



# PARKINSON News

PUBLISHED BY THE PARKINSON ASSOCIATION OF GREATER DAYTONA BEACH (PAGDB)

## ASK THE MOVEMENT DISORDER SPECIALIST

Tuesday, May 16, 2023 • 2:00–3:30pm

Woodmark Pacifica Senior Living (formerly Bishops Glen) • 900 LPGA Blvd. Daytona Beach

The PAGDB is pleased and excited to welcome Neurologist & Movement Disorder Specialists (MDS) Dr. Richard B. Dewey, III., MD.

Dr. Dewey was first drawn to the field of movement disorders during a research internship in 2011. He worked closely with his father (Dr. Dewey, Jr.) to develop a video training module that demonstrates the correct way to perform the neurologic exam. This video soon became a key part of the UT Southwestern Medical School neurology curriculum. He went on to graduate with the MD degree from UT Southwestern Medical School in 2017. During medical school he served as the Student Interest Group Officer and published 4 papers on topics in the field of movement disorders. He completed his neurology residency at UT Southwestern in 2021 during which he served as Chief Academic Resident. He then completed a movement disorders fellowship at UT Southwestern in the summer of 2022. He is a diplomate of the American Board of Psychiatry and Neurology and a member of the American Academy of Neurology.



Dr. Richard B. Dewey III

Dr. Dewey has authored both scientific abstracts and peer-reviewed publications in journals such as Cognitive and Behavioral Neurology, Parkinson's Disease, PLOS ONE, and The Journal of the Neurological Sciences. His primary research interests are in early disease modification of Parkinson's Disease, new therapeutic approaches to Parkinson's disease and essential tremor, and management of non-motor complications of Parkinson's disease. He is experienced in the clinical management of common and rare movement disorders, deep brain stimulation programming, and botulinum toxin injections for a variety of neurological conditions.

Dr. Dewey currently practices at the Parkinson's Disease & Movement Disorder Clinic of Boca Raton, FL.

In this program Dr. Dewey will briefly address newly approved PD medications, pipeline medications, new diagnostics, and environmental concerns related to PD. **A good portion of this program will be dedicated to an open and interactive forum of questions and answers with attendees.**

**This is an In-Person Only program.** To secure your seats please register online at: [www.parkinsondaytona.org/in-person-meetings](http://www.parkinsondaytona.org/in-person-meetings), or click the red button below or call 386-871-3879 and leave a message with your name and how many will be attending.

[Register for In-Person Meeting](#)

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## RECENT GIFTS & GRANTS

♥ Jasmine Martin – Gift to PAGDB in Memory of Carolyn Gion Blanford

**A huge debt of gratitude to all those that donate to our cause. Your gifts and grants go a long way in enabling us to carry on. Thank You!**

To make a gift in honor or memory of a friend or loved one, to provide a grant, or to simply donate to the PAGDB cause: By mail, please make checks payable to Parkinson Association of Daytona and mail to P.O. Box 4193 Ormond Beach, FL 32175. To donate online, please go to our website at [www.parkinsondaytona.org](http://www.parkinsondaytona.org) and click on the Donate link.

[DONATE](#)

NOTE: The information in this newsletter and the information provided by our speakers is not intended as medical advice. Please consult your physician before trying anything new or different.

# SPECIAL EVENT!

## FREE – CLINICAL FALL RISK ASSESSMENTS FOR PEOPLE WITH PARKINSON'S

Tuesday, June 20, 2023 • 9:45am–2:30pm

Woodmark Pacifica Senior Living (formerly Bishops Glen) • 900 LPGA Blvd. Daytona Beach

The PAGDB is pleased to introduce Taylor and Garrett Sweringen; the owners of a new Physical Therapy clinic in Ormond Beach, **MoveMed Rehab**.

Both Taylor and Garrett are Doctors of Physical Therapy (DPT) who both graduated from The University of Saint Augustine for the Health Sciences.

Garrett is a movement specialist who primarily works with neurological gait and balance patients with both acquired and degenerative neurological disorders. He likes to take a functional approach with his patients, involving breaking down and building up the basics of human movement including running, jumping, and throwing to help improve coordination and maximize function.

Taylor specializes in various orthopedic issues including post-surgical rehab, pre-surgical rehab, chronic pain, postural abnormalities, and orthopedic injury. This is often an area that is left out with neurological rehabilitation but is an important part of optimizing and regaining normal functional movement in the neurologically impaired population.

MoveMed offers 1 on 1 care, and the patient will only see one therapist once their plan of care begins. Weekend hours are also available to accommodate outpatients' busy schedules. The Sweringen's take pride in their community by being locally owned and operated as they strive to improve the health and accessibility to rehabilitative needs for all individuals who reside in Ormond Beach and the surrounding areas.



Dr. Garrett & Dr. Taylor Sweringen

**For this special event** the Doctor's have put together four (4) Parkinson's Disease specific functional tests that will be performed to any individual with Parkinson's Disease or a Parkinsonism who signs up for this event. The individual participating will be taken through these functional tests, and upon completion will be educated on both their household and community fall risk based on their scores. To qualify, the participant needs to be diagnosed with a movement disorder and must be ambulatory with or without an assistive device.

According to the World Health Organization, falls are currently the second leading cause of death for individuals 60 years and older and 37.3 million falls requiring medical attention have been reported each year. Due to the heightened risk for falls in the movement disorders population, it is imperative that tests such as these be performed so these individuals can understand their baseline, and gain knowledge of how to improve that baseline to reduce their overall fall risk through movement disorders specific rehabilitative services.

