

## **More ideas from QL-ers and from the Parkinson's nurse for keeping healthy**

### **Nutrition**

Anti-inflammatory diet can include:

- Nuts
- Green tea
- Fresh turmeric (buy at Real Foods and other health food stores)

Nutri-bullet blender is good for smoothies (especially good for frozen mixed fruits)

For ice-cream, blend frozen mixed fruits with good yogurt

For constipation: Beverley-Travis Natural Laxative Mixture (see below)

- Also: use the same ingredients, minus the liquid, add ground almonds and nuts, blend until its sticks together. Roll into small balls, then coat in cocoa powder – delicious with a cup of tea or coffee!

Lots of good information and common sense at this American site:

[http://www.pdf.org/en/parkinson\\_briefing\\_nutrition15](http://www.pdf.org/en/parkinson_briefing_nutrition15) (Parkinson's Disease Foundation) "Since Parkinson's disease (PD) is a chronic disease, it is important to develop and maintain a solid PD management plan. Research has shown that those who take an active role in their care see an improvement in their Parkinson's symptoms."

### **Drugs**

Comparing drug regimes is NOT helpful. We are each different – PD is a boutique disease – so our reactions to the drugs are different. It takes time and trial and error to get a regime that suits us individually, and this is the role of the experts.

### **Household chemicals**

Substitute vinegar for cleaning. This website has the most amazing range of uses and tips for cleaning everything from floors to wine stains on cotton to windows and coffee makers:

<http://www.versatilevinegar.org/usesandtips.html>

## Beverley-Travis Natural Laxative Mixture

Beverley-Travis natural laxative mixture is made entirely of natural edible ingredients, so safe for the whole family. This mixture contains the dried fruits-raisins, prunes, currents, dates, figs and prune juice all blended together. **It's high in fibre and sorbitol**, which not only helps prevent but also treats constipation.

The recipe for this natural laxative has come directly from the NICE guidelines and is evidenced by a study performed by Hale et al. 2007. This study shows that **the Beverley-Travis natural laxative mixture, given at a dosage of 2 tablespoons twice daily, is easy to use, cost-effective, and more effective than daily prescribed laxatives at producing normal bowel movements.**

### Applications to Family Life

The whole family tried the mixture including my 4-year-old and 22 month old and we all thought it was delicious. It tasted like mince-pie filling. This mixture could be the perfect accompaniment to porridge or smoothies. Adding **linseed/flaxseed** to the porridge/smoothies or mixture alone can help aid constipation further.

### Recipe for Beverley-Travis Natural Laxative Mixture.

1 cup of Raisins

1 cup of Pitted prunes

1 cup of figs

1 cup of Dates

1 cup of Currants

1 cup of Prune concentrate (I couldn't find prune concentrate so used organic prune juice from a health food store).

### Method

1) Combine contents together in grinder or blender.

2) Blend a bit at a time

As it was an extremely thick consistency I pulsed the blender every few seconds to prevent damage to the blades.

### Dose

Dose: 2 tablespoons twice a day. Increase or decrease dose according to consistency and frequency of bowel movements.