

A MONTHLY PUBLICATION OF

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

P R E S I D E N T ' S

"Our Heart Beats for YOU"

A beating "HEART" is Life itself. A broken HEART is what we feel when a loved one is taken from us all too soon and a passion-filled HEART drives us to do great things, to make big changes and help others on their personal and so private journey of the progression of Parkinson's in their lives.

The team at PRO dedicates its heart to serving others so that "No one is isolated because of Parkinson's."

Valentine's Day is the perfect day to express our LOVE for the Parkinson's community, our PASSION for our cause and our WISH that some day soon, no one will ever again experience the loss and broken heartedness from losing a loved one to Parkinson's.

Helping find new ways to obtain a better quality of life for our members as we monitor and support research and scientific strides toward the "reversal" of the disease process, we invite you to follow the "Road to the Cure" and eradicate such stories as "When Friends Stop Visiting, Everyone Loses."

From our heart to yours, we love you, so appreciate your interest, support and encouragement and wish you and yours a very Happy Valentine's Day.

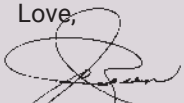
Be sure to read this month's articles. Each is designed to give you hope, enlightenment and helpful information to use in your quest for "Ultimate Quality of Life."

The **UPDATE ON THE ROAD TO THE CURE**, is typically on this page; however, with exciting things happening at ICBII and with travel necessities, this month's article was taken off schedule. Enjoy our other PROvocative and informative news such as: **BUILDING A BALANCED EXERCISE PLAN** by Leann Dale, on this page; **11 ICKY BUT INTERESTING FACTS ABOUT POOP**, found on page 3; **9 REALLY IMPORTANT MONEY QUESTIONS TO ASK MOM AND DAD: Or Yourself If You Are The Mom And Dad** on page 4; our **INSPIRATIONAL: LEARNING WHAT'S MOST IMPORTANT** is on page 5; and **POTENTIAL CONTAMINANTS IN CBD AND THC OILS** is on page 7.

Join us in making a difference in your life or the life of a loved one this MONTH by donating. Supporting us is simple: Make monthly donations through our safe PayPal donation page at [ParkinsonsResource.org/#modal-donate](https://www.parkinsonsresource.org/#modal-donate) or mail your donation to our office in Palm Desert, California.

Until next month, REMEMBER National Wear Red Day on the 1st, Groundhog Day on the 2nd, Super Bowl Sunday on the 3rd, Chinese New Year on the 5th, Valentine's Day on the 14th, Presidents' Day on the 18th, and National Love Your Pet Day on the 28th. The flower is the Violet and the Birthstone is the Amethyst. ALWAYS remember to CELEBRATE YOU and PRAY FOR OUR TROOPS!

Love,



President & Founder

ICBI UPDATE ON THE ROAD TO THE CURE

A Real-Time Science Report

Would You Like To Help get their drugs to market faster? The joy of being a part of this historical event can be had by helping ICBII find the funds to bring these trials to fruition through your investing, and by finding others with the financial ability and humanitarian mindset to accomplish the—until now—impossible. Please contact Jo Rosen at 760-773-5628 or JoRosen@ParkinsonsResource.org or by contacting ICBII directly through their website at ICBII.com, or by phone at 858-455-9880.

IMAGINE the world without Parkinson's, MSA or Alzheimer's disease. JUST IMAGINE.

BUILDING A BALANCED EXERCISE PLAN

Leann Dale, Senior Living Options Of The Desert

Staying active is not a science. Just remember that mixing different types of physical activity helps to keep your workouts interesting as well as improving your overall health. The key is to find activities that you enjoy—based on the four building blocks of fitness. These are:

1: Balance - Maintains standing and stability, whether you're stationary or moving around. Try yoga, Tai Chi, and posture exercises to gain confidence with balance. These exercises will help you improve your balance, posture, and quality of your walking. Also reduces risk of falling and fear of falls.

2: Cardio - This type of exercise uses large muscle groups in rhythmic motions over a period of time. Cardio workouts get your heart pumping. You may even feel a little short of breath. Cardio includes walking, stair climbing, swimming, hiking, cycling, rowing, tennis, and dancing. These exercises help lessen fatigue and shortness of breath. And, they promote independence by improving endurance for daily activities.

3: Strength and power training - These exercises build up muscle with repetitive motion using weight or external resistance from your body weight, machines, free weights, or elastic bands. Power training is often strength training done at a faster speed to increase power and reaction times. Strength training helps prevent loss of bone mass, builds muscle, and improves balance—both important in staying active and avoiding falls. Power training can improve your speed while crossing the street, for example, or prevent falls by enabling you to react quickly if you start to trip or lose balance. Building strength and power will help you stay independent and make day-to-day activities easier such as opening a jar, getting in and out of a car, and lifting objects.