**These Clinical Assessments are being provided at No Charge! This program is by APPOINTMENT ONLY – Appointments will be set every 25 minutes beginning at 9:45am. There are a limited number of appointments available, so register early to secure your spot.**

### **To Schedule Appointment Online**

Please visit our website: [www.parkinsondaytona.org/in-person-meetings](http://www.parkinsondaytona.org/in-person-meetings) or **click the red button below to be taken directly to the page**. Once on the page click either doctors calendar to open up available time slots. Click on June 20th and select a time that works best for you. Click the red 'Next' button when you are ready to schedule your appointment for that time. Fill in the information (name, email) and click the red 'Schedule Event' button. You should receive an email confirming your appointment, please check your spam folder if you did not receive it shortly after booking your appointment. There are two 25 minute appointment slots (one with each doctor). If the time you would like is unavailable try selecting the other doctors calendar and looking at their availability.

### **To Schedule Appointment By Phone**

Please call 386-871-3879 and leave a message with your name, the doctor and time slot you would like.

**For any questions please call 386-871-3879 or email us at [parkinsondaytona@gmail.com](mailto:parkinsondaytona@gmail.com)**

**Schedule Appointment for Event**

# COMMUNITY CALENDAR & EVENTS

## FLAGLER SUPPORT GROUP

**PALM COAST COMMUNITY CENTER • 305 PALM COAST PARKWAY NE, PALM COAST**

The Flagler/Palm Coast Support Group is hosting monthly meeting at the Palm Coast Community Center. For more information on this support group please contact Renee Shoner at 386-503-2239 or email at: [Reneeshoner@gmail.com](mailto:Reneeshoner@gmail.com).

## EAST & WEST VOLUSIA SUPPORT GROUPS

The PAGDB in conjunction with Halifax Health is hosting PD Support Groups in both East Volusia and West Volusia. These programs are designed to provide a place for individuals with PD and their caregivers/loved one's to share their feelings, experiences, and resources with each other and to provide support and encouragement. These programs are offered free of charge to the community.

### EAST VOLUSIA

**WOODMARK (FORMERLY BISHOPS GLEN) • 900 LPGA BLVD. HOLLY HILL, FL**

In East Volusia the support group program is being held on the **4th Tuesday of each month from 2pm-3pm** at Woodmark (formerly Bishops Glen Retirement Community).

**NEXT MEETING: Tuesday, May 23, 2023 • Tuesday, June 27, 2023**

### WEST VOLUSIA

**WOODLAND TOWERS • 113 CHIPOLA AVE. DELAND, FL**

In West Volusia the support group program is being held on the **2nd Tuesday of each month from 2pm-3pm** at Woodland Towers.

**NEXT MEETING: Tuesday, May 9, 2023 • Tuesday, June 13, 2023**

These support groups are facilitated by Anne Tracy, RN Community Relations Coordinator with Halifax Health Continuing Care and Hospice. **For more information please contact either Anne Tracy at 386-566-5728 Email: [annette.tracy@halifax.org](mailto:annette.tracy@halifax.org) or Vince Kinsler at 386-871-3879 Email: [yovinnny57@aol.com](mailto:yovinnny57@aol.com)**

## ROCK STEADY BOXING NSB / YOGA & DANCE

**201 SOUTH RIDGEWOOD AVE. SUITE 13 EDGEWATER, FL**

Monday, Wednesday and Friday morning you will find the music pumpin', the bags swinging and the Boxers punching at Rock Steady Boxing NSB. **Call to schedule an opportunity to observe a class. For more information on class times and how to get involved, [www.inthiscorner.org](http://www.inthiscorner.org) | 386-314-6673**

### YOGA & DANCE

A combination yoga and dance class that is well coreographed to include warm upm upper/lower body, cardio, breathing exercises and a cool down. This class is instructed by **Gabriella Trotta on Tuesdays at 1:00 pm** at the Rock Steady Boxing NSB location. **This class fills up quickly & seats are limited. [www.inthiscorner.org](http://www.inthiscorner.org) | 386-314-6673**

## BROOKS REHAB

Brooks Rehab is offering an **Adaptive Sports & Recreation Programs (& no you do not need to be athletic to participate!) they are in our community and provided FREE of charge!** Brooks also offers Exercise & Wellness Programs at several convenient YMCA locations throughout Volusia County. Cost for these programs is \$15.00 per month for YMCA members, and \$30.00 per month for non-YMCA members. **See flyers in this newsletter or our website for days, times and locations of these programs.**





## A Parkinson's Moment by Vince Kinsler

Written 11/2011

Being in the field of Home Care Services, especially in the specialized element of Live-In Homecare for many years, I have had the opportunity to experience personal relationships with many different people. Certainly, I have been involved with folks who have been afflicted with numerous different disease and health challenges, however, one incident (in 1998) with one individual sticks out in my mind as most memorable, her name was "Dot" and she had Parkinson's disease.

What was so beautiful about Dot was that for me she taught me so much, not just about Parkinson's disease, but about life as well. Dot displayed the arch-typical attributes of someone with Parkinson's and who was on medications designed to assist those. She had the stoic stare and rigidity, and because of medications she seemed like she was in perpetual motion, often displaying highly animated and contorted looks with her face and mouth moving her arms across her body while she would move her head in the opposite direction. She had the "washed out voice". After providing services for Dot for almost 5 years - she also started to display certain attributes of dementia. has been shown to reduce the risk of falls, showing that significant benefits likely require long-term practice.

