

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

This is THE FINAL SNAIL MAIL COPY of NEWSWORTHY NOTES, the PRO newsletter. Please confirm with us—**DO WE HAVE YOUR E-MAIL ADDRESS?**—which would mean that you have already been receiving your copy by eMail as well as snail mail. It is no longer possible for us to maintain the cost of a monthly mailing. Donations are down and costs are up. However, NEWSWORTHY NOTES will continue to be found online, on our website at www.ParkinsonsResource.org. If you are a non-computer user and are willing to pay the cost of a mailing, please contact us and we will create a special mailing to you. We do not want anyone missing this invaluable information if at all possible.

The ULTIMATE QUALITY OF LIFE symposium was simply awesome in every way except financially. The PRESTIGIOUS SPEAKERS, who came, WITHOUT HONORARIUM, are to be thanked and congratulated for making the entire day and a half one of the MOST VALUABLE and certainly HISTORIC symposiums this community has ever had. Some of the remarks can be found on page 3. For me, I am carrying \$35,000 on my personal credit card, and I went without salary. I need your help to financially come whole. In addition to the sale of DVDs (see page 5) please help with your donations. You ask: How could it lose money? We needed 400 paid guests to break even, we had nearly 300. We anticipated 1,000. Based on the activities since the symposium, I have all confidence the momentum will continue to grow.

Naturally, I remain jubilant to be delivering to you another newsletter of incredible information stemming from the symposium that highlights **TREATMENT OFFERS HOPE** by Risto E. Hurme, DDS, on this page.

You can read **TESTIMONIALS** about the Symposium, the Gala and TMJ/TMD appliances results beginning on page 4.

We miss, and express our deepest condolences to the family of, **PHILIP (PHIL) GUSTLIN**, Attorney at Law, who passed away at the end of December, 2010 from unknown causes. Phil was instrumental in incorporating Children of Parkinsonians, the predecessor of Parkinson's Resource Organization, December 17th, 1990. He played a vital role on our Board and he will be deeply missed.

I am honored to add to our list of volunteer professionals, **HENRY C. CASDEN**, Attorney at Law, who has joined us as General Counsel to the Organization. Please know him when you read his short biography on page 2.

Remember when you visit **PRO**, our physical offices are back to our old address in **Suite 104**. We're back at **74-090 El Paseo, Palm Desert, CA 92260**. We will appreciate your continuing to use the mailing address on the newsletter and the enclosed envelope to communicate with us or for sending donations. And, while we are no longer

cont. on page 7

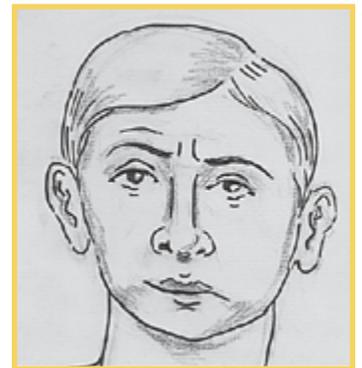
TYPICAL TMD PATIENT

TREATMENT OFFERS HOPE

By: Risto E. Hurme, DDS (San Antonio, TX)

Could Parkinson's disease actually be an advanced stage of TMD (Temporomandibular Disorder)? Last month's "ULTIMATE QUALITY OF LIFE SYMPOSIUM" in Indian Wells, California, addressed that question. It was an amazing conference, bringing together members of the medical and dental professions, and patients, to share information that perhaps these two disorders are related. My hope is that the symposium will spur on more research, and whet the appetites of patients to learn more. The symposium covered the Parkinson's/TMD connection extremely well, and all of the speakers were excellent! Dr. Brendan Stack presented case histories of patients with movement disorders whose symptoms greatly improved after treatment for TMD. I strongly suggest that anyone interested should buy the DVD set and study these lectures.

The questions I didn't hear, however, were "Why is our 'Quality of Life' deteriorating?" and "What causes Parkinson's Disease?" That subject is addressed in the books below, which are classics, written by doctors, geniuses all, who were way ahead of their time. Maybe the public is ready for them now. They may have been written quite a while ago, but they are favorites of mine and still relevant today and excellent sources of information:



Nutrition And Physical Degeneration

1939 by Dr. Weston A. Price

The Dental Physician

1977, by Aelred C. Fonder, D.D.S.

