

been shown to slow the progression. It results from the death of dopamine-generating cells in the substantia nigra, a region of the midbrain; the cause of cell-death is unknown. Early in the course of the disease, the most obvious symptoms are movement related, including shaking, rigidity, slowness of movement and difficulty with walking and gait. Later, cognitive and behavioral problems may arise, with dementia commonly occurring in the advanced stages of the disease. Other symptoms include sensory, sleep and emotional problems. PD is more common in the elderly with most cases occurring after the age of 50.

A recent study of 80 patients was conducted to determine whether a range of doses of coenzyme Q10 is safe and well tolerated and could slow the functional decline of PD patients. A double blind, placebo controlled study looked at dosages of 300mg, 600mg, 1200mg. per day and how the compared in benefit to a placebo. Screenings at 1, 4, 8, 12, and 16 months were compared to baseline. The researchers concluded that coenzyme Q10 was safe and well tolerated at dosages of up to 1200 mg./day. Less disability developed in subjects assigned to coenzyme Q10 than those assigned a placebo, and the greatest benefit was received by those patients using the highest dose. Coenzyme Q10 appears to slow the progressive deterioration of function in PD. A larger study would help to confirm these results.

Nutrition for Healthy Eyes

The eye is one of the body's most important sensory organs. They are, like other body systems, affected by many factors. Harmful ultraviolet rays, lack of regular eye exams, accidental damage, as well as poor nutritional habits can have a negative impact on how we see. The aging process can hinder how well our eyes function but many vision imbalances are preprogrammed into our DNA. The nutrients that the eye requires, however, does not change from person to person. Below are some of the needed eye-supporting compounds:

Beta-Carotene protects and conditions the cornea, the thin, clear outer layer that shields the eye's inner components from debris. Beta-carotene is also a free radical fighter that helps protect the eyes from oxidative damage.

Lutein is a specific carotenoid that is commonly found in green leafy vegetables such as spinach and kale as well as egg yolks. Since the body can not make lutein, it must be obtained from outside sources. Lutein helps protect light-sensitive components of the eye such as the lens, macula, and retina. It also has strong antioxidant properties.

Bilberry has remarkable cell protecting properties. These tasty berries are rich in anthocyanosides which have powerful antioxidant properties. Bilberry and its components strengthen blood vessels and assist the body in adjusting from bright to dark settings.

NAC (N-Acetyl-Cysteine) is a sulfur containing compound that plays many roles within the body. One of its most important functions is to increase the body's production of glutathione. Glutathione inhibits the oxidative process and protects against free radical formation. NAC helps protect the eyes from environmental factors.

Quote of the Month

Concentrated power has always been the enemy of liberty.

Ronald Reagan

Happy Thanksgiving!



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