

In October 2000 at the annual conference of the American College for Advancement of Medicine the role of **chronic inflammation** was emphasized as a causative factor in the development and progression of host of degenerative diseases.

For Parkinson's and Alzheimer's, the following anti-inflammatories are recommended:

Glutathione: 600 mg per day or injections if available

FISHOL E.C.: Two capsules three times daily

R(+) α - lipoic acid: 500 mg per day, in divided doses

N- acetyl-cystine: 500 mg, up to three times daily

Co Q 10: 150 mg twice daily

Vitamin B 12 as Methylcobalamin 5000 mcg: One capsule daily

Carbase E.C.: One capsule before each meal, to prevent toxins originating in the gut from overgrowth of harmful intestinal flora

Idebenone: Take one capsule three times daily

Other useful products include:

Magnesium 500 mg per day (elemental), **Ibuprofen** 600 mg per day, **Silymarin Extract** 3 daily, **Bilberry Extract** 3 daily, **Vitamin C3** grams per day, **Vitamin E** 400 IU twice daily, **Best Multiple Vitamin & Mineral**, and reduce intake of sugar. Coffee is OK.