Killing Pain Without Prescription

1980, by Harold Gelb, DMD

For his book, **Nutrition And Physical Degeneration**, Dr. Weston A. Price spent nine years traveling 150,000 miles, studying isolated/primitive peoples and their diets, then documented their deterioration after adopting our modern diet. What he originally found were healthy, well-built people with no health problems, as long as natural laws were followed, anywhere in the world. Dr. Price found no one with degenerative diseases like TMD or Parkinson's, or cancer, or even muscle

cont. on page 7

ALL MEETINGS BEGIN AT 7:00 PM. EXCEPT AS NOTED.

The current support group meeting locations are listed below. Contact the PRO Office.

~ **Long Beach • Educational** • Meets Mar 2nd Wednesday of the month ~ Jan 5th at Bixby Knolls Towers, 3737 Atlantic Avenue, Long Beach.

~ **West Los Angeles/Brentwood • Caregiver only/ Person with Parkinson's only (two in one)** • Meets 1st Thursday of the month ~ Mar 3rd at OPICA Adult Day Care Center, 11759 Missouri Avenue, West Los Angeles.

~ **Glendora • Caregiver Only • (meetings alternate)** • Meets 2nd Wednesday of the month ~ Mar 9th at Foothill Nursing Center, 401 W. Ada Avenue, Glendora.

~ **Manhattan Beach • Caregiver Only** • Meets 2nd Thursday of the month ~ Mar 10th at the REMAX offices, 400 S. Sepulveda, Suite 100, Manhattan Beach.

~ **Newport Beach • Caregiver Only • back at the NEW Oasis Senior Center** • Meets 2nd Thursday of month ~ Mar 10th at 801 Narcissus, Corona Del Mar.

~ **Palm Desert • Caregiver Only** • Meets 2nd Monday of the month 6:30 PM ~ Mar 14th at Portola Community Center, 45-480 Portola Avenue, Palm Desert

~ **Tarzana • Caregiver Only** • Meets 3rd Wednesday of the month ~ Mar 16th at the Providence Tarzana Outpatient Therapy Center, 5359 Balboa Blvd, Encino.

~ **West Los Angeles/Brentwood • Educational Only** • Meets 3rd Thursday of the month ~ Mar 17th at OPICA Adult Day Care Center, 11759 Missouri Avenue, West Los Angeles

~ **Palm Desert • Educational Only** • Meets 4th Monday of the month 6:30 PM ~ Mar 21st at Portola Community Center, 45-480 Portola Avenue, Palm Desert

~ **Manhattan Beach • Educational Only** • Meets 4th Tuesday of the month ~ Mar 22nd at the REMAX offices, 400 S. Sepulveda, Suite 100, Manhattan Beach.

~ **Encino • Educational Only • Closed LACK of ATTENDANCE and PARTICIPATION- last meeting February 24**

CAREGIVER MEETINGS (For Caregivers Only. No PWP's please) – Come share the ups and downs of living with Parkinson's. Together there are ways of finding solutions that, when alone, you might never consider. No need to continue with your frustrations because you are not alone. Give yourself a break. This is a confidential forum for sharing and caring.

EDUCATIONAL MEETING – We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Please call contacts listed in each meeting description to make reservations so the coordinator knows how to set up the room. It's the proper and respectful thing to do.

PARKINSON'S MEETINGS "For People with Parkinson's only" – These meetings are for People with Parkinson's or Parkinsonisms ONLY. Come share the ups and downs of living with Parkinson's. Together there are ways of finding solutions that, when alone, might never be considered. No need to continue with your frustrations because you are not alone. Give yourself a break. This is a fabulous forum for sharing and caring.

PRO BUSINESS MEETING – Open Meeting – open to anyone wishing "To Make a Difference" while working with an all volunteer, nonprofit, tax exempt charitable organization. The Board/Business meetings are held on the 4th Thursday of the month. **The next scheduled meeting is March 24th.** Please call 310-476-7030 or 877-775-4111 (toll-free) for additional information.