Doesn't seem like a pretty picture? Dot was beautiful - this woman used her mind to constantly push herself often to the point of dismay and frustration of her caregivers, family members, and me. Although Dot had a history of frequent falls, she always wanted to walk places in a hurry and never wanted to use a walker - although through the orders of her loving daughters (Virginia, Carol and Jean), and upon our caregivers insistence she would reluctantly use the walker.

What I had learned about this disease was that on the surface I could see how "others" who had no knowledge of the disease might view Dot as someone that might be severely mentally handicapped, Dot (as well with most others afflicted with Parkinson's) was anything but. It was obvious to me that in her younger years Dot was the energetic, independent vital matriarch of her family.

One day while visiting Dot she had conveyed to me that she needed to give me something, and that something was located underneath the front seat of her Cadillac.

I asked her what it was and she only responded by saying - "its for you", I said fine give me the keys and I'll go retrieve what ever it is under the front seat you have for me. But Dot wouldn't have anything to do with this - she insisted she go to the car and that she retrieve whatever it was underneath the front seat that she had for me - her independence and insistence most always gave way to letting her do what she felt necessary.

So, on this hot summer afternoon in St. Augustine I relented to Dot's whim and followed her out from her condo to the parking lot following behind her, as Dot often walked very fast while literally carrying her walker as she approached the Cadillac. Dot opened the passenger door of the Cadillac and to my dismay proceeded to get on her hands and knees to slide onto the floor of the car and put her sweeping arms underneath the front seat, as she continued her search she continually pushed herself further and further into the front seat area to where her whole (albeit tiny) body became "lodged" - her knees were now jammed upped against the front of the passenger seat and her torso and head were jammed up underneath the ashtray area and she appeared to be experiencing a bout of rigidity.

I instantly became mortified - I tried to get Dot to straighten out her legs - to no avail, and as I tried to maneuver her rigid body her face would contort in pain and she would grunt and groan as I tried in vain to manipulate her body to free it from its obviously imprisoned state.

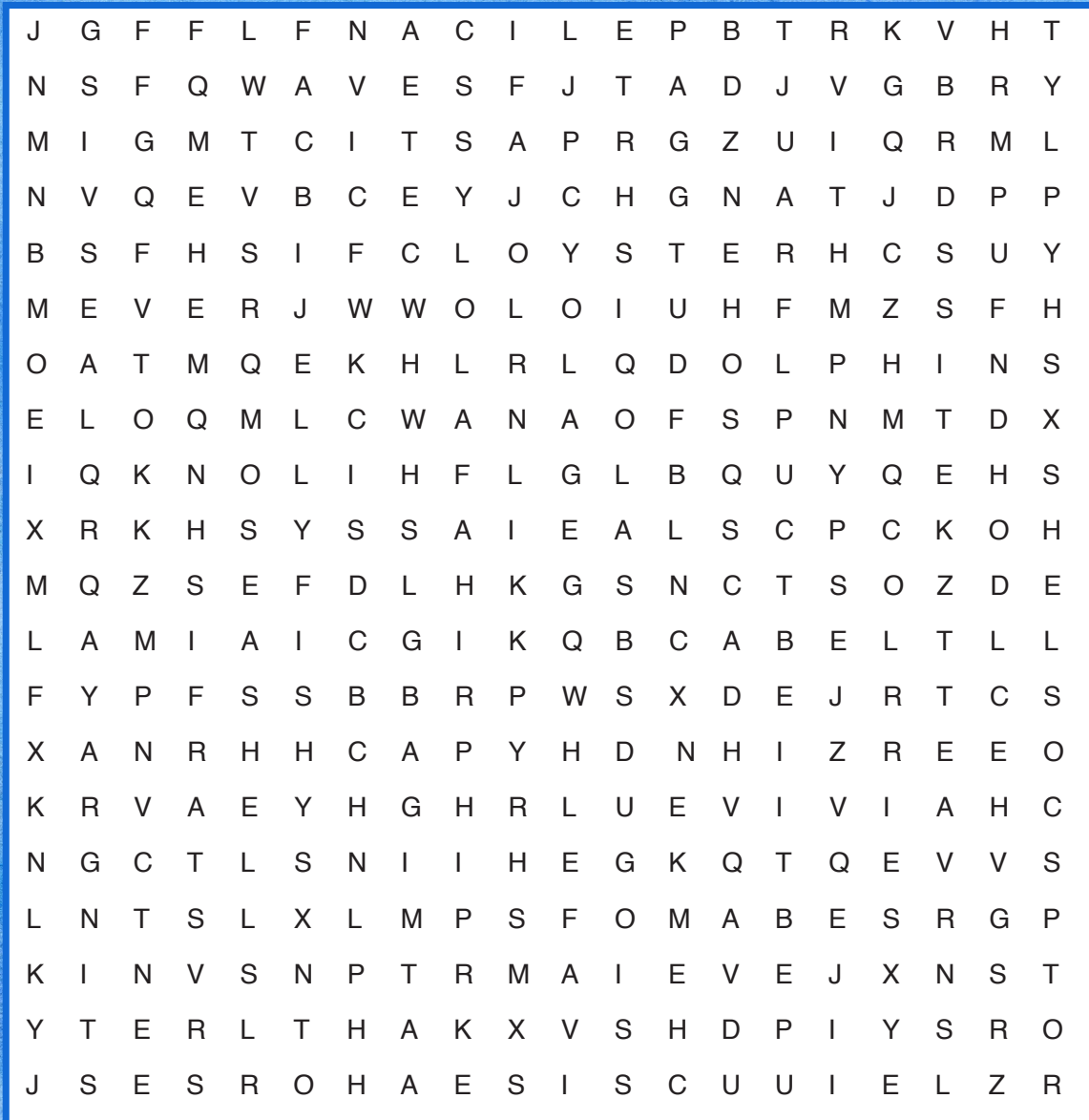
With visions in my head of having to call 9-1-1 and them sending the fire department over with the jaws of life having to cut this poor old lady out of her car, and thinking what a story this was going to be for the 6'Oclock news (with film at 11), and with the hot summer sun beating down on me, sweat dripping from my brow and panic setting in - I tried to stay calm and in charge, and instructing Dot to stay calm - I'd go to the other door and if I could get her to straighten out her legs I would just pull her straight across the front seat floor and out the drivers side to safety - no luck - back to other side where I was on my hands and knees on the hot asphalt now sweating profusely trying desperately to maneuver Dots body to free her while she appeared to be writhing in pain.

