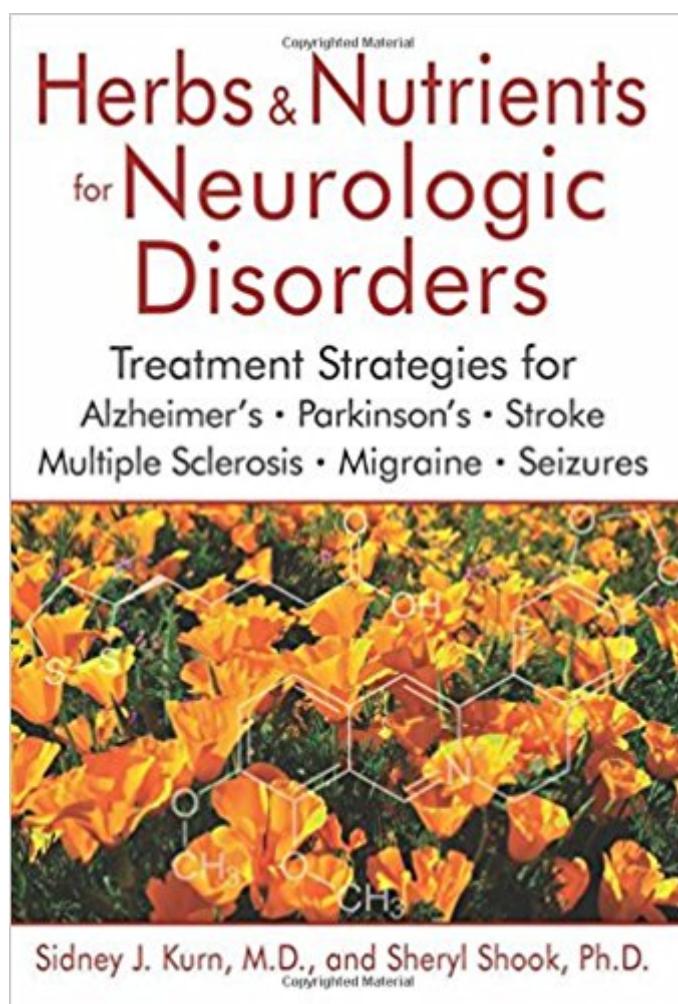


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# Herbs And Nutrients For Neurologic Disorders: Treatment Strategies For Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, And Seizures





## Synopsis

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.

## Book Information

Hardcover: 256 pages

Publisher: Healing Arts Press; 2 edition (June 18, 2016)

Language: English

ISBN-10: 1620555530

ISBN-13: 978-1620555538

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 7 customer reviews

Best Sellers Rank: #256,878 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis #118 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Alzheimer's Disease #139 in Books > Health, Fitness & Dieting > Mental Health > Dementia

## Customer Reviews

“Herbs & Nutrients for Neurologic Disorders, with its detailed biological explanations and extensive footnotes, is not a light read. But if you are dealing with one of these illnesses, it can be a valuable resource for you and your practitioner.” (Energy Times, Lisa James, July 2016) “Because neurological diseases are among the hardest to treat, and among the most complex and resistant conditions, this book is both a very good and a very important guide. I would highly recommend that clinicians have this book on their shelves.” (American Herbalist Guild, Alan Tillotson, May 2016) “Sidney J. Kurn, M.D., and Sheryl Shook, Ph.D., provide a thoroughly researched and clinically tested manual that opens up a new world of treatment possibilities for general and neurologic practitioners. Herbs and Nutrients for Neurologic Disorders is a unique contribution, highly recommended for integrating the burgeoning fields of herbal and traditional neurologic medicine.” (Joel M. Reiter, M.D., neurologist and coauthor of Taking Control of Your Seizures: Workbook) “Herbs and Nutrients for Neurologic Disorders takes me back to the originator of the *materia medica*, Pedacius Dioscorides. This Greek army surgeon (circa AD 60) under Nero began the medical study of plants as a scientific discipline. The authors have continued this tradition of scientific botany with a magnificent tome on the herbal treatment of common diseases. I was especially taken by the chapter on Parkinson’s Disease. Every patient I see with Parkinsonism will be advised to read this chapter and to consider its recommendations.” (James K. Gude, M.D., clinical professor of medicine at the University of California, San Francisco,) “This book is required reading for any practitioner of integrative medicine who treats neurological patients. Sidney J. Kurn, M.D., and Sheryl Shook, Ph.D., make well-documented treatment recommendations, keeping with the highest quality standards of complementary and alternative medicine (CAM). The chapters are clearly organized, and the treatment summaries at the end of each chapter make it easy to quickly design a program of