MEET PRO'S NEW GENERAL COUNSEL — HENRY C. CASDEN

For over forty dedicated years Henry C. Casden, an Attorney and Mediator, located in Palm Desert, California, has represented Fortune 500 companies as well as large Banks and Savings and Loan Associations in connection with complex financial matters and business planning.

As a founding member of the Riverside County Superior Court Mediation Panel, Mr. Casden has served as a mediator for both court appointed and private matters. He graduated from the University of San Diego earning a law degree, with an emphasis on tax matters, and graduating in the top 20% of his class. In 1966 he completed his undergraduate studies at UCLA with a Bachelors Degree in Political Science.

Mr. Casden's law practice has been devoted primarily to complex business matters, wills, trusts, estate planning, probate matters, complex real estate and real estate development matters. A substantial part of his law practice is devoted to representing customers of brokerage firms (Merrill Lynch, Morgan Stanley, Bank of America, Smith Barney, Raymond James and others) who have lost significant sums of money resulting from broker improprieties. He has also represented clients needing help with general law matters and complex dissolution of marriage matters, where substantial assets are involved. Mr. Casden also devotes significant amount of time consulting with small companies desiring access to public capital markets.

'ULTIMATE QUALITY OF LIFE' SYMPOSIUM OFFERED BREAKTHROUGH INFORMATION TO PERSONS WITH PARKINSON'S AND OTHERS

January, 2011 (Indian Wells, California) – The recent Parkinson's Resource Organization's symposium, co-sponsored by the American Academy of Craniofacial Pain, '*Ultimate Quality of Life, Parkinson's: A Paradigm Shift*' In Indian Wells, California, focused on revolutionary new findings concerning Parkinson's disease (PD). Dramatic reduction in symptoms has been achieved without surgery or drugs. Treated patients described their significant decrease in symptoms following their treatment. Children of patients described their "new" parent. The excitement of the child over this improvement brought tears to the audience. They encouraged the other Parkinson's patients present to be examined for possible similar treatment.

John Beck, M.D., orthopedic surgeon in Anaheim, California described the importance of posture. He explained that the brain receives 40% of its information about posture from the soles of the feet, 40% from the position of the mandible, and 20% from the spine. "The brain is sensitive to the neuroposture being off by as little as one millimeter from the line of gravity." "If the posture of the mandible is off, the brain is constantly flooded with information and uses a lot of its available energy dealing with the information." He then explained in detail how the brain of a patient with PD becomes unable to cope with this flood of information, and unable to control the muscles of the body. "Posture is a reflex. It is automatic. The individual cannot control it. Mother may say stand up straight. However as soon as the person engages in acts of daily living, posture is beyond the control of the person." He further added, "The brain activates survival mechanisms thinking the body is ready to fall over. The brain's stress depletes dopamine and other hormones known to be associated with Parkinson's disease."

Jerome Lisk, M.D., Board Certified Neurologist in Pasadena, California also spoke about posture and balance. He has completed a fellowship in movement disorders, and treats PD movement disorders. He discussed posture from a neurology standpoint, and explained how he tests for posture and balance. He explained the chemistry of the brain and how it is affected when the posture is not correct. On the last day of the symposium Dr. Lisk exclaimed, "After hearing and seeing the science presented, I am surprised that I had never come across the information that has been published in the dental literature in my medical education and career until this conference."

Curtis Buddingh, D.C., D.I.C.S., is a graduate of Palmer College of Chiropractic. He specializes in treatment of Temporomandibular disorders and Craniopathy. He also discussed the importance of posture and described how the Chiropractic Belt can be used to stabilize the TMJ complex to help the PD patient, and others with TMJ concerns.

Eight dentists described how these patients were able to achieve their remarkable results. No drugs or surgery were used. They explained that excess stress to the brain was responsible for many of their symptoms. Most Parkinson's patients apparently also have a distally dislocated mandible in addition to the PD. This dislocation constantly sends messages to the brain of stress. It overwhelms the chemistry of the brain resulting in a breakdown of the normal brain function. This stress to the brain increases the PD symptoms.

