

MARCH 2026 **Barbara Marquardt, Editor, M.Ed., MCHES, WCP, RYT**

MARCH MEETING / Wednesday, March 4, 2026 2:15 p.m.

We welcome **Kevin Tuplitzki, Music Therapist, and Director of Cleveland Music Therapy Company.** Kevin has been a music therapist in Cleveland for over 11 years and has been holding classes at InMotion for those with Parkinson's.

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

APRIL MEETING / Wednesday, April 1, 2026 2:15 p.m.

We welcome **Susan Whelan, Clinical Dietician, MS, RD, CDCES, at University Hospitals.** Susan will talk on Nutrition and PD.

From David Brandt

The first of the major Parkinson's events of the year is coming up in April as the Ohio Parkinson Foundation Northeast Region (OPFNE) annual Symposium will be held. Titled as "A Parkinson's Picnic", it will be a day of education, resources, games, and an indoor picnic.

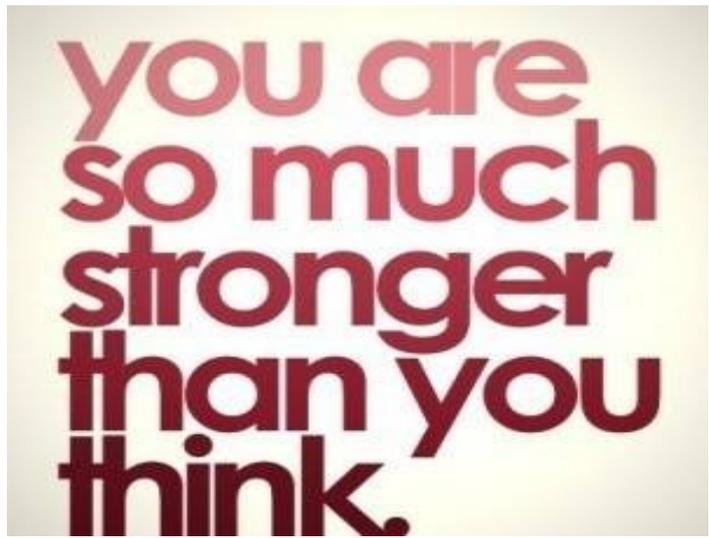
The **Keynote Speaker** will be **Bryce Perry** who will present "Welcome to the Club Nobody Wanted to Join, Living Well with Parkinson's". Drawing from more than 15 years of living with Parkinson's, he will share his personal story with honesty and humor, while addressing both motor and non-motor symptoms, including cognitive challenges that are often the hardest to talk about.

Amy Larocca, a speech-language pathologist with 20 years of experience will also speak on "Is this Parkinson's or normal aging?" In this interactive presentation, she will provide practical tips for supporting

brain health and strategies to increase success in your day-to-day life. This is a free event with lunch and door prizes but registration is required. See details below.

Upcoming Events

Saturday April 18, 2026 – OPFNE 26th Annual Symposium – A Parkinson's Picnic Symposium put on by the Ohio Parkinson Foundation Northeast Region (OPFNE) 10:00am-3:00pm at the Embassy Suites 5800 Rockside Woods Blvd, Independence, OH To register, go to <https://ohparkinson.com/> or call 216-250-2420.



Laughter is Medicine
What do leprechauns put on their hamburgers?
Paddys

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: Any ideas for quick stress relief?

Answer: Deep, focused breaths may calm the nervous system, and assist in restoring emotional balance. Try sitting for 3-5 minutes daily with slow, deep, focused breathing, and checking-in with yourself to see if you are feeling better. Tiny steps can create big results over time!

Cleveland Researcher Develops Promising New Treatment for Parkinson's Disease

(Excerpt from: Ideastream Public Media)

Researchers at Case Western Reserve University say they have developed a promising potential treatment for Parkinson's disease.

It targets toxins that damage the energy factories of nerve cells in the brain, known as the mitochondria.