I finally decided whatever it took I had to get her out - and even though she appeared in great pain, I pulled and maneuvered and pulled and maneuvered and finally out she came, and while I sat there in the parking lot in a pool of sweat, hands and knees scraped and filled with bumps from the asphalt, I looked up and there was Dot walking away from me at an accelerated pace carrying her walker back into the condo - like nothing ever happened. I never did find out what in the heck was underneath that front seat that was so important!



# UNDER THE SEA

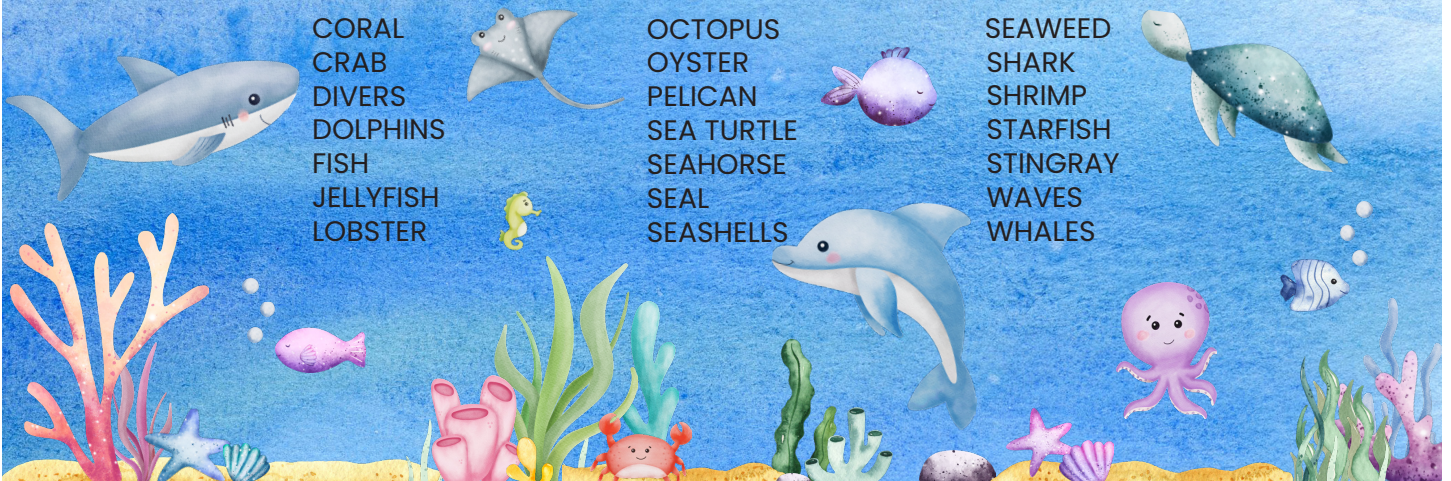
## WORD SEARCH



CORAL  
CRAB  
DIVERS  
DOLPHINS  
FISH  
JELLYFISH  
LOBSTER

OCTOPUS  
OYSTER  
PELICAN  
SEA TURTLE  
SEAHORSE  
SEAL  
SEASHELLS

SEAWEED  
SHARK  
SHRIMP  
STARFISH  
STINGRAY  
WAVES  
WHALES



# THE WELLNESS CORNER

## Can this mineral change the brain?

What is the eighth most abundant element in the Universe, seventh most abundant in the Earth's crust and eleventh most abundant element in the human body? I will give you a hint — on the Periodic Table it is the 12th element. If you guessed the mineral magnesium you would be correct!

Interestingly enough, even though it is the eleventh most abundant element in the human body, we do not make magnesium and rely on the intake of magnesium in our diet. It is among the minerals most vital to human health, but it's also one of the most neglected.

### Element #12

Magnesium is essential for cellular health and is considered an essential cofactor in life. Magnesium is a critical component to over 300 functions in the body including: energy production, regulation of metabolism, creating new proteins and amino acids, balancing electrolytes (like calcium, potassium and sodium) and converts Vitamin D to its active form. What it is most notably known for is the especially important role it plays in muscle function and muscle contraction. This can help with regulating our nervous system by regulating neurotransmitters and promote relaxation. Did you know magnesium also controls blood glucose and regulates blood pressure? Even glutathione, your body's most powerful antioxidant\*\* requires magnesium for synthesis.

