



*You Are Not Alone*

## Next Meeting

**Thursday  
April 28, 2010  
1:30 p.m.:**

**Place: Eau Gallie Public Library  
Community Room  
1521 Pineapple Avenue  
Melbourne, FL**

**Program:  
Lara Layne, Speech Therapist**

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### 2011 Program

May 26<sup>th</sup>: Dr Turk, MD., Neurology  
June 23<sup>rd</sup>: Sharing/Discussion (Board members)  
July/ Aug: No meeting  
Sept. 22<sup>nd</sup>: Dr. Michelle Munnich, Nutrition & Celia Wilson, Exercise  
Oct. 27<sup>th</sup>: SHINE, Lynn Meagher  
Dec. 8<sup>th</sup>: Christmas Party/Bunco

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### New Membership Directory to be Published

The sole purpose of the revision is to increase access between members. In addition to phone numbers, e-mail addresses will be listed. You will receive a phone call to confirm your information for the data base that will be used to create the directory. At that time, you may indicate whether you want your information to appear in the directory.

Issue 2 for February 2011.

To contribute contact Deb Ridel  
(Hungarydeb@yahoo.com) or phone 751- 0444  
For an e-mail copy, contact Don Wilkof  
(don991@cfl.rr.com).

For the latest news visit us on the web at:  
[www.brevardparkinsonsg.org](http://www.brevardparkinsonsg.org)

## March Meeting Highlights

The last meeting was held March 28, 2011 February 27 with about 35 members in attendance. Our thanks once again to Bob and Peg Thomson who provided the refreshments.

Wendy Wilkof, our hospitality chairman, has requested volunteers to provide refreshments at a few future meetings. Anyone wishing to help may reach her at (321)752-9001.

. The March 28 meeting was supposed to be “Ask the Neurologist” but Dr. Turk was called away on personal business. Instead, Michelle Fuller, from Wuesthoff’s Brevard Hospice and Palliative care. Her presentation was positive, and engaging. She shared the philosophy of hospice, identified the goals of hospice care explained the benefits and referral process. The take away is to get hospice involved sooner rather than later in the process. Michelle gave an interesting discussion to dispel the myths about hospice care:

- going into hospice does not hasten death
- patients may able to keep their own doctors
- hospice is for patients and family members
- hospice gives the patient the opportunity to define and control how you want to live your life.
- Medicare, Medicaid and most private insurers pay for all equipment and medications and medical care.

For more information contact Wuesthoff’s Brevard Hospice and Palliative care at (321)253-2222 or visit [www.caringinfo.org](http://www.caringinfo.org) or call the help line at 800-658-8898.

## WELCOME NEW MEMBERS

Margie Skipper  
Ken Byrnes  
Bob and Louise Macchia  
Patrick Peterson  
William Brand ?  
Chris White  
Mike Stamper

## Coconut Oil and Alzheimer's Disease

October 5, 2010

How worried should drug companies be about supplements eating into their monopoly profits?

A lot—as this story will show. From Alliance for Natural health ([www.anh-usa.org](http://www.anh-usa.org)) - In 2003, Dr. Mary Newport's husband Steve, then 53, began showing signs of progressive dementia, later diagnosed as Alzheimer's disease. They started him on Alzheimer's drugs—Aricept, Namenda, Exelon—but his disease worsened steadily. When Dr. Newport couldn't get her husband into a drug trial for a new Alzheimer's medication, she started researching the mechanism behind Alzheimer's. She discovered that with Alzheimer's disease, certain brain cells may have difficulty utilizing glucose (made from the carbohydrates we eat), the brain's principal source of energy. Without fuel, these precious neurons may begin to die. There is an alternative energy source for brain cells—fats known as ketones. If deprived of carbohydrates, the body produces ketones naturally.

But this is the hard way to do it—who wants to cut carbohydrates out of the diet completely? Another way to produce ketones is by consuming oils that have medium-chain triglycerides. When MCT oil is digested, the liver converts it into ketones. Dr. Newport learned that the ingredient in the drug trial which was showing so much promise was simply MCT oil derived from coconut oil or palm kernel oil, and that a dose of 20 grams (about 20 ml or 4 teaspoons) was used to produce these results. When MCT oil is metabolized, the ketones which the body creates may, according to the latest research, not only protect against the incidence of Alzheimer's, but may actually reverse

it. Moreover, this is also a potential treatment for Parkinson's disease, Huntington's disease, multiple sclerosis and ALS drug-resistant epilepsy, brittle type I diabetes, and type 2 diabetes.

So Mr. Newport, not being able to get into the drug trial, started taking the coconut oil twice a day. At this point, he could barely remember how to draw a clock. Two weeks after adding coconut oil to his diet, his drawing improved. Over the next year, the dementia continued to reverse itself: he is able to run again, his reading comprehension has improved dramatically, and his short-term memory is improving. Natural food can be substituted for the super-expensive drug. Not only that, the ketones from natural coconut oil last in the body longer than the drug version. What if this natural health idea really catches on? Goodbye to monopoly profits!

## Michael J. Fox Foundation champions research and trials

At the March 4 meeting Seanna Bruno from the Michael J. Fox foundation gave a presentation of **Strategy for Accelerating Development of Parkinson's Therapies**. The MJFF's goals are to drive the best Parkinson's research and deliver improved therapies and a cure. MJFF impacts include:

- Convene around intractable problems
- Focus funding on patient relevant outcomes
- Provide strategic vision and prioritization
- Facilitate “de-risking” of ideas

Specifically, MJFF has funded nearly \$15M in dyskinesia research. MJFF has committed over \$100M to advance disease modifying therapies and seeks a path forward to patients. They are also focused on improving quality of clinical trials. Many trials suffer from a lack of participation. Fewer than 1 in 10 Parkinson's people participate in trials which we will all benefit from. So MJFF seeks improving participation and profiling. For more information go to [www.michaeljfox.org](http://www.michaeljfox.org)

Thanks to Pat Hollingsworth Personal Computing for printing our News Letter

**April is Parkinson's Awareness**