Professor Xin Qi has studied how mitochondrial damage can lead to neurodegenerative diseases. Her lab was the first to identify tangles of a rogue protein called alpha synuclein as the culprit of the cascade that leads to nerve damage, and eventually Parkinson's disease.

Now she's developed a custom molecule, a peptide dubbed CS2, which blocks alpha synuclein from attacking mitochondria.

"I truly believe the peptide could be one of the therapeutic options in the near future," Qi said.

The CS2 molecule only attacks the toxic form of alpha synuclein and has few potential side effects, she added.

"We found CS2 shows protection with causing any damaging effects," she said. It's one of the first therapies that attack the root cause of Parkinson's disease rather than just addressing the symptoms.

The peptide has only been tested in mice and on human neurons in a Petri dish so far, but Qi is hopeful it will someday be a frontline defense in slowing the progression of Parkinson's.

She's formed a start-up company called JanusQ to pave the way for clinical trials.

Reclaim Your Cellular Health with the Mitochondria Protocol

(Excerpt from mercola.com)

First of a 3-Part Series

How your mitochondria are currently working is deeply tied to the current state of your cellular health. If these energy producers are not working optimally, then your health ultimately suffers. According to a study published in 2024, damaged mitochondria become the foundation of chronic diseases like cardiovascular disease, metabolic syndrome, neurodegenerative disease and cancer.¹

So, how do you fix your mitochondria? In her podcast, The Longevity Show, longevity expert Dr. Hillary Lin² goes over a wealth of useful recommendations with the goal of helping you produce better, healthier cellular energy.³

While Lin makes great points, I would like to preface this article by highlighting one important component that she missed when it comes to improving mitochondrial health — minimizing your linoleic acid (LA) intake, as it embeds into your mitochondria.

I believe that excess LA intake is one of the biggest roadblocks to achieving optimal cellular health. In fact, I will go as far as saying that minimizing it takes precedence over the recommendations made by Lin. Once you have your LA consumption under control, her recommendations will fall into place — all of which are also helpful.

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The Impact of Linoleic Acid on Your Mitochondrial Health – LA is one of the most damaging toxins affecting your cellular health. It's in everyone's best interest to make sure consumption is minimized, as it sets off a cascade of chronic disease:

- **Excess LA intake is the primary driver of metabolic degradation** — Your mitochondria generate approximately 90% of cellular reactive oxygen species (ROS), with the vast majority produced specifically at the electron transport chain in the inner mitochondrial membrane. This makes the inner mitochondrial membrane the single most critical site of ROS generation in the body.
- Since approximately 0.2% to 2% of oxygen consumed by mitochondria is converted to superoxide (the precursor to other ROS), and given that almost all free radicals originate from electron leakage at Complexes I and III of the electron transport chain, having oxidation-prone LA molecules embedded directly in this membrane represents a catastrophic design flaw when LA is consumed in excess.
- **Mechanism of damage** — When you ingest LA, it eventually embeds itself in the inner mitochondrial membrane. From there, it precipitates metabolic degradation products, particularly reactive aldehydes such as 4-hydroxynonenal (4-HNE). These aldehydes damage the electron transport chain, which is the most precious biological machinery in your entire body responsible for ATP production.
- **Why this process is uniquely dangerous** — Almost all free radicals are generated within the electron transport chain itself. Now, LA is a highly fragile, perishable molecule extremely susceptible to oxidation. Having it embedded in the place where free radicals are generated is like storing gasoline beside a spark generator. In other words, it's the worst possible place for such an oxidation-prone molecule.
- **The cascade of damage in your health** — When 4-HNE and other reactive aldehydes are generated, important systems such as the electron transport chain, mitochondrial DNA, nuclear DNA, and important intracellular proteins and hormones are affected.