### Magnesium & The Brain

From a neurological standpoint, magnesium plays an essential role in nerve transmission and neuromuscular conduction. It also preserves the integrity of the blood-brain barrier and functions in a protective role against excessive excitation that can lead to neuronal cell death.

When there is a magnesium deficiency, the muscle isn't able to relax as easily, causing cramping or spasms. In extreme cases it can lead to tetany – a severe contraction of the muscles, usually in the hands or feet but sometimes in the esophagus or larynx (voice box). It can even affect lung function, making it more difficult to breathe.

In autopsy studies of patients with Parkinson's, it was noted that these patients..

...had low amounts of magnesium in their brains. Furthermore, epidemiological studies imply that a nutritional deficiency of magnesium is linked to the occurrence of Parkinson's. This has been studied in several different experimental studies as well, like the 2019 mouse model study.

### 2019 Model Mouse Study

A 2019 mouse model study of Parkinson's found that magnesium can significantly ease Parkinson's related motor problems and nerve cell loss (dopamine neurons). Researchers in this study utilized a specific form of magnesium called 'Magnesium-L-Threonate', a magnesium compound that is very permeable and can penetrate the blood-brain barrier — a semipermeable membrane that protects the brain from the outside environment — to reach the brain. Magnesium L-threonate (MgT) was developed at the Massachusetts Institute of Technology.

During this study one group of the animals were given three doses of Magnesium-L-Threonate and the other group were given Magnesium Sulfate in their drinking water. Then, on the third week of the magnesium regimen, and for 7 seven consecutive days, these mice received MPTP, a neurotoxin that induces death of dopamine-producing neurons and mimics Parkinson's symptoms.

Scientists analyzed the animals' motor behavior and the amount of nerve cell loss within the substantia nigra and the striatum, both motor control brain areas primarily affected by Parkinson's. Magnesium levels in blood serum and the cerebrospinal fluid were measured after either form of oral magnesium in healthy mice.

Magnesium concentrations in both the CSF and serum rose with Magnesium-L-Threonate use, while Magnesium Sulfate only increased blood magnesium levels and did not affect CSF levels.

Diseased mice with Parkinson's-like symptoms given Magnesium-L-Threonate for four weeks were seen to have lesser motor decline and better motor coordination compared to untreated diseased mice. Treatment also slowed dopaminergic neuronal loss in a dose-dependent manner, with the 1.2 mM dose showing the greatest neuroprotective potential. Additionally, Magnesium-L-Threonate treatment inhibited what's called inducible nitric oxide synthase (iNOS)-mediated inflammation and oxidative stress.

(Oxidative stress refers to cellular damage as a consequence of high levels of oxidant molecules and is associated with a number of diseases, including Parkinson's.) Treatment with Magnesium Sulfate had a marginal effect on the animals' motor behavior, but no effect on neurodegeneration.

"[O]ur results indicate MgT [magnesium-L-threonate] can significantly attenuate MPTP-induced motor deficits and DA [dopaminergic] neuron injury, which may be related to its ability of increasing the Mg [magnesium] concentration in the CSF [cerebrospinal fluid]," the researchers wrote.

This study concluded that magnesium offers a significant neuroprotective role, prevents nerve cell loss and eases motor problems in Parkinson's. It also established that all magnesiums are not equal. Each type of magnesium has different properties and uses (See Chart). They vary depending on their bioavailability (how easy it is for the body to absorb them) and their tolerability. Magnesium-L-Threonate is highly bioavailable and is one of the only forms that can readily cross the brain's protective filter, the blood-brain barrier, to get into the brain where it is needed.

### What Does A Deficiency Look Like

The symptoms of magnesium deficiency include insomnia, fatigue and weakness; muscle cramps, spasms and twitches; restless legs syndrome; confusion, irritability, anxiety and depression; a loss of appetite; and difficulty breathing.

Magnesium deficiency can be inherited genetically as an inability to absorb this important mineral, but Magnesium deficiencies are common in the western diet. This starts with a depletion in our soil, poor crop quality, over processing of our foods, eating a diet low in high magnesium foods or even emotional stressors. All of these factors drain magnesium from the body, making it difficult to get enough magnesium from the diet alone.

### Neuroinflammation

It is well studied that magnesium deficiency contributes to systemic low-grade inflammation, the common denominator of most diseases. Neuroinflammation refers to the process whereby the brain's innate immune system is triggered following an inflammatory challenge such as those posed by injury, infection, exposure to a toxin, ...



... neurodegenerative disease, or aging. Simply put neuroinflammation is an inflammatory response within the central nervous system, brain or spinal cord and one of the cardinal features of Parkinson's, Multiple Sclerosis and Alzheimer's.

## Recommendations

Magnesium has a protective role to play in regard to neurological diseases. Is Magnesium right for you? That is up for you to decide with your doctor and care team. We believe it is worth discussing and researching more for yourself. Some conditions and medications can interact unfavorably with vitamins and supplements. For Magnesium these can include kidney disease, diabetes and slow heart rate. Some supplements may affect the absorption of medications. It has been suggested that you separate your Carbidopa-Levodopa from magnesium by at least two hours.

