

MAY 2026

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

May MEETING / Wednesday, May 6, 2026 2:15 p.m.

We welcome back **Steven Gunzler, MD**, a neurologist in the University Hospitals Neurological Institute's Parkinson's and Movement Disorders Center at **University Hospitals**. Dr. Gunzler's interests include Parkinson's Disease, dementia with Lewy Bodies, and progressive supranuclear palsy. He will speak on "PD Medication and UH Research Updates".

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

JUNE MEETING / Wednesday, June 3, 2026 2:15 p.m.

We will be having a **movie day** showing "**The Boys of Summer: Short Stop**". It is a family's cross-country adventure meeting baseball greats, connect with Parkinson's community, and navigate powerful moments of living with PD. Followed by a Q & A with the **Director Robert Cochrane**. We will have popcorn as well!

From David Brandt

PEP is very grateful to have again received a grant this year from The Loretta K Peters and Richard R Peters Charitable Foundation. They have been avid supporters of PEP for many years. Mr. Peters, who had Parkinson's Disease, intended to further public awareness and provide support for those struggling with this disease.

It is with great sorrow that I announce the passing of two PEP members who were constants at our meetings. Both Carl Wendorff and John Kealy will be missed for their kindness and friendship. Our thoughts and prayers are with their families.

Upcoming Events

Saturday, June 6, 2026 - Moving Day Cleveland put on by Parkinson's Foundation Great Lakes. 10 a.m. at the Brookside Reservation. Contact Megan Green at mgreen@parkinson.org or 614-918-7303 for more details.

Saturday, June 20, 2026 – Living In Motion put on by InMotion. This is for those with PD and their families to explore the role of exercise, education, and community in living well.

Saturday, August 1-2, 2026 – Papa's Path presents its 24 hour walk at the Beachwood High School Track. All day events will be

planned ending in the Sunday morning walk to Ahuja Medical Center.

Sunday, August 30, 2026 – Pals in Motion is the biggest event and fundraiser for InMotion and includes a run, a walk, and many family friendly activities.

TRIBUTES

Bob Suazo

Joyce Ann Hoover

Bill Fulton and Jeff Duber

Marlys Bremer

**In Memory of Jerry Sheehan
Julie Keller**

**The Loretta K Peters and
Richard R Peters
Charitable Foundation**

PD Question Corner

Email: barbaramarquardt@outlook.com

Question: Do you know of a lab test that is helpful with Parkinson's?

Answer: Life Extension is currently having their Annual Lab Test Sale with 25% off ALL Lab Tests. The "Optimal Wellness Genetic Insights Panel" could be helpful. If you are interested to learn more, please call 1-800-820-3248, or online at: [https://www.lifeextension.com/sales/lab-tests?](https://www.lifeextension.com/sales/lab-tests?source=code=LABSALE&utm_source=catalog&utm_medium=print&utm_campaign=LABSALE)

[source=code=LABSALE&utm_source=catalog&utm_medium=print&utm_campaign=LABSALE](https://www.lifeextension.com/sales/lab-tests?source=code=LABSALE&utm_source=catalog&utm_medium=print&utm_campaign=LABSALE)

CODE: LABSALE

The sale ends July 13, 2026

Ref: Life Extension Magazine

Parkinson's Disease: Challenges, Progress, and Promise

(Excerpt from www.ninds.nih.gov)

STUDY CONCLUSION: PD research has progressed enormously in recent years. Scientists are rapidly working to unlock the mysteries of Parkinson's, and treatments that restore lost function, halt disease progression, and prevent the condition are now realistic goals. Many of these advances are the result of discoveries from NINDS-funded basic, translational, and clinical investigators across the United States as well as NINDS-supported research at the Udall Parkinson's Disease Research Centers of Excellence. Studies funded by the NIH have identified several genetic mutations that make individuals susceptible to Parkinson's disease and breakthroughs in genetic research make finding new genetic factors easier and more efficient. Some promising new therapies have been developed and are currently being tested in animals as well as people. As scientists uncover more about the disease's biology and genetic-environmental interactions, new biomarkers will emerge, treatments will improve, and the disease may eventually be halted, reversed, or even prevented.