The Doctors described their treatments to the patients, caregivers, dentists, physicians, pastors, chiropractors, psychologists, and other interested persons present. Details on how the treatments work, and how to provide the treatments were given.

This was the first symposium to ever cover this new information. All in attendance were excited over the possibilities of improved quality of life. It was also explained that the same treatments often help other

cont. on page 7

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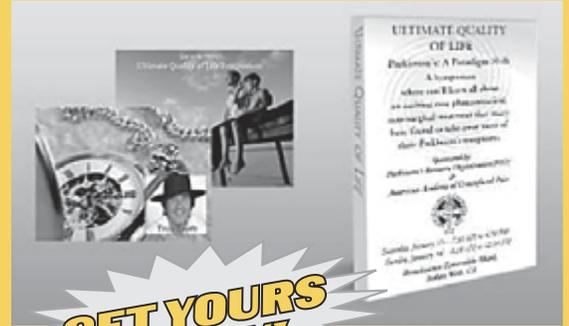
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THE ULTIMATE QUALITY OF LIFE SYMPOSIUM!

The Pre-Release Special price of \$99.95, plus California sales tax of \$8.75 and postage of \$5.00 (\$15.00 outside USA) for a total of **\$113.70** (or \$123.70 outside USA) is available if your order reaches us by the Release Date of ~~February 22nd~~ **Extended to 3/1/11.**

We would appreciate your going to www.parkinsonsresource.org to make your order.



GET YOURS TODAY!



Letters to Jo & PRO

Hi Jo,

Thanks. I downloaded the Matrix and will fill it out this weekend. Peter gets his appliance on Monday morning. I'll keep track of his progress.

I'm so tired of going to Peter's Neurologist. He doesn't have anything to offer him except more of the same meds. It's very discouraging. I think he thinks Peter is doing well since he can still walk into the doctor's office. He doesn't see the day to day problems and it doesn't matter since there is nothing else he can do for him. He always asks if he wants to get DBS surgery for his left tremor. It didn't work the first time so why would we do it again! I mentioned to

him at Peter's last appointment about the TMJ symposium and how TMJ treatment sometimes helps PD symptoms. He was naturally skeptical and wanted to know if there had been clinical trials. It's hard to get the medical community to open their minds.

Anyway, thanks again for all that you do! I'll keep you updated.

Elizabeth M,
Glendora, CA

Good Morning Jo,

Thank you for the notice of the internet radio show today. We will certainly be attending. Pat received his appliance on Monday! Wow! I haven't seen the tremors change YET, however this is what I have seen. When he holds my hand, I feel my husband holding my hand. There is a manly strength back in his hands, his eyes are circular opposed to be slanted; he is focusing and responding from those beautiful blue eyes. As you know, PD patients battle constipation; he is having black watery bowel movements. To me, this is great! The body is releasing all that has been building up in the colon for quite some time. When the body isn't full of toxins, it definitely can respond better. He's still getting up 3-4 times at night to pee. I see this as an adjustment period, detoxifying rapidly and that this will level off. No discomfort associated with wearing his appliance. I noticed immediately how his precious face is actually in a better position, opposed to drooping. No snoring. Yes, standing more erect opposed to the bend at his shoulders and neck. Generally speaking I see Hope and Happiness in his overall attitude, what a fabulous Christmas gift for both of us. Bless your heart and diligence in getting this out to All of Us who seemed to be slipping into isolation and desperation. With Love and Gratitude,

Kathy and Pat,
Newport Beach, CA

cont. on next page

LETTERS – cont. from previous page

Hi Jo,

Thank you so much for organizing this great event "Ultimate Quality Of Life Symposium" and being just a superb "HOST"!!!! We had a wonderful time and learned a great deal. Everyone we met was so nice and friendly and excited.....Jo you are making "HISTORY"!!!

It is going to take someone "SPECIAL" like you to bring this info to the public! TMJ dentists have known this jaw/ health connection for over 70 years. And have brought it up several times but to no avail "Educators are very resistant to change"! But now with the internet it is going to be harder for them to resist change especially if the "PUBLIC" discovers this TMJ/HEALTH CONNECTION!!!

