

# Herbs & Nutrients for Neurologic Disorders

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“At once a scholarly work and practical guide, this book provides the essential conceptual framework, supporting research, and clinical formulations needed to treat common neurologic diseases from a functional, holistic approach. An indispensable resource for both the clinician and patient alike. What a gem!”

GERALD CAMARATA, M.D., FAMILY PHYSICIAN  
SPECIALIZING IN HERBAL AND FUNCTIONAL MEDICINE AND  
CLINICAL DIRECTOR OF SONOMA COUNTY INDIAN HEALTH  
PROJECT’S INTEGRATIVE HEALTH CLINIC

“This book offers a unique integration of these two authors’ vast knowledge from their many years of dedicated clinical work and patient care. A real asset to neurological patients and their health providers.”

ISAAC ELIAZ, M.D., M.S., L.AC.,  
FOUNDER AND MEDICAL DIRECTOR OF THE  
AMITABHA MEDICAL CLINIC AND HEALING CENTER

“Doctors and patients alike will benefit from this understandable and well-researched volume. This work fills an important void in the complementary alternative medicine literature.”

DAN KENNER, PH.D., L.AC., WRITER AND  
CONSULTANT IN INTEGRATIVE MEDICINE IN BOTH ORIENTAL  
AND NATUROPATHIC MEDICINE AND THE AUTHOR OF  
*THE WHOLE-BODY WORKBOOK FOR CANCER*

“This book offers an excellent source of information regarding the value of certain herbs, micronutrients, and diet for neurological disorders. The authors have described functions of various herbs and nutrients in great detail.”

KEDAR N. PRASAD, PH.D., AUTHOR OF  
*FIGHT ALZHEIMER'S WITH VITAMINS AND ANTIOXIDANTS*  
AND *FIGHT PARKINSON'S AND HUNTINGTON'S*  
*WITH VITAMINS AND ANTIOXIDANTS*

“The authors have extensively researched all the herbs and supplements that have been scientifically shown to help with neurologic disorders. Interestingly, the same nutrients come up time and again across the conditions—cannabinoids, essential fatty acids, vitamins, minerals, probiotics, enzymes, and herbs such as turmeric. These all have proven pharmacological effects and can be used together with treatments prescribed by an M.D.

The similarity of treatment should come as no surprise as the authors have made a fascinating comparison between the various neurologic disorders. In each of them, inflammation, oxidative stress, excitotoxicity, toxic exposure, diminished gastrointestinal health, genetics, and epigenetics all play a role. The herbs and supplements they describe help combat each of these.

But while there are similarities between the various conditions and treatments, there are also differences. In each chapter the authors succinctly list the specific herbs and nutrients special for each condition. In addition, they emphasize the vital importance of sleep and dietary considerations. This book should be required reading not just for anyone affected by any of the conditions mentioned but also for doctors who still opt to treat them exclusively with medication.”

JUDY GRAHAM, EDITOR OF  
*NEW PATHWAYS* MAGAZINE AND AUTHOR OF  
*MANAGING MULTIPLE SCLEROSIS NATURALLY*  
AND *MULTIPLE SCLEROSIS AND HAVING A BABY*

# Herbs & Nutrients for Neurologic Disorders

Treatment Strategies for  
Alzheimer's • Parkinson's • Stroke  
Multiple Sclerosis • Migraine • Seizures

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



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*Herbs and Nutrients for Neurologic Disorders* is dedicated to thousands of patients over the last thirty years. Instead of cursing the darkness, they light a candle to find undiscovered truths. Faced by daunting and, at times, unrelenting suffering from neurologic illness, their collective courage has widened the boundaries of standard therapies for their disorders. This book is a small offering of our gratitude for their priceless gift of sharing their path of discovery with us.

May we strive for “science with humanity” as advised by  
Mahatma Gandhi.

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Wayne Souza, Pharm. D., L.Ac., who answered my queries and taught me by example and who keep alive the deep humanism so important in the healing arts.

SIDNEY KURN, M.D.



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SHERYL SHOOK, PH.D., L.S.P.



# How to Use This Book

## A Guide for Patients, Families, and Practitioners

*Herbs and Nutrients for Neurologic Disorders* was initially compiled from lectures and handouts introducing practitioners, patients, and their families to the judicious use of supplements in various neurologic disorders. Each chapter arose in slightly different contexts and varied in terms of description of the disorder and the relationship of herbs and nutrients to the underlying disease mechanisms. This variety reflects the enthusiasm of the authors for certain topics, particularly regarding disease mechanisms, prompted by new discoveries in neurologic science. These discoveries, although introduced and discussed in one chapter, could appear in different chapters. For example, the discussions of proteasome, protein homeostasis, and resveratrol appear in the chapter about Parkinson's disease but easily could have been introduced in the Alzheimer's disease chapter.

The summaries and tables at the end of the chapters are designed for accessibility and practicality. Readers may find it helpful to first look at the summary section and then go back and read the detailed science behind these treatment options.

This book is dedicated to all the patients who have suffered from these disorders and who taught the authors so much over their professional careers. We hope this book helps relieve some of this suffering, both for patients and their families.