



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

Sidney J. Kurn M.D., Sheryl Shook Ph.D.

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A guide to herbal and holistic medicine for brain health and neurologic disorders

- Provides detailed herbal, antioxidant, and nutritional strategies for Alzheimer's, Parkinson'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, Parkinson'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.

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Joyce Burke:

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Christopher Hardnett:

That publication can make you to feel relax. This particular book Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures was bright colored and of course has pictures on there. As we know that book Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures has many kinds or variety. Start from kids until teens. For example Naruto or Detective Conan you can read and think that you are the character on there. Therefore , not at all of book tend to be make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading which.

Karen Morris:

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that little person like reading or as studying become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to incorporate you knowledge, except your teacher or lecturer. You will find good news or update concerning something by book. A substantial number of sorts of books that can you decide to try be your object. One of them is Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures.

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