nutritional therapy and supplements for your patients.â• (Brian Bouch, M.D., associate clinical professor at the UCLA School of Medicine and founder of Hill P)â•“This is a major contribution to holistic medicine, showing what can be achieved in the treatment of neurodegenerative disorders when skilled practitioners integrate the insights and practice of neurology with those of herbal medicine. This is trailblazing work.â• (David Hoffmann, FNIMH, AHG, medical herbalist at Traditional Medicinals and author of *Herbs for Heal*)â•“Herbs and Nutrients for Neurologic Disorders represents the fruits of multifaceted learning and should be a boon to both physicians and other health care practitioners--and to patients, too. I am grateful for this book as a very accessible source of nutritional and herbal medicine treatment options for chronic neurological syndromes and diseases. Highly recommended.â• (Peter V. Madill, M.D., board member of the Association for Applied Psychophysiology and Biofeedback)â•“At once a scholarly work and practical guide, this book provides the essential conceptual framework, supporting research, and clinical formulations needed to treat common neurologic diseases from a functional, holistic approach. An indispensable resource for both the clinician and patient alike. What a gem!â• (Gerald Camarata, M.D., family physician specializing in herbal and functional medicine and clinical)â•“This book offers a unique integration of these two authorsâ•“â„¢ vast knowledge from their many years of dedicated clinical work and patient care. A real asset to neurological patients and their health providers.â• (Isaac Eliaz, M.D., M.S., L.Ac., founder and medical director of the Amitabha Medical Clinic and Heal)â•“Doctors and patients alike will benefit from this understandable and well-researched volume. This work fills an important void in the complementary alternative medicine literature.â• (Dan Kenner, Ph.D., L.Ac., writer and consultant in integrative medicine in both Oriental and naturop)This book offers an excellent source of information regarding the value of certain herbs, micronutrients, and diet for neurological disorders. The authors have described functions of various herbs and nutrients in great detail.â• (Kedar N. Prasad, Ph.D., author of *Fight Alzheimerâ„¢s with Vitamins and Antioxidants and Fight P*)â•“The authors have extensively researched all the herbs and supplements that have been scientifically shown to help with neurologic disorders. Interestingly, the same nutrients come up time and again across the conditions--cannabinoids, essential fatty acids, vitamins, minerals, probiotics, enzymes, and herbs such as turmeric. These all have proven pharmacological effects and can be used together with treatments prescribed by an M.D. The similarity of treatment should come as no surprise as the authors have made a fascinating comparison between the various neurologic disorders. In each of them, inflammation, oxidative stress, excitotoxicity, toxic exposure, diminished gastrointestinal health, genetics, and epigenetics