For improving other symptoms associated with Parkinson's including fatigue, muscle cramping, weakness, constipation, memory, mood and sleep disturbances; it's recommended that men get 400–420 mg and women get 320–360 mg per day, respectively and depending on age. Some people take magnesium in the mornings and others take it at bedtime due to the calming and relaxing properties.

Typically the Magnesium you can find in your multi-vitamin and on the shelves at your local pharmacy are either magnesium citrate, magnesium oxide, magnesium sulfate (Epsom salt) or magnesium chloride. Some of these forms of magnesium cause laxative effects and are used to help with digestive upset or digestive issues. They may boost your serum levels of magnesium, but cannot cross the blood brain barrier the way Magnesium-L-Threonate can. For people with neurological disorders, supplementation of Magnesium-L-Threonate may be the best option.

Even with supplementation it is still important to make your diet the best it can be by including plenty of:

- Dark-Green, Leafy Vegetables
- Dried Beans and Legumes
- Nuts & Seeds
- Whole Grains
- Milk and Yogurt
- Lean Meats - Poultry, Seafood
- Eggs
- Soy
- Avocado
- Limit foods and beverages higher in added sugars, saturated fats and sodium
- Limiting alcoholic beverages

Below is a condensed list of different forms of magnesium, their benefits and potential side effects. To purchase different forms of magnesium you may need to visit a specialty health food store or order supplements online from a health foods retailer. Local retailers usually have knowledgeable staff to help you find exactly what you are looking for, offer tailored nutrition advice and answer any questions you may have. Some local retail options would be Love Whole Foods (locations in Ormond Beach and Port Orange), Debbies Health Foods (Port Orange and Orange City), DeLand Natural Market, Health Foods for Life in DeLand and Herbal Connections in Flagler Beach. These local retailers can usually order supplements they may not have in store.

There are various retailers who sell vitamins and supplements online. I have looked into many and only have included ones that sell Magnesium-L-Threonate. Online Retailers Include: Pure Formulas (located in Florida) Vitacost (located in Florida), iHerb. Retailers that have online and physical locations that sell Magnesium-L-Threonate (please note some physical locations may not have the same inventory they do online, but you can order online and pick up in store): Vitamin Shoppe.

All forms of Magnesium have similar benefits, some are better for certain issues than others. As we discussed Magnesium is involved in hundreds of biochemical reactions in your body. It creates energy, creates new proteins and amino acids, aids in muscle contraction and regulates our nervous system by regulating neurotransmitters. Magnesium in general helps reduce stress, anxiety and depression and promotes relaxation. Magnesium maintains healthy blood sugar regulation, improves blood pressure and may improve sleep.

**Magnesium Chloride** - Magnesium salt bound with chlorine making it pretty easy for your body to absorb. Great multipurpose supplement.

**Benefits:** Replenish low magnesium levels, Heartburn, Constipation

**Side effects:** Diarrhea, Nausea, and Stomach Cramps in high doses

**Magnesium Citrate** - One of the most common easily found forms and most bioavailable. Combined with Citric Acid (found in citrus fruits)

**Benefits:** The liquid form of magnesium citrate is particularly helpful if you're having problems absorbing magnesium. Magnesium citrate is also used for relieving constipation.

**Side effects:** Loose or more frequent stools may occur

## **Magnesium Glycinate (Bisglycinate)**

- Combined with an essential amino acid called Glycine that has important neurotransmitter functions in the brain. Has good bioavailability and well tolerated/gentle on stomach.

**Benefits:** Can improve the quality of sleep making it a good choice for those with insomnia. Can also help with relaxation and mood and regulation of the nervous system.

**Side effects:** Diarrhea, Nausea, and Stomach Cramps in high doses

**Magnesium Lactate** - Magnesium lactate is the salt formed when magnesium binds with lactic acid. Magnesium lactate is utilized as a food additive to regulate acidity and fortify and enrich foods and beverages. It's less popular as an over-the-counter dietary supplement.

**Benefits:** Replenish low magnesium levels

**Side effects:** Diarrhea, Bloating, Gas Nausea, and Upset Stomach in high doses

**Magnesium Malate** - Includes malic acid, which occurs naturally in foods like fruit and wine. This type of magnesium is easily absorbed by the body.

**Benefits:** Associated with decreased muscle pain, may improve energy levels and mood. Easier to digest.

**Side effects:** Diarrhea, Nausea, and Stomach Cramps in high doses

**Magnesium Oxide** - Common form in supplements, also known as milk of magnesia. Typically used for digestive issues, usually less expensive compared to other forms of magnesium, the body does not absorb it as well as other forms.

**Benefits:** Helps relieve indigestion, heartburn and constipation

**Side effects:** Nausea Change in Heart Rate, Dizziness/Lightheadedness, Weakness may occur

**Magnesium Sulfate** - Available as a oral supplement and in a powder form commonly known as Epsom Salt. Used in hospitals and by healthcare professionals who administer it via IV.

**Benefits:** Used to treat a variety of conditions including constipation, low blood magnesium and preeclampsia (high blood pressure in pregnant people). As a soaking solution, magnesium sulfate may treat minor bruises and cuts. Soaking in an epsom salt bath may also help soothe sore muscles and promote relaxation.

**Side effects:** Taken orally, side effects may include stomach pain, bloating, nausea or headache. As a soaking solution, side effects may include redness or irritation.