With warmest regards,
June and Risto Hurme
San Antonio, TX

Jo,

Congratulations on having a fun and educational weekend. You had a good turnout for the sessions and many people heard the exciting breakthrough in Parkinsons. I was sitting next to an IW resident on Sunday who told me his parents were there to learn more because one or both suffered from the disease.

If it weren't for you, the weekend would never have happened. If it weren't for you, PRO wouldn't exist and the many families you have helped and save would not have benefited.

I'd say u have more than two miracles so you are my SAINT! I'll see what I can find out about assistance from Rotary in the desert.

Be well!

Love, Bill O
Torrance, CA

Jo,

I'm so happy this was such a success; you continue to do great things.

Love, Debbie S
West Los Angeles

Dear Jo,

Please add me to your e-mail list and send me your recent e-mail sent to others in attendance regarding the weekend conference. Congratulations on a wonderful well done and information packed conference. Keep up the good work.

Love, Diane B
Your grand prize winner 2004
Long Beach, CA

This is amazing! We are going to contact Dr. Lisk for my mother. Thank you so much!!!!

Donna T,
Sherman Oaks, CA

Dear Sir / Madam,

I am enquiring with regards to the 'Ultimate Quality of Life' Symposium offered breakthrough information to persons with Parkinson's and others' course held recently.

We would like to purchase a DVD or course notes if at all possible.

Doctor DH, BDS
London, United Kingdom

Hello

I love the testimonials on website. I am a TMJ dentist wanting to know is there a video of the last conference available. THANKS I am very interested.

Doctor LP, DDS
Independence, MO

Hello

I am interested in learning about the treatment protocol for Parkinson's patients.
Doctor RG, BSc DDS
Ontario, Canada

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HEY! WE'D LIKE TO HEAR FROM YOU! WE WELCOME ANY COMMENTS, OPINIONS, RANTS, RAVES AND FEEDBACK FROM YOU.

Share your comments and return to the Pro Office: _____

You have my permission to publish my comments.

Signed: _____ City/ST _____



- To show you care about someone with Parkinson's disease or any other brain disease or disability.
- To help break the barriers to treatment and support.
- To help eliminate the stigma against those who suffer.
- To show you believe there's hope through education & research.

___ Silver ribbon pins at \$5 each =	\$ _____
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To order your stamps, go to our website, www.ParkinsonsResource.Org and click on the PhotoStamps icon.

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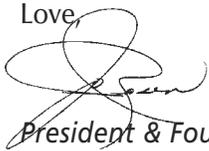
With continued efforts to reduce the PRO Newsletter mailing and production costs, we are offering **Newsworthy Notes** online. If you would rather receive the newsletter by e-mail than through the postal service, please e-mail your request and address to us at info@ParkinsonsResource.org.

PRESIDENT'S MESSAGE – cont. from page 1

working with Leather Plus for the receipt of donations of furniture, appliances and high end clothing, we are still accepting those donations and working with other consignees. Please think of us when you have a tax deductible donation. If you're out of the area we will send someone to pick up as long as the amount donated warrants the expense of pick-up.

Until next time, remember DAY LIGHT SAVINGS TIME starts on the 13th, HAPPY ST PATRICK'S DAY on the 17th, CELEBRATE the first day of Spring on the 20th, CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

ULTIMATE QUALITY – cont. from page 3

movement disorders and autism.

Parkinson's is a degenerative disorder of the central nervous system that manifests itself in a variety of symptoms. These symptoms may include stiffness or rigidity, tremors, physical and/or mental slowness, involuntary jerking, mask-like facial expression, shuffling gait, depression, occasional freezing in mid-movement, sleep disorders, and reduced vision, taste and smell. Some people develop dementia. Although Parkinson's is perceived as an illness of the elderly, it affects many people beginning in their thirties. Its progress varies widely, with some people with Parkinson's living decades beyond their diagnosis. Researchers have discussed multiple causes of Parkinson's, including genetic predisposition and head trauma. Currently, there is no known cure for Parkinson's.