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EXERCISE PLAN – cont. from page 1

4: Flexibility – These exercises challenge the ability of your body's joints to move freely through a full range of motion. This can be done through stationary stretches and stretches that involve movement to keep your muscles and joints supple and less prone to injury. Yoga is an excellent means of improving flexibility. Flexibility exercises help your body stay limber and increase your range of movement for ordinary physical activities such as looking behind while driving, tying your shoes, shampooing your hair, and playing with your grandchildren.

Types of activities beneficial to older adults:

Walking – Walking is a perfect way to start exercising. It requires no special equipment, aside from a pair of comfortable walking shoes, and can be done anywhere. Get up and walk.

Senior sports or fitness classes – Keeps you motivated while

also providing a source of fun, stress relief, and a place to meet friends. You can find senior sports or fitness classes at any of the local senior centers in the Coachella Valley.

Water aerobics and water sports – Working out in water reduces stress and strain on the body's joints.

Yoga – Combines a series of poses with breathing. Moving through the poses works on strength, flexibility and balance, and can be adapted to any level.

Tai Chi and Qi Gong – Martial arts-inspired systems of movement that increase balance and strength.

What is your plan to stay active?

Senior Living Options of the Desert is a Senior Living Placement service in Palm Desert, California serving San Bernardino, and Riverside Counties. Members of the Wellness Village since October 9, 2018.

11 ICKY BUT INTERESTING FACTS ABOUT POOP

Jaimie Dalessio Clayton / *Medically Reviewed by Kareem Sassi, MD*
Everyday Health

Poop happens... to everyone. Although it's natural to flush and hit the sink without a second glance, taking a peek at what's in the toilet bowl can benefit your health. And chances are, there's a lot you never knew, or thought to ask, about your number two.

What Is Poop? Here's What's Healthy, and What's Not - Let's talk about poop. Sure, it's not exactly dinner-party fodder, but it's important to learn all you can about bowel movements — what's weird, what's normal, what's healthy, what's not. That's because your poop (stool) is an important clue to your overall digestion and health: Your poop can reveal serious signs of infections, digestive problems, and even early signs of cancer, according to the gastroenterologist Anish Sheth, MD, the co-author of the books "*What's Your Poo Telling You?*" and "*What's My Pee Telling Me?*".

First, even though we often take poop for granted most days, sometimes your poop (stool) is not normal at all. Here are some poop concerns many people have:

- **Diarrhea happens when stool passes through the large intestine too quickly.**
- **Constipation occurs when stool passes through the large intestine too slowly.**
- **Bowel Incontinence is a problem controlling your bowel movements.**
- **Other abnormalities with poop may be signs of a digestive problem.**

Most people have experienced diarrhea, whether from a GI virus, an allergic reaction to food in the diet or even as a result of stress or anxiety. Diarrhea is loose, watery poop. You have diarrhea if you have loose stools three or more times in one day. Acute diarrhea is diarrhea that lasts a short time. This poop problem is common and usually lasts about one or two days, but it may last longer. Then it goes away on its own. Diarrhea lasting more than a few days may be a sign of a more serious problem.

People who are constipated may experience any one or more of the following poop symptoms:

- **Difficulty passing stools**
- **Feeling of incomplete emptying after defecation**
- **Hard poop (stool)**
- **Painful bowel movements**
- **Reduced poop (stool) frequency**
- **Straining with a bowel movement**

The process of pooping is learned early in childhood and retains spontaneity throughout life in most people. However, some people may lose the spontaneity of pooping for a variety of reasons such as childbirth trauma, surgery, medications that slow bowel transit, or other reasons. Some health conditions such as diabetes or Parkinson's disease can weaken the nerves in the colon and result in severe constipation.

Normal poop (stools) are soft and formed (not hard or lumpy). They pass without urgency or straining. A sudden change from a person's normal bowel pattern should be reported to a doctor.

So, brush up on this poop (stool) trivia, and then pay attention to how often you go, how long it takes, and what the end result looks and, yes, smells like. Simply put, know your poop.

Poop: What's Really in It - Water makes up about 75 percent of your stool. The rest is an often-stinky combination of fiber, dead and live bacteria, other cells, and mucus. Soluble fiber found in foods like beans and nuts is broken down during digestion and forms a gel-like substance that becomes part of your poop. On the other hand, foods packed with insoluble fiber, such as corn, oat bran, and carrots, are more difficult for your body to digest, which explains why they may emerge in your poop (stool) looking relatively unchanged.