**Magnesium Taurate** - Contains the amino acid taurine

**Benefits:** Cardiovascular support, heart functions and vascular health. Research suggests it may help play a role in regulating blood sugar.

**Side effects:** Abdominal cramping and drowsiness

**Magnesium L-Threonate** - Touted as the one of the most absorbable form of magnesium. Can cross the blood-brain barrier where it is needed.

**Benefits:** Replenish low magnesium levels and raises magnesium levels in the brain. Improve memory function, cognitive function and protect the brain from age-related damage. Increase brain plasticity. Neuroplasticity (brain plasticity) is the brain's ability to change and grow, and is fundamental for memory and learning to take place. There's evidence that magnesium l-threonate can increase brain-derived neurotrophic factor (BDNF), a protein that stimulates the formation of new brain cells. Can help is neurological related disorders like Parkinson's, Alzheimer's/dementia. May improve sleep and anxiety.

**Side effects:** Diarrhea, Nausea, Stomach Cramps, Low Blood Pressure and Urine Retention in high doses

\*\*Glutathione, the master antioxidant is used by every cell and tissue in the body. Glutathione is one of the hottest topics in both natural health and medical circles. Glutathione is so pivotal to our health that the levels of it in our body are determining how long we will live. Glutathione clears out free radicals and offsets oxidative stress in the body. Think of free radicals as unstable molecules that can be toxic and damaging to cells, this causes disease and aging. It well documented that as we age glutathione levels decrease. In people with PD, glutathione levels are lower in the brain, specifically in the substantia nigra, the area where the dopamine cells are lost. The reduction in glutathione has been associated with disease severity — less glutathione = more advanced PD. Unfortunately, oral glutathione supplementation does not efficiently increase intracellular glutathione levels, but there are ways to increase glutathione. Foods naturally rich in glutathione include: spinach, avocados, asparagus, okra, Brassica vegetables, salmon and whey protein. Vitamin C and foods high in Vitamin C (citrus) help increase glutathione levels by attacking free radicals first, thereby sparing glutathione. Other supplements include: B Vitamins, Vitamin E, Omega 3 Fatty Acids, NAcetylcysteine (NAC) and Alpha-Lipoic Acid. Getting enough sleep, limiting stressors and eating a healthy diet all boost Glutathione levels naturally too.

## STRENGTHEN AND STRETCH STIFF PARKINSON'S HANDS

Hand and finger stiffness is a huge problem for people with Parkinson's. It affects your daily tasks, making everything more difficult. We often take the simplest tasks for granted. Working on your hands daily is a must!

These exercise works on dexterity, flexibility, brain sequencing, and rotation of the arm, shoulder, and scapula.

### A Cheap Effective Tool

There are many hand exercise products on the market. Some are squishy balls you grip, but for most people with Parkinson's their hands are already in a flexed position. What you really need to do is EXTEND your hands.

The hand resistance tools you can buy are usually pretty hard to manage if you have a tremor and/or flexed, stiff hands. They are also very high resistance and can be really difficult for people with weak, sore hands to use. They also require you to fit your fingers in the tiny loops.

To solve this we are going to walk step by step through using an ordinary rubber band (or hair scrunchie) to strengthen and stretch your hands.

- Place the band around all of your fingers, and extend them out and apart as wide as you can.
- Try different thicknesses of bands until you find one that will allow you to extend your fingers all the way out.
- Next, move the band so it is only around your thumb and index finger (put an extra loop around the index finger to help it stay and create a little more resistance). Separate and extend these two fingers.
- Try moving it to other fingers, like the index and thumb.
- You can also extend it across the back to the hand and extend the fingers that way.
- Do each position 10X. If tolerated, you can do this daily to stretch and strengthen your hands.



<https://rebelFITclub.com/>

## PULL, PUSH, PULL

This exercise will open your chest and work with mobility on your hands and arms.

To start you are going to extend your arms outwards and turn your palms to the sky. This movement might be difficult so try to get your palms as close to the sky while still extending you arms as far out. You can do a few rotations to loosen your arms and hands - keep your arms extended and alternate between your palms facing upwards and the tops of your hands facing upwards.



Next with your arms still extended and your palms facing up - you are going to make a fist. Pull your elbows backwards (remember to keep your shoulders down) until you feel your shoulder blades glide together and your fists come as close to your ribcage as possible. This is the pull back stance.



Next you are going to push you arms a way from your body like you are telling someone to STOP with both hands. Try to pull your hands back towards your wrists and extend your fingers as long as you can and as far from one another as you can. Take one hand and pull your palm and fingers back towards your wrists - hold for a few seconds.



Return to the pull back stance, push back out and repeat pulling your palm and fingers back towards your wrist - holding for a few seconds on that side. You want to try and get your wrists as much at a 90 degree angle as possible. Do this 3 times on each hand. To watch and follow along with the video, [click here.](#)



