



## NEWSLETTER

### San Andreas Movers & Shakers...it's not *OUR* fault!

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VOLUME TWO

Newsletter Editor Joe Fleischman

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## S.A. M & S...



### COMMITTEE MEMBERS

; Program Coordinator  
Joe Fleischman, Vice President; Newsletter, Library, Room Set-up  
Barbara Pollard; Secretary, Publicity  
Sue Costa; Treasurer  
Judy Axtman; Membership Roster  
Evelyn Rapetti; Refreshment Coordinator  
Mona & David Harris; Hospitality & Historian  
Vera Bogosian; Sergeant at Arms



### August 8, 2012 Meeting

Our Guest Speaker was Dwight Jennings, DDS, dentist, Northern California Cranio-Facial Diagnostic Center, Alameda. Long-term bite dysfunction and medical symptoms (including various PD symptoms)

Dr. Jennings kept us spell bound right up to 12 o'clock as he explained how Cranio-Mandibular Dysfunction can mimic Parkinson's disease in some instances. I found the case histories that he presented did raise some reasonable conclusions that the frequency of misdiagnosis in Parkinson's is not known and needs further investigation.

### MEETING, September 4, 2012

Our guest will be Jama from the Disability Resource Agency for Independent Living (DRAIL). She will speak on services offered by DRAIL.

**Thank you Vera**, we all enjoyed all of the homemade goodies you brought especially the lemon bars.

This month's refreshments are brought to you by **Barbara** and **Harold**.

### Group News

**Michael J Fox** is returning to TV in a 22-episode sitcom based on Fox's Life. He will play a family man who happens to have Parkinson's. Look for it on NBC in next years line up of new shows.

**Harold Pollard**. On August 15<sup>th</sup> Harold fell and fractured his hip. He was in surgery the next day. He had the staples removed this week and was able to put some weight on his leg. He is recovering at Mark Twain Convalescent Hospital, Room 26B if you would like to visit or send a card.

We hope you are recovering well, and wish you all a speedy recovery, hope to see you back at the meetings soon. Until then we will keep you in our thoughts and prayers.



SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

## September Birthdays

Ray Behrbaum  
Mona Harris  
George Meller



**We wish you a very  
Happy Birthday  
and many more.**

## September Anniversaries

Kathy & Ray Azevedo  
Junita & Roland Camfield  
Marcy & Joe Crawford  
Norma & Stuart Manners



**We wish you continued happiness  
in your partnership**

### **The Nutrition Corner:**

At the last meeting we all had a chance to have our antioxidant levels tested. A reading of 40,000 and above meant that our antioxidant levels were where they needed to be to defend against free radical damage caused by exposure to pollution and other toxins, unbalanced diet, mental stress, excessive body fat, preservatives and additives in or food. Since I was way below that number I thought I would include some more information on antioxidants this month.

Antioxidants 101 were written by Gloria Tsang, RD on March 1, 2011 and were found on the web site [www.healthcastle.com](http://www.healthcastle.com). I found the healthcastle site very interesting and made it one of my favorites

## **Antioxidants 101**

Antioxidants are substances or nutrients in our foods which can prevent or slow the oxidative damage to our body. When our body cells use oxygen, they naturally produce free radicals (by-products) which can cause damage. Antioxidants act as "free radical scavengers" and hence prevent and repair damage done by these free radicals. Health problems such as heart disease, macular degeneration, diabetes, cancer are all contributed by oxidative damage. Antioxidants may also enhance immune defense and therefore lower the risk of cancer and infection.

### **Most Commonly Known Antioxidants**

- **Vitamin A and Carotenoids**  
Carrots, squash, broccoli, sweet potatoes, tomatoes, kale, collards, cantaloupe, peaches and apricots (bright-colored fruits and vegetables!)
- **Vitamin C**  
Citrus fruits like oranges and lime etc, green peppers, broccoli, green leafy vegetables, strawberries and tomatoes
- **Vitamin E**  
Nuts & seeds, whole grains, green leafy vegetables, vegetable oil and liver oil
- **Selenium**  
Fish & shellfish, red meat, grains, eggs, chicken and garlic



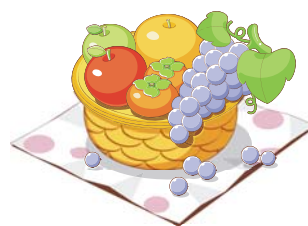


## Other Common Antioxidants

### Some common phytochemicals

**Phytochemicals**, chemical compounds that occur naturally in plants (phyto means "plant" in Greek), are responsible for color and properties, such as the deep purple of blueberries and smell of garlic. The term is generally used to refer to those chemicals that may have biological significance but are not established as essential nutrients. Scientists estimate that there may be as many as 10,000 different phytochemicals having the potential to affect diseases such as Cancer, Stroke or Metabolic syndrome

- Flavonoids / polyphenols
  - soy
  - red wine
  - purple grapes or Concord grapes
  - pomegranate
  - cranberries
  - tea
- Lycopene
  - Tomato and tomato products
  - pink grapefruit
  - watermelon
- Lutein
  - dark green vegetables such as kale, broccoli, kiwi, brussels sprout and spinach
- Lignan
  - Flax seed
  - oatmeal
  - barley
  - rye



### Vitamin-like Antioxidants

- Coenzyme Q10 (CoQ10)
- Glutathione

### Antioxidant enzymes made by the body

- superoxide dismutase (SOD)
- catalase
- glutathione peroxidase

## The Bottom Line

Antioxidants are found abundant in beans, grain products, fruits and vegetables. Look for fruits with bright color - lutein in some of the yellow pigments found in corn; orange in cantaloupe, butternut squash and mango; red from lycopene in tomatoes and watermelon, and purple and blue in berries. So enjoy eating a variety of these products. It is best to obtain these antioxidants from foods instead of supplements. In addition, minimize the exposure of oxidative stress such as smoking and sunburn.