

# THE PARKINSON'S PROTOCOL



**PARTNERING WITH YOUR  
DOCTOR TO GET THE MOST  
FROM YOUR MEDICATIONS**

**JODE KNAPP**  
BLUE HERON HEALTH NEWS

In this era so many problems are chasing the people, each disease is having something disorders in a related part of the body. Just like that Parkinson's Disease is also very dangerous for the people, to cure this disease here is a program The Parkinson's Protocol. This program completely helps to improve brain issues that's why this problem occurs in people. The Parkinson's Protocol provides in-depth information to tackle the disease from its source.

## What Is The Parkinson's Protocol

Jodi Knapp's [\*\*The Parkinson's Protocol\*\*](#) is an online program that will help you diagnose Parkinson's naturally and permanently. The Parkinson's Protocol is a 12 step program that undo the causes and symptoms of brain degeneration. The Parkinson's Protocol is created by Jodi Knapp at Blue Heron Health News.

The Parkinson's Disease Protocol is a program to improve the nervous system. As we know that if the nervous system is weak then people can have to face Parkinson's Disease and many other neurodegenerative disorders, these disorders can take place with its 5 stages. So Parkinson's protocol legitimate is a great solution for this problem.

# THE

PARKINSON'S  
PROTOCOL



BY: JODI KNAPP

[CLICK HERE TO CHECK DISCOUNTED PRICE \(24HRS  
LIMITED OFFER\)](#)

# Who Is The Author Of The Parkinson's Protocol

The creator of Parkinson's protocol legitimate is James parkinson. He is a very experienced person in this field and working for many years to the help of the people. With his great effort and experience he designed jodi knapp parkinson's protocol program to improve the neurodegenerative disorders of bodies of the people.

## The Parkinson's Protocol Table Of Contents

Here's a more detailed look:

Introduction: Hope

Part 1: Deep-Dive Into Parkinson's

1. What Exactly is Happening in the Brain?
2. Symptoms of Parkinson's
3. The 5 Stages of Parkinson's
4. The Role of Dopamine – The Motivation Molecule
  1. Dopamine Receptors
  2. Low Dopamine Levels and Brain Disorders
  3. Dopamine and Rewards
5. What Causes Parkinson's
  1. High BMI
  2. Environmental Toxins
  3. Inflammation of the Microglia
  4. Mitochondrial Dysfunction
  5. Depression
  6. Diet and Lifestyle
  7. Lack of Exercise
  8. The Forgotten Risk Factor – Stress

## Part 2: Parkinson's Treatment – Traditional Solutions and Alternative Approaches

1. Dopamine Precursors
2. Dopamine Antagonists
3. Other Parkinson's Medications
4. Parkinson's Natural 'Quick Fixes'

## Part 3: Two Steps to Delay Parkinson's – Detoxing and Dopamine

1. Detox Your Brain
  1. Strategies for Gentle Detoxing
  2. Antioxidants and Anti-Inflammatories
  3. Sleep: Your Brain's Detox Tool
2. Boost Dopamine with Food
  1. Natural Dopamine Precursors
  2. A Neuro-Protective way of Eating: The Principles of the MIND Diet
  3. Plant-Protein
  4. 10 Dopamine Boosting Superfoods
3. Boost Dopamine with Movement
4. Boost Dopamine with Your Mind

