

# Neurodegenerative Disorders

The most common neurodegenerative disorders are Parkinson's Disease, Alzheimer's Disease and Multiple Sclerosis. Inflammation of the brain, oxidative stress and mitochondrial (energy producing cells) dysfunction have all been implicated in the progression of these diseases. Lifestyle therapies can be beneficial in prevention, slowing progression of disease and ameliorating symptoms. A food plan that focuses on mitochondrial production, anti-inflammatory foods and antioxidants are the mainstays of treatment. The ketogenic diet has been shown to have neuroprotective properties. Specific nutrients like fish oil, vitamin D, B vitamins, magnesium, CoQ10 and Carnitine are promising. Lifestyle interventions include cold and heat therapy, intermittent fasting, hydration, stress reduction, exercise and adequate sleep. These can improve mitochondrial biogenesis and function thus preventing further disease.

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