



# Fight Parkinson's and Huntington's with Vitamins and Antioxidants

*Kedar N. Prasad Ph.D.*

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## **Fight Parkinson's and Huntington's with Vitamins and Antioxidants** Kedar N. Prasad Ph.D.

The most up-to-date resource on the powerful benefits of nutritional supplements for the treatment of Parkinson's and Huntington's disease

- Provides an easy-to-follow program of supplements to optimize the benefits of treatment, slow the progression of symptoms, and help delay onset in those predisposed to these diseases
- Shows how specific combinations of antioxidants counteract the oxidative stress and chronic inflammation at the root of these diseases
- Based on more than 35 years of scientific and medical research

In this practical scientific guide, micronutrient researcher Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants to treat Parkinson's and Huntington's disease. He details how the proper combinations of vitamin and antioxidant supplements, along with polyphenic compounds such as curcumin and resveratrol, can greatly increase the effectiveness of standard medical treatments for these diseases, slowing the progression of symptoms as well as delaying onset despite family history.

Prasad shows how oxidative stress and chronic inflammation play a significant role in the initiation and progression of neurodegenerative diseases like Parkinson's and Huntington's disease. He provides an easy-to-follow daily supplement regimen to target free-radical damage and inflammation and slow the progression of these diseases. Reviewing the scientific research on micronutrients and neurodegenerative disease, he debunks the flawed conclusions of the neurological community that vitamins and antioxidants are ineffective, revealing how their studies focused on specific micronutrients used alone rather than synergistic combinations.

Offering a safe self-help complement to standard medications, this guide provides a truly holistic approach to the prevention and treatment of both Parkinson's and Huntington's disease.

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