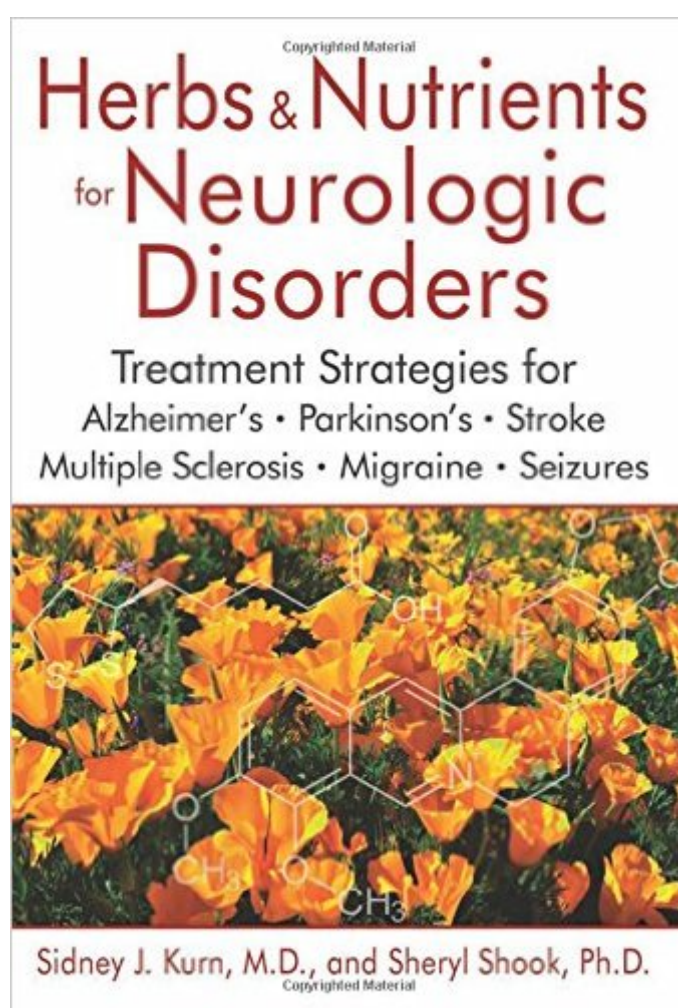


The book was found

Herbs And Nutrients For Neurologic Disorders: Treatment Strategies For Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, And Seizures



Synopsis

A guide to herbal and holistic medicine for brain health and neurologic disorders • Provides detailed herbal, antioxidant, and nutritional strategies for Alzheimer's™s, Parkinson's™s, multiple sclerosis, stroke, migraine, and seizures • Supported by scientific studies and years of successful clinical practice • Discusses potential side effects, counter-indications, and the proper dosages to reduce symptoms, slow disease progression, and lessen the chances of recurrence

Numerous medical journals have published studies supporting the use of herbs and nutrients in the treatment of neurodegenerative disorders. Yet in practice most neurologists rarely include them as part of their protocols. In this practical guide, Sidney Kurn, M.D., and Sheryl Shook, Ph.D., explain how to safely and easily incorporate herbs, antioxidants, and nutritional supplements into the standard conventional treatments for 6 common neurologic disorders: Alzheimer's™s, Parkinson's™s, multiple sclerosis, stroke, migraine, and seizures. For each condition, the authors provide detailed strategies supported by scientific evidence and years of successful clinical practice. They examine the biochemical role of each recommended herb, nutrient, or antioxidant and discuss potential side effects, counter-indications, and proper dosages to reduce symptoms, slow disease progression, and--in the case of stroke, migraine, and seizures--lessen the chances of recurrence. The authors explore the nutrient deficiencies and physiological mechanisms, including inflammation, heavy metal toxicity, and mitochondrial dysfunction, that can cause oxidative injuries and initiate neurologic disorders. They reveal which common substances, such as aspartame and glutamate, can trigger these mechanisms at the cellular level and recommend specific herbs and antioxidants, such as turmeric, cannabinoids, resveratrol, and N-acetyl cysteine, to counteract their effects. They discuss the importance of sleep to overall well-being, especially for those suffering from neurologic disorders, and offer tips to help ensure a good night's sleep. Integrating neuroscience, biochemistry, herbalism, and decades of clinical experience, the authors lay the scientific foundation for a holistic, naturopathic approach to neurologic disorders and a way to enhance the quality of life for those suffering from these conditions.

Book Information

Hardcover: 256 pages

Publisher: Healing Arts Press; 2 edition (June 18, 2016)

Language: English

ISBN-10: 1620555530

ISBN-13: 978-1620555538

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (2 customer reviews)

Best Sellers Rank: #167,954 in Books (See Top 100 in Books) #29 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #89 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease #99 in Â Books > Health, Fitness & Dieting > Mental Health > Dementia

Customer Reviews

Pretty good info. Not amazing. I would be careful of recommitting known mercury chelators because they can make people worse if not used in a careful manner. NAC and ALA are both chelators and should probably only be used on a day to day basis once most of the mercury is cleared out of the body.

Even though we have known of the value of herbs and nutrients for years, most allopathic doctors need hard facts. ... Well, here they are, along with modes of treatment. Neurological disorders are traditionally difficult to diagnose and are usually treated with pharmaceutical drugs for lack of knowing what to do. The very first thing a good mechanic asks when you take your car in is, â œWhat kind of fuel are you using?â • Every treatment center and physician should have this book in his or her office for reference. Dhara Lemos, Lotus Guide

[Download to continue reading...](#)

Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders Alzheimer's Disease: Dominate Alzheimer's Sickness With Nutrition Treatment, Brain-Healthy Lifestyle and Herbal Treatment (Alzheimer's Disease Complete ... Nutrition Treatment, Elder Care Handbook) Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can

Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Epilepsy In Children: Guide For Parents & Carers On Seizures, Emergencies & Everything Else You Should Know (Epilepsy In Children, Seizures In Children Book 1) Stroke-Free for Life: The Complete Guide to Stroke Prevention and Treatment Migraine: The Nutritional Approach to Managing Migraine (Diets to Help) Epilepsy And Seizures: Alternative Treatment For Epilepsy Without Drugs Or Surgery (& Safe For Children) (Epilepsy Kindle Books, Epilepsy Treatment Book 1) The Multiple Sclerosis Diet Book: A Low-Fat Diet for the Treatment of M.S., Revised and Expanded Edition Multiple Sclerosis and (lots of) Vitamin D: My Eight-Year Treatment with The Coimbra Protocol for Autoimmune Diseases Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1) Silently Seizing: Common, Unrecognized and Frequently Missed Seizures and Their Potentially Damaging Impact on Individuals With Autism Spectrum Disorders; ... Guide for Parents and Professionals Silently Seizing: Common, Unrecognized, and Frequently Missed Seizures and Their Potentially Damaging Impact on Individuals With Autism Spectrum Disorders Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers)

[Dmca](#)