

Trish Mischuk's recovery notes

At several people's request I will post the process and protocol I developed in order to slow and possibly heal my Parkinson's. May not work for everyone as we are all different and have developed this disease based on our own life experiences. One of the first things I found through research was the info about the proteins that misfold in the gut caused by gut dysbiosis, IBS, parasites, etc. Another contributing factor can be illness, injury or trauma as a child. As an example, I had rheumatic fever and was given penicillin 3 x a day for 10 years, a serious illness plus a huge onslaught of pharms as a child. I have also had other illnesses, surgeries, pharms and minor injuries since. A major issue was the inadequate and unhealthy diet I and many others have had over the years. I have also used well water that was run off from local farms for over 40 years, another source of pharms poisoning my body. If you see a trend here, it's because there has been, too many toxins as well as personal care products, spray paint, etc. over 70 years of my life.

I was diagnosed in 2017 by a Natural Health care Dr/chiropractor, I was having tremor, Bradykenesia, nightmares, freezing, etc. After 2 years of 5% progression a year, I freaked out and started researching and at the recommendation of my DR I started a diet he wrote with pretty much only chicken and veggies in it. I started seeing progress, I took Mucuna Pruriens from the beginning and it did help, but still progressed. I started a clean organic diet, probiotics, probiotic and fermented foods like Bubbies pickles. I had repeated bouts of reactions to high bacteria in foods that sat out too long, i.e. food poisoning. Reactions and sensitivities to other foods as well, like dairy, high lectin foods, wheat, etc. I took all of that out of my diet. I also started detoxing by eliminating personal care items that have toxins like Secret deodorant and flouride toothpaste. I make many of my own products and have had good results, recipes are everywhere. I also do detox baths with Epsom salts, quality essential oils and very warm water, as well as far infrared therapy, my friend has a Bio Mat but a particular type of sauna works as well. It proved to be able to detox my brain as I had brain fog every time I used it even for just 15 mins, so beware but it is VERY beneficial. Make sure you research this well for what is available to you. I have also used Advanced TRS by COSEVA, it's excellent at detoxing heavy metals, as with all detoxing, slow as Herxheimer reactions can be nasty, even with giving up sugar and wheat, parasites don't like that and the die off can be a nasty side effect.

Slow and steady is my advice for detoxing YEARS of buildup in the body, not adding more toxins by eating JUNK is very beneficial. Essential oils can be extremely beneficial as well and I think added to the overall protocol, I have used either Young Living and/or Revive essential oils, Rosemary, Frankincense, Black Spruce, Cedarwood, Myrrh and Basil which are all higher in Sesquiterpenes. It's an investment, but if done little by little helps to defer the cost. I have done numerous supplements over time, depending on what I was dealing with at the time, B vitamins, Vit C, Vit D, Glutathione or Glutathione Accelerator like NAC, Magnesium, Cod Liver Oil, Vitamin K2, all add to the general health and healing of the body and neutralizing Free Radicals and are antioxidants. This an overall healing of the body including the brain and gut taking me 5 years, it takes determination and perseverance and some funds to achieve, a quest to gradually heal and prevent PD from taking over and ruining our lives. I admit PD scared me to no end, it scared me into looking at the long game and hopefully conquering my illness, healing my self. I have no more IBS or bouts with food poisoning and feel blessed, I thank God every day for His blessings.

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My Dr has me on a new supplement based on Rosemary (Rosmarinic acid) that has shown it can affect the alpha synuclien protein. I just started it so hopefully it will help slow progression even more.

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