Color Matters When It Comes to Poop (Stool). - As you may have seen in pictures of poop, the color can vary—a lot— depending on what kinds of food you've ingested and other factors. Dr. Sheth has seen patients get full work-ups for bright red stool that turned out to be nothing more than the passing of

cont. on page 6

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9 REALLY IMPORTANT MONEY QUESTIONS TO ASK MOM AND DAD Or yourself if you're the Mom and Dad

Often children are afraid or embarrassed to ask their parents about their finances, or about the plans they've made for "old age." Sometimes asking those questions inspires plans to be reviewed, corrected or changed. The intention is not to analyze your parents' financial status down to the last nickel and dime, but to cover the basics and make sure there are no surprises in their financial future -- or yours. Here are nine really important money questions to ask Mom and Dad:

1. How much money do you have — in cash and investments?
2. How much income do you expect to have at retirement (including Social Security)?
3. Do you think you will need my support? If so, how much?
4. What types of insurance do you have?
5. Do you have adequate medical coverage?
6. Do you have a plan for long-term care?
7. Do you have any special concerns?

It causes tremendous, and perhaps undo, stress if your parents are worried about outliving their savings. People are living longer than they had planned for themselves in Asking these questions may bring them, and you, comfort.

8. Do you have a complete list of all your accounts, passwords, financial institutions, and the phone numbers of your advisors, brokers, accountants and lawyers who have assisted you?

Ask them for the location of any estate-planning documents, their safety deposit box (and the key!), and where they keep the original signed copy of their will.

Make sure your parents have an up-to-date will. These days, because it is so easy to pull together a will, it feels irresponsible for someone to die without a will, even if you have no estate to speak of. Having a will can prevent family fights and certainly take the burdens off those left behind.

9. Are the beneficiaries of your life insurance policies, 401(k) plans, etc. as you want them to be?

Critical is that your parents have signed a Power of Attorney and a Healthcare Directive for if they become incapacitated. A Healthcare Directive is your roadmap to what they want to have done or what you can or should do.

History proves the difficulties and challenges that happen when one dies without a will. The following celebrities have done just that and you can investigate what happened to their estates:

- Abraham Lincoln, one of the most famous lawyers of our time and the sixteenth president of the United States;
- Martin Luther King, Jr., civil rights leader and activist;
- Jimi Hendrix, one of the greatest guitar players of all time;
- Pablo Picasso, famous artist;
- Howard Hughes, entrepreneur and billionaire;
- Bob Marley, Jamaican singer/songwriter;
- Kurt Cobain, singer/songwriter and frontman for Nirvana;
- Tupac Shakur, rap artist and actor;
- Salvatore Phillip "Sonny" Bono, entertainer turned U.S. Congressman;
- Barry White, soulful entertainer;
- Stieg Larsson, famous author;
- James Brown, singer known as the "Godfather of Soul" (*Quick disclaimer: Brown did sign a will, but it is subject to litigation.*);
- Steve McNair, former NFL quarterback and Pro Bowler;
- Nate Dogg, rapper and actor;
- Amy Winehouse, British singer/songwriter;
- Prince, multi-talented artist, and;
- Michael Jackson, the "King of Pop". (*Quick disclaimer: Jackson's mother initially filed paperwork—much like Prince's sister—alleging that there was no will. A will was eventually discovered.*)

Inspirational

LEARNING WHAT'S MOST IMPORTANT

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday." Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him, he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it," Mom told him.

"I loved that old house he lived in," Jack said.

"You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important. Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories: every picture, every piece of furniture. Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said

"What box?" Mom asked

"There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,' Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

"Now I'll never know what was so valuable to him," Jack said. "I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day, Jack discovered a note in his mailbox. "Signature required on a package. No one at home. Please stop by the main post office within the next three days," the note read. Early the next day Jack retrieved the package. Looking like it was mailed a hundred years ago, the small box was old. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life." Taped to the letter was a small key. His heart raced as tears filled his eyes. Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved:

"Jack, Thanks for your time! -Harold Belser."

"The thing he valued most was . . . my time."

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days. "Why?" Janet, his assistant, asked.

"I need some time to spend with my son," he said.

"Oh, by the way, Janet, thanks for your time!"

Think about this. You may not realize it, but it's 100% true.

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11 FACTS – cont. from page 3

beets. Leafy vegetables can cause green stool, while certain medications can make your poop look white or clay-colored. Look out for jet-black stool. Though it could be from something as harmless as iron supplements or black licorice, the color could be a sign of bleeding in the upper gastrointestinal tract.

