because they don't tackle the root causes—It's just a band-aid fix."

To learn more please visit: <https://www.blaylockreport.com>
Ref.: <https://www.blaylockreport.com> and <https://neurobiomedicinehealth.com/creatinghealability-for-parkinsons-movement-disorders/>