all play a role. The herbs and supplements they describe help combat each of these. But while there are similarities between the various conditions and treatments, there are also differences. In each chapter the authors succinctly list the specific herbs and nutrients special for each condition. In addition, they emphasize the vital importance of sleep and dietary considerations. This book should be required reading not just for anyone affected by any of the conditions mentioned but also for doctors who still opt to treat them exclusively with medication. (Judy Graham, editor of *New Pathways* magazine and author of *Managing Multiple Sclerosis Naturally* and) "As Americans increasingly use herbs and nutrients to treat themselves for a wide swath of ailments, this kind of skilled advice, backed by rigorous science, is beneficial for general adult readership. VERDICT: All readers, including students and providers of integrative health care, will find this title to be a first rate resource." (Library Journal) "This is a no-nonsense, data-rich presentation compiled by an allopathic-trained neurologist and a PhD in neuroscience. What these professionals have in common is an interest in alternative, herbal medicine and an honest desire to help people challenged by neurologic disorders. The book begins with an overview of naturopathic literature. Much of that literature is now included in mainstream medical journals but is still not often found in general practice, despite the fact that it offers simple, inexpensive remedies for the treatment of these six devastating disorders. Contributing factors relating to these diseases are then covered with complete discussions of the dangers of sleep debt, the loss of nutrients in our food, increased toxins in the environment, and diminished gastrointestinal health. Once the general stage has been set, each disease is covered intensively in its own chapter. The extraordinarily detailed science which is contained within the pages makes this a serious read. The authors have, however, made it more reader-friendly by including a summary at the end of each chapter along with a chart of the herbs and nutrients which have been found helpful in treating the disease. Let customers know that this book is not folklore. It is science that can be very helpful indeed." (Retailing Insight, Anna Jedrziewski, August 2016)

Sidney J. Kurn, M.D., has been a practicing neurologist since 1979, adding acupuncture to his practice in 1994 and herbal medicine in 1996. Now semi-retired, Dr. Kurn is currently studying physics at UC Berkeley. He lives in Santa Rosa, California. Sheryl Shook, Ph.D., earned her doctorate in neuroscience from University of California, Davis. She has completed studies in herbal medicine and currently is a sleep science and anatomy and physiology professor. She lives in Honolulu, Hawaii.

Good product... good transaction :>

Very interesting read for those who suffer any of these, and are looking for natural alternatives other than or in addition to pharmaceutical drugs.

Pretty good info. Not amazing. I would be careful of recommitting known mercury chelators because they can make people worse if not used in a careful manner. NAC and ALA are both chelators and should probably only be used on a day to day basis once most of the mercury is cleared out of the body.

great information

Even though we have known of the value of herbs and nutrients for years, most allopathic doctors need hard facts. ... Well, here they are, along with modes of treatment. Neurological disorders are traditionally difficult to diagnose and are usually treated with pharmaceutical drugs for lack of knowing what to do. The very first thing a good mechanic asks when you take your car in is, "What kind of fuel are you using?" Every treatment center and physician should have this book in his or her office for reference. Dhara Lemos, Lotus Guide

I would like to see this book reviewed by experts in the field. I am not one. I have read many similar books and most of them are not reputable or scientific. This book has many similarities to those disreputable books but it is not clear to me whether there is any value or real science in this book. I doubt if the book is useful but I am not sure. It has some signs of good research and thinking but also many indications of vast overreach typical of disreputable books in this area, e.g., taking on 6 major disease categories. I hope serious medical experts will review the book. Midwest Independent Research, educational websites. Health care information, [mwir-healthcareinformation.blogspot.com](http://mwir-healthcareinformation.blogspot.com). There is information and a book list on Parkinson's Disease [here](http://mwir-healthcareinformation.blogspot.com/2011/03/parkinsons-disease.html).

I consider this book interesting, since it collects most of the useful medicinal, herbal and supplement related information in a book. It could save you a lot of time to do it on your own. Especially, you usually do not receive such information from your doctors. However, I would call for users' attention for doing deeper research on the web by yourself, before you actually take anything. An example of missing information is in regard to use PS 100 for Alzheimer's. If you check WebMD, you will find

the following information: "Taking phosphatidylserine can improve some of the symptoms of Alzheimer's disease after 6-12 weeks of treatment. It seems to be most effective in people with less severe symptoms. However, phosphatidylserine might lose its effectiveness with extended use. After 16 weeks of treatment, progression of Alzheimer's disease seems to overcome any benefit provided by phosphatidylserine." Just one of my observation.

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