To read the full article, please visit: <https://www.ninds.nih.gov/current-research/focus-disorders/parkinsons-disease-research/parkinsons-disease-challenges-progress-and-promise>

Reclaim Your Cellular Health with the Mitochondria Protocol

(Excerpt from mercola.com)

Third of a 3-Part Series

Actionable Steps Part 2 — Utilizing Temperature to Train Mitochondria – Heat and cold are powerful training tools for your mitochondria. Lin explains that heat exposure, such as from a sauna, can boost your mitochondria's respiratory capacity by nearly 25%. In fact, she says that this strategy is "almost like cheating," because those gains match what you'd normally achieve through exercise alone.

- **Heat activates special repair proteins** — This helps your cells strengthen their energy production systems while also encouraging the formation of new mitochondria. Lin recommends 170 to 200 degrees Fahrenheit (F) for traditional sauna use when appropriate for your health. While I agree with Lin regarding the benefits of using a sauna, I believe her recommended temperatures are on the extreme side. A good starting point for beginners is around 120 degrees F, three times per week. Personally, my body can handle temperatures up to 160 to 170 degrees F, and that level isn't wise for beginners. If you're just starting, keep it low and increase gradually. For more information on how to safely use a sauna, read "[Infrared Sauna After Training Speeds Recovery and Supports Athletic Performance.](#)"
- **Cold exposure creates a different type of adaptation** — Lin noted that cold plunges, cold showers, and winter swimming can push your mitochondria to become better heat producers through a process called uncoupling. This controlled form of stress teaches your energy system to work more efficiently under pressure and improves your ability to regulate temperature. She compares this to the natural cold exposure your ancestors experienced daily, making today's deliberate cold practices a modern version of that challenge. While the findings are sound, I generally don't recommend this strategy. [In a previous article](#), I noted that cold plunges activate stress hormones that may provide some temporary benefit, but I believe that it will lower your overall resilience. But if you'd still like to try it, listen to your body and have a buddy with you. If you start to feel weak, nauseated, or lightheaded, get out of the water and warm up immediately.

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Reclaim Your Cellular Health with the Mitochondria Protocol

(Excerpt from *mercola.com*)

Third of a 3-Part Series

- **A combined protocol that uses both heat and cold** — If you think that the heat/cold strategy works for your case, you can follow Lin's suggestion below, so you can make the most of it. Begin with five to 20 minutes of heat, followed by one to three minutes of cold, starting small and adjusting as your body adapts. Lin gives an important warning — avoid cold exposure immediately after intense workouts if building muscle is your goal, because this temperature briefly reduces the signals your body needs for growth. However, if your goal is recovery, especially reducing inflammation, cold after exercise becomes helpful instead.
- **Supplement recommendations** — Lin touched on specific nutrients your mitochondria rely on for strength and repair. She noted that CoQ10 is "premium fuel," alpha-lipoic acid as your "cleanup crew," nicotinamide adenine dinucleotide (NAD+) precursors for ATP production, and omega-3 fatty acids as structural support for mitochondrial membranes. Lin also highlights glycine, N-acetylcysteine (NAC), B vitamins, and newer options such as urolithin A and spermidine, which help maintain high-quality mitochondrial recycling and protein repair. Lastly, she emphasized that supplement choices are best personalized and not one-size-fits-all. If you're considering taking any of these, consult with a health care expert first.
- **Actionable Steps Part 3 — Building Your Energy Upgrade Plan** — Lin presents a step-by-step framework to help you apply her recommended strategies in a sustainable way, which is done in three phases:
- **The first phase the foundation, lasting four to six weeks** — During this stage, your focus is on basic routines that stabilize your energy system. These include consistent sleep, exercise appropriate for your current fitness, and nutritious eating with enough vegetables, some omega-3, and protein. Lin suggests that a gentle 12-hour daytime eating window is an optional starting point if it fits your health needs. The goal here is not advanced training but building stability first.
- **The second phase, lasting two to three months, emphasizes refinement** — Here, you begin moving workouts earlier in your day, adding supplements that match your health profile, and creating an ideal sleep environment — cooler temperatures, dark rooms, and supportive bedding. This is also where sauna sessions and temperature-contrast therapy become helpful additions. You can keep a 12-hour eating window or narrow it to around eight daytime hours if it feels

comfortable and realistic for your lifestyle.