Pictures of Poop Show That Shape Matters Too – Another advocate at looking at your poop before you flush is Mehmet Oz, MD, the host of The Dr. Oz Show, who explained during a now-famous appearance on The Oprah Winfrey Show that the perfect poop is log-like and S-shaped, not broken up into pieces. Part of getting that log-style shape, compared with poop that comes out more pebbly-looking, comes from eating fiber, which lends bulk to stool and acts as a glue to keep the poop stuck together as it exits your body. Pencil-thin poops, on the other hand, can be a sign of rectal cancer, which narrows the opening through which stool passes, according to Sheth.

Terrible-Smelling Stool May Be a Sign of Infection – It's no news that poop never smells pleasant, but particularly pungent stool is often a sign of infection, according to Sheth. Terrible-smelling poops are a signature side effect of one stomach bug caused by the parasite giardia, ingested most often by swimming in fresh water lakes. It could also suggest a more serious digestive condition such as ulcerative colitis, Chron's disease, or celiac disease.

Just How Often Should You Poop? – Do you hit the bathroom at the same exact time every morning, or can you go days before you need to poop? It's all normal, says Sheth. The important thing is that you're consistent for your own routine. A big decrease in poop (stool) could be due to a diet change (fiber intake), which is why many people find they're less regular on weekends or vacation. They may be eating less fiber or working out less often, both of which promote healthy digestion. Other factors affecting poop output—either a decrease or an increase—are gastrointestinal disorders, an overactive thyroid, or colon cancer.

Cultural differences play a role, too. Sheth notes in his book that South Asians unload nearly three times as much stool as British people do, a difference he explains is largely due to the higher fiber content in the average Indian diet.

According to Sheth, on his website DrStool.com, the average American man excretes 150 grams (about one-third of a pound) of poop every day, or the equivalent of five tons in a lifetime!

Diarrhea Is Your Poop (Stool) on Speed. – Digestion can take anywhere from 24 to 72 hours, during which time the food you've eaten travels down your esophagus to your stomach, then to your small intestine, your large intestine, and out through the anus.

Diarrhea is the result of your poop passing too quickly through the large intestine, where most of the water content is absorbed. (Constipation, on the other hand, is when it takes too long for stool to pass through.) Loose stools can be due to many factors, including stomach viruses and food-borne illness. They can also result from food allergies or intolerances, like lactose intolerance, or from other digestive issues.

Healthy Poop (Stool) Should Sink in the Toilet – Listen for the sound of your poop (stool) as it hits the water in the

toilet. Floating stools are often an indication of high-fat content, which can be a sign of malabsorption, a condition in which you can't absorb enough fat and other nutrients from the food you're ingesting. When your poop (stool) floats, it is associated with celiac disease or chronic pancreatitis.

It's Normal to Pass Gas 10 to 18 Times a Day – Incidents of flatulence are embarrassing, at least for some, but this result of harmless bacteria breaking down food in the large intestine is completely healthy. Your colon is filled with bacteria that release gas as a by-product of digesting the food you eat. Your body absorbs some of it into the bloodstream, which you breathe out through your lungs, and expels the rest out of your other end. It's normal to pass gas anywhere from 10 to 18 times a day, according to the American College of Gastroenterology.

Poop (Stool) Transplants Are Proven to Work – Fecal Microbiota transplants are real... and they work. A study just released at the American College of Gastroenterology's annual meeting found that such transplants—in which stool from a healthy person is placed in the colon of an infected person—helped treat bouts of recurrent diarrhea associated with a *C. difficile* bacterial infection. Such transplants have also effectively treated inflammatory bowel disease (IBD). The trillions of good bacteria in a healthy person's poop can help recolonize the digestive tract and treat infections that haven't responded well to other treatment, including antibiotics and probiotics, Sheth says.

So how do you ask someone to be your poop donor? And more importantly — who? Sheth suggests asking someone whose healthy gut bacteria likely differs from yours; ideally, a friend or family member who lives in a different household.

Reading on the Toilet Isn't So Healthy – Studies suggest that the more time you spend in the bathroom, specifically reading, the more likely you are to develop hemorrhoids, or swollen blood vessels in and around the anus. It sounds like a strange correlation, but think about it: The longer you stay in the bathroom trying to poop, the more pressure and stress you put down there. Sitting for too long on the toilet can also restrict blood flow around the anal area, which can make hemorrhoids worse.

