



# **Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures**

*Sidney J. Kurn M.D., Sheryl Shook Ph.D.*

[Download now](#)

[Click here](#) if your download doesn't start automatically

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

*Sidney J. Kurn M.D., Sheryl Shook Ph.D.*

## **Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures** Sidney J. Kurn M.D., Sheryl Shook Ph.D.

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.

 [Download Herbs and Nutrients for Neurologic Disorders: Trea ...pdf](#)

 [Read Online Herbs and Nutrients for Neurologic Disorders: Tr ...pdf](#)



**Download and Read Free Online Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures Sidney J. Kurn M.D., Sheryl Shook Ph.D.**

---

**From reader reviews:**

**Grace Robinson:**

The publication untitled Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures is the e-book that recommended to you to see. You can see the quality of the publication content that will be shown to anyone. The language that writer use to explained their way of doing something is easily to understand. The author was did a lot of analysis when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures from the publisher to make you a lot more enjoy free time.

**Geraldine Bagley:**

Many people spending their time by playing outside using friends, fun activity along with family or just watching TV the entire day. You can have new activity to pay your whole day by examining a book. Ugh, you think reading a book really can hard because you have to accept the book everywhere? It okay you can have the e-book, getting everywhere you want in your Smart phone. Like Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures which is keeping the e-book version. So , try out this book? Let's observe.

**Brian Rocha:**

As we know that book is significant thing to add our expertise for everything. By a reserve we can know everything we really wish for. A book is a group of written, printed, illustrated or even blank sheet. Every year was exactly added. This reserve Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures was filled concerning science. Spend your spare time to add your knowledge about your scientific disciplines competence. Some people has different feel when they reading a book. If you know how big benefit from a book, you can really feel enjoy to read a guide. In the modern era like at this point, many ways to get book you wanted.

**Janet Baltimore:**

Do you like reading a book? Confuse to looking for your favorite book? Or your book ended up being rare? Why so many issue for the book? But any kind of people feel that they enjoy to get reading. Some people likes reading through, not only science book but also novel and Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures or others sources were given information for you. After you know how the truly great a book, you feel would like to read more and more. Science guide was created for teacher or perhaps students especially. Those books are helping them to put their knowledge. In different case, beside science publication, any other

book likes Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures to make your spare time a lot more colorful. Many types of book like this one.

**Download and Read Online Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures Sidney J. Kurn M.D., Sheryl Shook Ph.D. #PGSIQXHEZAL**

## **Read Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. for online ebook**

Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. books to read online.

### **Online Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. ebook PDF download**

**Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. Doc**

**Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. Mobipocket**

**Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn M.D., Sheryl Shook Ph.D. EPub**