Minimizing Your LA Intake Is the Most Vital Factor in Maintaining Optimal Mitochondrial Health – Again, the solution is to lower your LA consumption as much as possible. To start, it's found in vegetable oils used for cooking, such as soybean, corn, safflower, and sunflower oils. In fact, these oils provide over 80% of LA found in Western diets. LA is widely used in ultra processed foods and restaurants as well, so avoid these products as much as possible. Focus on making healthy meals at home.

- **I recommend keeping it below 2 to 3 grams per day** — To help you monitor your intake, you can download my upcoming Mercola Health Coach app, which contains the Seed Oil Sleuth. This feature will help you calculate all the LA in your meals to a tenth of a gram.

- **C15:0 helps clear LA from your body faster** — LA has a half-life of about two years, so the damage stored in your system will take a long time to be purged. To help speed up this process, consider taking C15:0 fat, also known as pentadecanoic acid. It primarily comes from grass fed dairy, yet most people only consume 100 to 200 milligrams of it daily. The great thing about this approach is that it cuts LA clearance timeline in half. For more information about this strategy, read "[The Fast-Track Path to Clearing Vegetable Oils from Your Skin](#)." There, I go deep into the science of C15:0 and show you how to implement it into your lifestyle.
- **Another tip is taking a beta-alanine supplement** — [In a previous article](#), I noted that it acts as a powerful antioxidant that helps neutralize oxidative damage caused by LA. It works by becoming a sacrificial target for ROS and advanced lipid peroxidation end products (ALEs) like 4-HNE. This spares DNA, mitochondria, and proteins from further harm.

The Mitochondria Form a Huge Energy Network – Moving on to Lin's lecture, she starts by explaining that your everyday energy, thinking ability, and even how you age are shaped by your mitochondria. She says they work like a power plant, only there are billions of them inside your body that make constant decisions affecting your health. Instead of treating these structures as simple "batteries," they're more than that — they guide your energy, your repair processes, and even the lifespan of your cells.

- **How your daily life shapes your mitochondria** — Your mitochondria form "living networks" that respond to how you sleep, exercise, and manage stress. They constantly adjust their output based on what you put your body through each day. Because they react to your daily choices, your lifestyle directly shapes how well you create and use energy. And as I mentioned, excess LA intake is a major factor that cripples this energy network. That said, Lin noted that you're not stuck with the energy level you have now. Your habits influence how these networks behave, meaning that supporting your mitochondria through healthy lifestyle changes will help you improve how you feel, think, and even age. This is something I wholeheartedly agree with, too.

Part Two of a 3-Part Series Cont'd in the April 2026 Newsletter

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PEP NEWS

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L-Theanine Protects Against Parkinson's Disease

(Excerpt from The Blaylock Wellness Report)

The dry-cleaning process employs a chemical called trichloroethylene (TCE) that has been shown to drastically increase the incidence of Parkinson's disease in humans. TCE is also found in paints, spot removers, carpet-cleaning fluids, and varnishes.

One of the first potential treatments to protect against TCE toxicity is L-theanine, an extract from green and white teas. It is available as a supplement. L-theanine can also be used to reduce anxiety also caused by excess glutamate. Before making any changes, please be sure to discuss with your health care provider.

Canine Supernoses Detect Parkinson's Years Before Symptoms Appear---

(Excerpt from drkarenbecker.com)

Get ready to discover a medical breakthrough, thanks to an unexpected hero: your dog. Imagine catching a serious neurological condition years before symptoms even appear, without a single invasive test. This isn't science fiction; it's the incredible

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ohparkinson.com

reality unveiled in a new study showing how our canine companions are sniffing out Parkinson's disease with astonishing accuracy, paving the way for a future where early intervention could change millions of lives. A new study published in The Journal of Parkinson's Diseases, 1 (July 15, 2025) highlights an incredible breakthrough: dogs can accurately sniff out Parkinson's disease in people long before traditional diagnostic methods catch it.

To read the full article, please visit: <https://drkarenbecker.com/canine-supernoses-detect-parkinsons-years-before-symptoms-appear/>