## Part 4: 12 Daily Habits to Delay Parkinson's

### A Healthier Brain is Within Your Reach

### Appendix 1: 13 Brain-Loving Recipes

1. Kitchen Hacks
2. Fresh Start – Restock Your Kitchen
3. Recipes

### Appendix 2: Tips to Detox from Dietary and Environmental Toxins

Appendix 3: Powerful Antioxidants and Where to Find Them

Appendix 4: Dopamine-Boosting Nutrients and where to Find Them

Appendix 5: List of Healthy Alternatives to Sugar and Refined Carbs

Appendix 6: List of Healthiest Fasts

Appendix 7: Simple Exercises to Increase Strength and Flexibility

Appendix 8: Additional Evidence-Based Strategies to Boost your Dopamine Levels

CONTENTS	
INTRODUCTION - HOPE	v
PART 1: DEEP-DIVE INTO PARKINSON'S	7
WHAT EXACTLY IS HAPPENING IN THE BRAIN?	7
SYMPTOMS OF PARKINSON'S	8
THE 3 STAGES OF PARKINSON'S	9
THE ROLE OF DOPAMINE - THE MOTIVATION MOLECULE	9
Dopamine Receptors	10
Low Dopamine Levels and Brain Disorders	10
Dopamine and Reward	11
WHAT CAUSES PARKINSON'S?	12
High B6	12
Environmental Toxins	13
Inflammation of the Microglia	14
Mitochondrial dysfunction	15
Depression	16
Diet and Lifestyle	16
Lack of Exercise	22
The Forgotten Risk Factor: Stress	23
PART 2: PARKINSON'S TREATMENT - TRADITIONAL SOLUTIONS AND ALTERNATIVE APPROACHES	26
DOPAMINE PRECURSORS	26
DOPAMINE ANTAGONISTS	26
OTHERS PARKINSON'S MEDICATIONS	26
PARKINSON'S NATURAL "QUICK FIXES"	27
PART 3: 12 STEPS TO DELAY PARKINSON'S: DETOXING AND DOPAMINE	29
DETOX YOUR BRAIN AND BODY	29
Strategies for Gentle Detoxing	30
Antioxidants & Anti-inflammatory	32
Sleep: Your Brain's Deep Tissue	34
BOOST DOPAMINE WITH FOOD	36
Natural Dopamine Precursors	36
A Neuro-Protective Way of Eating: The Principles of the MIND Diet	38
Plant-Protein	40
10 Dopamine-Boosting Superfoods	41
BOOST DOPAMINE WITH MOVEMENT	43
BOOST DOPAMINE WITH YOUR MIND	44
PART 4: 12 DAILY HABITS TO DELAY PARKINSON'S	48
A HEALTHIER BRAIN IS WITHIN YOUR REACH	49
APPENDIX 1: 13 BRAIN-LOVING RECIPES	50
KITCHEN HACKS	50
FRESH START - RE-STOCK YOUR KITCHEN'S CUPBOARDS	50
BRAIN-BOOSTING BERRY SMOOTHIE	51
ALMOND CHIA BREAKFAST BOWL	52
CREAMY OVERNIGHT OATS	52
HEARTY HUMMUS	53
SMASHED AVOCADO	54
APPENDIX 2: TIPS TO DETOX FROM DIETARY AND ENVIRONMENTAL TOXINS	54
APPENDIX 3: POWERFUL ANTIOXIDANTS AND WHERE TO FIND THEM	55
APPENDIX 4: DOPAMINE-BOOSTING NUTRIENTS AND WHERE TO FIND THEM	56
APPENDIX 5: LIST OF HEALTHY ALTERNATIVES TO SUGAR AND REFINED CARBS	56
APPENDIX 6: LIST OF HEALTHIEST FATS	57
APPENDIX 7: SIMPLE EXERCISES TO INCREASE STRENGTH & FLEXIBILITY	57
SQUATS	57
ARM RAISES & SIDE-RAISES	58
WALL PUSH-UPS	58
LEG RAISES & BACK-RAISES	59
CHAIR STANDS	59
LOWER BODY STRETCHING	59
Quadriceps	59
Calf	60
Lower back	60
UPPER BODY STRETCHING	61
Arms and chest	61
Neck and shoulders	62
Hips	62
APPENDIX 8 - 7 ADDITIONAL EVIDENCE-BASED STRATEGIES TO BOOST YOUR DOPAMINE LEVELS	72
REFERENCES	73

[CLICK HERE TO CHECK DISCOUNTED PRICE \(24HRS LIMITED OFFER\)](#)

## Does The Parkinson's Protocol Really Work?

This program works very effectively if the patient takes this in the beginning of this disease. Because such kinds of disorders increase quickly, so if the user takes and utilizes The Parkinson's Disease Protocol then definitely this disease can be erased completely from the body. The instructions of jodi knapp parkinson's protocol are about restoring your body completely, by which the people can be safe from many disorders of the body.

## The Parkinson's Protocol Scam

There is no scam of jodi knapp parkinson's protocol whereas this is a best way to improve and cure the disorders of the human body. The way which is described in this book is totally natural, that's why there is no chance for any scam in The Parkinson's Protocol.

## The Parkinson's Protocol Price

This great programming product is available at an affordable cost. The author thinks about the economic problem of the people so he presented The Parkinson's Protocol at very low cost. When you will purchase Parkinson's protocol book then you will have to pay only \$49 for this great program.

## The Parkinson's Protocol Amazon

The Parkinson's Protocol is not available on amazon. Amazon doesn't know when the The Parkinson's Protocol will be back in stock. You can order The Parkinson's Protocol through its official website instead of amazon.

Due to the high demand, The Parkinson's Protocol is always out of stock from Walmart, eBay, and Amazon websites. The product is

available exclusively online, only through its official website. So you can order this book from the UK, Australia, US, and Canada.

## Where To Buy The Parkinson's Protocol

This program is a very high demanding program among the people of this world so these days parkinson's protocol book is not available at online stores Walmart, eBay, Amazon. But there is no need to worry about it because parkinson's protocol book can be easily found on its official website. So you can visit its official website and order for your better health.

## The Parkinson's Protocol Pros

- There are so many benefits of The Parkinson's Protocol.
- You will not have to pay any other charges and extra fee.
- This program does not suggest you any kind of any drugs.
- Each step of this program is easy to understand and follow.
- This program is totally safe and natural.
- This program is available at very low cost.

## The Parkinson's Protocol Cons

There are no side effects of this program, jodi knapp parkinson's protocol review is the best to prove its quality and results. Thousands of people have been cured themselves with the help of this scientifically proven program.

- Jodi knapp parkinson's protocol PDF is not available offline.
- This program is available in PDF and books format.
- To download jodi knapp parkinson's protocol PDF you should have a computer system and good internet connection.

## Shipping, Refund Policy, & Money-Back Guarantee

This is the most important thing for the user of jodi knapp parkinson's protocol is that the creator of this program is providing this useful facility of refunding money. If the user is not satisfied or the program is not working so in this case The Parkinson's Protocol program can be returned within 60 days of purchase. We make you assure that the author will give your money back 100%, in refunding policy.

## The Parkinson's Protocol Conclusion

If we talk deeply about The Parkinson's Protocol then we will find that this is a very effective and useful program also very helpful. The Parkinson's Protocol reviews show the quality and working progress of this amazing program. The person who took once jodi knapp parkinson's protocol PDF he has made his life healthier and happier. Finally we suggest you purchase this ebook to recover and restore your neurodegenerative disorders so you can live a happy and comfortable life. You will surely gain the aim of your life to get rid of this kind of disorder and disease.