- **The third phase is advanced optimization, intended for people who already feel stable** — Increase your exercise intensity, add more targeted supplements, and fine-tune the timing of your habits — exercise, meals, heat, cold, and sleep — so they work together. Lin encourages people in this phase to monitor their progress and adjust with help from clinicians trained in mitochondrial biomarkers, since this stage involves more detailed tweaking of your energy system.
- **Special guidance for long COVID and chronic fatigue** — Lin acknowledges that these conditions require a gentler approach. She recommends "mitochondrial zone training," which uses heart rate monitoring to keep exercise at a low, steady intensity below your aerobic threshold. If you're affected by **long COVID** or have fatigue issues, Lin points out you can try her three-phase protocol, but progress is, ideally, extremely slow. Sleep becomes the top priority, and supplements are introduced cautiously. Eating windows are looser, and temperature fluctuations are gentle rather than extreme. The most important takeaway here is that pushing too hard early "can lead to greater damage long-term," so Lin encourages planning your regimen to match your current capacity, not your ideal one.

Frequently Asked Questions (FAQs) About the Mitochondria Protocol

Q: Why are mitochondria so important for your overall health?

A: Mitochondria are your body's energy producers, and when they stop working well, your cells fall into low power mode. A 2024 study showed that mitochondrial dysfunction is involved in major chronic diseases, including heart disease, brain disorders, metabolic issues, and cancer. This means your long-term health is closely tied to how well your mitochondria create and manage energy.

Q: What role does linoleic acid (LA) play in damaging mitochondrial health?

A: Excess LA — found heavily in vegetable oils and ultra-processed foods — embeds into your mitochondrial membranes, where it breaks down and produces toxic chemicals like 4-HNE. These byproducts damage the electron transport chain, mitochondrial DNA, and your cell's energy machinery. Reducing LA intake to less than 2 to 3 grams per day is one of the fastest ways to protect your mitochondria and restore healthier energy production.

Q: How do lifestyle habits influence mitochondrial performance?

A: Your mitochondria respond to how you sleep, eat, move, and manage stress. Exercise helps build new mitochondria; good sleep repairs them; and daytime-aligned eating supports steady energy rhythms. Poor habits — especially disrupted sleep — weaken your energy grid, affecting your thinking, mood, and resilience.

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PEP NEWS

Parkinson Education Program
of Greater Cleveland
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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.

Q: What mitochondrial strategies does longevity expert Dr. Hillary Lin recommend?

A: Dr. Lin highlights three pillars — varied exercise (HIIT, cardio, and strength training), smart recovery (high-quality sleep and rest), and circadian-aligned eating. She also supports heat and cold exposure as energy-training tools and mentions nutrients like CoQ10, alpha-lipoic acid, NAD+ boosters, omega-3s, glycine, NAC, urolithin A, and spermidine for added support — though personalized guidance from an expert is recommended.

Q: How can someone safely improve mitochondrial health over time?

A: Lin outlines a three-phase plan — start with improving sleep quality, simple exercise, and balanced daytime nutrition; refine your routine with supplements and temperature therapy; and later optimize timing of meals, workouts, and heat/cold exposure. If you're affected with long COVID or chronic fatigue, she emphasizes extremely gentle pacing and avoiding overexertion because pushing too hard can actually worsen mitochondrial damage.

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Facebook – Parkinson Education Program of Greater Cleveland

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ohparkinson.com

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