The Parkinson's Resource Organization (PRO) is a 501(c) (3) non-profit charitable organization that provides group and individual support to those making the journey through Parkinson's www.parkinsonsresource.org. Funding for PRO programs comes primarily from member donations, monthly newsletters, and memorials. PRO conducts several fundraising events throughout the year that the public is urged to attend or sponsor. PRO also seeks out financial assistance from foundations carefully screened corporate event and website sponsors, and civic grants.

TMD – cont. from page 1

tightness in the neck and shoulders. They had all 32 teeth, and their teeth were straight. They had wide orthodontic arches, wide noses, and no cavities. Their condition changed rapidly, in just one generation, after trading posts introduced them to white flour, sugar, and processed foods. Children were born with severe malocclusions and cranial distortions, and ill health followed.

Offering a modern update on Dr. Price's important work, Dr. Dwight Jennings brought up these facts in his presentation:

1. Our brains are getting smaller due to vertical growth patterns, resulting in long and narrow faces. The native peoples had horizontal growth and wide faces.
2. Our upper jaws have moved back over the last 100,000 years by approximately 1 centimeter, deteriorating our airway.
3. Our mouths are getting smaller and more overclosed, thus not providing adequate space for our tongues, compromising our airways and exacerbating neck and shoulder tightness and tension.

The above changes are very detrimental to our airway, also the skeleton is negatively affected, and the pelvis narrows, resulting in more cranial distortions through birth trauma.

In his book, **The Dental Physician**, Dr. A.C. Fonder described the effects of malocclusion, what he referred to as 'the bad bite', as it relates to general health. He called it "The Dental Distress Syndrome" and showed how it affected the entire body and all of its systems. With occlusal (*relating to the biting surface of a molar or premolar tooth*) correction, he was able to eliminate 80–100% of all symptoms of Parkinson's, epilepsy, CNS problems, headache, sinusitis/respiratory problems, bad posture, GI and gynecological problems. His results were presented at several international congresses—over thirty years ago.

The last of these geniuses, and the only one still living, lecturing, and treating patients for over 50 years, is Dr. Harold Gelb. His phrase, "If your jaw joint is off, you can kiss your body goodbye!" is well known, for good reason. In his book, **Killing Pain Without Prescription**, he clearly explains step by step what happens to people with misaligned jaws. He states that birth trauma is the #1 cause of malocclusion and the resulting TMD. "You can see it in their faces!" One eye is higher than the other, one eye is smaller, there is a higher ear, higher shoulder, higher pelvis on the same side of the body. Dr. Gelb is also the author of two textbooks, **Head, Neck and TMJ Pain and Dysfunction**, 1977 and **New Concepts in Craniomandibular and Chronic Pain Management**, 1994. All of the above-mentioned books should be required reading for anyone in the healthcare field!

If your car was in an accident and its frame was bent, wouldn't you straighten out that frame? If there were a flood that eroded part of your home's foundation, wouldn't you have that fixed to support the structure? If your child was born with severe cranial distortions resulting in severe malocclusion (*due to our modern diet and lifestyle—a poor foundation!*), wouldn't you want to correct your child's foundation?

Both TMD and Parkinson's disease are treatable to a certain degree. Prevention is preferable for both and that starts even before birth with the parents' health! For more information, see www.PPNF.org and www.westonaprice.org. Thanks to Jo Rosen for organizing this wonderful conference, and helping to bring this information to more people!



The Parkinson's Resource Organization has its own US Postage Stamp, the very first charitable organization to do so. You can now show your support for PRO by using this stamp on all your mail! PRO has partnered with PhotoStamps.com to create the PRO Stamp, and now you can order personalized postage stamps with your own favorite photos via the new PRO website! Either way, by using PRO's Partnership with Photostamps.com you'll be helping us and yourself. Just start by using the form below.

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THE MAJORITY OF MEN MEET WITH FAILURE BECAUSE OF THEIR LACK OF PERSISTENCE IN CREATING NEW PLANS TO TAKE THE PLACE OF THOSE WHICH FAIL.
 — NAPOLEON HILL

NEWSWORTHY NOTES
 March 2011, Issue No. 223, published monthly
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 Working so no one is isolated because of Parkinson's
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