# Halifax Health | Brooks Rehabilitation

## Adaptive Sports and Recreation - Daytona Beach

<b>MONDAY</b>	<b>Tai Chi</b> 3:00–4:00PM Pictona at Holly Hill 1060 Ridgewood Ave Holly Hill, FL 32117	
	<b>On-Water Rowing</b> 8:00–10:00AM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	<b>Rec Game Night</b> <small>[Rotating between Bocce Ball, Shuffle Board, Croquet and Horseshoes]</small> 4:15–5:15PM Pictona at Holly Hill 1060 Ridgewood Ave Holly Hill, FL 32117
<b>TUESDAY</b>	<b>ERG Rowing</b> 3:00–5:00PM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	
<b>WEDNESDAY</b>	<b>On-Water Rowing</b> 8:00–10:00AM Halifax Rowing Boathouse 201 City Island Parkway Daytona Beach, FL 32114	<b>Adaptive Yoga</b> 1:30–2:30PM Port Orange Family YMCA 4701 City Center Parkway Port Orange, FL 32129
<b>THURSDAY</b>	ALTERNATES EVERY FRIDAY	
<b>FRIDAY</b>	<b>Bowling</b> 5:30–7:30PM Ormond Lanes 260 N US Highway 1 Ormond Beach, FL 32174	<b>Billiards</b> 4:30–6:30PM Uncle Waldo's Sports Pub 2454 Nova Road Daytona Beach, FL 32119

### FOR MORE INFORMATION:

386.871.3024

Christi.Dillard@Brooksrehab.org



CENTER FOR INPATIENT REHABILITATION

# Halifax Health | Brooks Rehabilitation

## Wellness Program Weekly Calendar

**MONDAY  
WEDNESDAY  
FRIDAY**

### Wellness Program

DeLand Family YMCA  
8:30-11:30am

### Wellness Program

Ormond Beach Family YMCA  
12:00-4:00pm

**TUESDAY  
THURSDAY**

### Wellness Program

Ormond Beach Family YMCA  
12:00-4:00pm

#### Ormond Beach Family YMCA:

500 Sterthaus Dr, Ormond Beach, FL

#### DeLand Family YMCA:

761 E International Speedway Blvd, DeLand, FL

#### FOR MORE INFORMATION:

386.871.3024

[Christi.Dillard@Brooksrehab.org](mailto:Christi.Dillard@Brooksrehab.org)





A FREE Educational Series



## EDUCATION ON ESSENTIAL TREMORS

Cutting-Edge Technology: Informing Your Therapy Decision

Learn more about the most complete deep brain stimulation (DBS) system with sensing, directionality, and visual programming so you can access data-driven insights to personalize your therapy with confidence.

### April 4

9:00 am

**Ormond Beach Family YMCA**

Healthy Living Center

500 Sterthaus Dr.

### April 17

10:00 am

**DeLand Family YMCA**

Healthy Living Center

761 E. international Speedway Blvd.

### May 24

9:00 am

**Port Orange Family YMCA**

Healthy Living Center

4701 City Center Parkway

0318-3613

**DeLand Family YMCA** • 761 E. International Speedway Boulevard

**Four Townes Family YMCA** • 280 Wolf Pack Run

**Ormond Beach YMCA** • 500 Sterthaus Dr

**Port Orange Family YMCA** • 4701 City Center Parkway

For class schedules, or more information please visit [vfymca.org/hlc/](http://vfymca.org/hlc/)



HALIFAX  
HEALTH

HEALTHY LIVING  
CENTERS

# ONLINE BRAIN & BODY TRAINING

Online Brain and Body Training for Alzheimer's, Parkinson's and Adults 50+

Total HealthWorks – an evidence-based virtual fitness platform created by the founders of Delay the Disease, the #1 Parkinson's group-exercise program in the country, is offering their Brain and Body Class **every Wednesday at 12:00 PM Noon EST via Zoom for FREE!**

**Fill out the form on their website and receive a link in your email to join** the online Brain and Body exercise class with Jackie Russell and David Zid. **Click the button to be taken to their registration page or visit their website to learn more:** <https://totalhealthworks.com/free-online-class/>

Don't worry, if you can't join the class at the scheduled time, **you will receive a link in your email to watch the class whenever you'd like!**

**REGISTER**

## DANCE *for* PD<sup>®</sup>

CLASSES | TRAINING | RESOURCES

For those that wish to continue to participate in a regular Dance for PD program with local Dance for PD instructor Gabriela Trotta – these classes are now **offered online every Monday at 1:30pm** – it's easy to register and participate and it's **FREE** to all PAGDB Members!

To find out how to connect with our live online Dance for PD program please contact **Gabriela at 386-405-6905** or email her at: [gabriela59@aol.com](mailto:gabriela59@aol.com) or Nicole at [nmante86@gmail.com](mailto:nmante86@gmail.com).

Gabriela & Nicole will be happy to help you get started.

**SO GET OUT AND DANCE!**



**\*\*Other than provide financial support for its members that wish to participate in this Dance for PD program, the PAGDB has no ownership stake nor controls any of the program content. PAGDB members that wish to participate do so at their own risk. Always consult with your doctor before you engage in any type of exercise program.**

## PAGDB

PO Box 4193  
Ormond Beach, FL 32175  
386-871-3879

[www.parkinsondaytona.org](http://www.parkinsondaytona.org)  
[parkinsondaytona@gmail.com](mailto:parkinsondaytona@gmail.com)

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## WEBINAR VIDEOS

All of our previous webinars and monthly meetings are available on Youtube and our website! To visit our YouTube channel you can search for it by visiting [www.youtube.com](http://www.youtube.com). In the search box search for: Parkinson Daytona. You will find our 'channel' and all of our uploads. You can subscribe to follow us and be shown future uploads. We also have all the webinar videos on our website under the 'Events' tab. Visit our website [www.parkinsondaytona.org](http://www.parkinsondaytona.org) or [click here to visit our YouTube channel](#).