Most of the time, a diet devoid of fiber, which keeps your bowels regular and prevents constipation and hard poop (stool), is to blame. Most Americans eat 10 to 15 grams of fiber a day; doctors recommend 30 to 35 grams to prevent hemorrhoids, according to researchers from Los Angeles Medical Center.

Is Your Cell Phone Covered With Poop (Stool)? – Wash your hands well after using the bathroom, or poop may travel with you. In a study released in 2011, British researchers discovered that one in six cell phones may be contaminated with poop (stool) that can spread *E. coli* bacteria, after they collected nearly 400 samples in 12 different cities.

POTENTIAL CONTAMINANTS IN CBD AND THC OILS

P Surat, Ph.D.

Cannabidiol (CBD) was initially discovered as a medication to treat Dravet syndrome, but is now used extensively to treat several medical and lifestyle disorders in addition to being used as a recreational drug.

One of the popular modes in which is available is CBD oil. There are several producers and distributors of oil made from tetrahydrocannabinol (THC) and its isomer CBD; however, there remains much uncertainty regarding the quality, safety, and legal status of these oils.

What is CBD and THC oil? - CBD oil is made by dissolving a concentrated solvent extract from cannabis flowers or leaves in another edible oil, such as sunflower oil, hemp oil, or olive oil. Different solvents that are used range from organic solvents like ethanol, isopropyl alcohol to petroleum-ether, and naphtha.

The solvents used affect taste, color, and viscosity of the resultant CBD oil. The solvent may additionally be subjected to "winterization," a process where the extract is kept in a freezer at -20°C to -80°C.

Due to such a low temperature, the compounds that have a higher melting point, including waxes, triglyceraldehydes, and chlorophyll will precipitate and can be removed by filtration or centrifugation. This process is employed to remove other components that are sometimes co-extracted along with desired cannabinoids.

Apart from purifying the oil, this process can also improve the taste and color of the product.

THC oil is usually known as "Simpson oil."

What are the possible contaminants in CBD and THC oils?

Terpenes - The presence of terpenes in CBD or THC oil depends on the kind of preparation method that is used. As terpenes are very volatile, they could be removed by elevated temperatures during the drying of plant material or while evaporation of the solvents. It is also possible to re-introduce the evaporated terpenes by the process of condensation into the final oil.

Pesticides or synthetic cannabinoids - Contaminants, such as pesticides and synthetic cannabinoids, may be deliberately added to the CBD oil to increase yield, weight, or potency. A study found that pesticides are very frequently present in the cannabis oil that is sold in Dutch coffee shops, legal cannabis that is sold under the state law in California, and also in medicinal cannabis sold by licensed producers in Canada. Pesticides, if present in hemp, are very likely to be present in a concentrated form in the final oil product.

Unintentional toxins - During the various stages of manufacture, storage, and distribution, unhygienic practices may lead to unwanted and unintentional contaminants, such as heavy metals, molds, bacteria, aflatoxins that may be very detrimental to health.

Toxic solvents - In many cases, the solvents used during the manufacturing process are harmful or toxic. Naptha and petroleum ether have boiling points ranging from 30°C to 200°C. These solvents are harmful and flammable, and some solvents, such as hexane and benzene are, considered neurotoxic. According to Material Safety Data Sheets (MSDS) provided by manufacturers, naphtha and petroleum ether are also potential carcinogens.

Also, products sold as Naptha may contain additional impurities to increase its stability, but also its hazardous potential. GC and NMR has revealed contamination of naphtha with petroleum hydrocarbons. As petroleum hydrocarbons have higher boiling points, they are also resistant to evaporation procedures and may require additional methods to remove them. For this purpose, non-toxic solvents such as olive oil may be used. Olive oil is economical, not flammable, non-toxic, and only needs to be heated to the boiling point of water.

What are the difficulties in detecting contaminants in CBD or THC oil? - Many professional labs now offer expertise in detecting contaminants in food crops, medicinal plants, or edible oils. These methods may be modified for CBD or THC oil evaluation. However, there is a current lack of consensus on which analytical method to be used to perform cannabinoid analysis. Also, there are no guidelines or certifications to examine cannabis labs.

11 FACTS - cont. from page 6

Since phones tend to travel with everywhere—especially places where we eat, like kitchen counters, restaurant tables, and desks, to name a few—the E.coli bacteria detected on them may play a role in spreading illness. Poop happens... to everyone. Although it's natural to flush and hit the sink without a second glance, taking a peek at what's in the toilet bowl can benefit your health. And chances are, there's a lot you never knew, or thought to ask, about your number two.

INSPIRATIONAL: WHAT'S IMPORTANT - cont. from page 6

1. At least 15 people in this world love you in some way.
2. A smile from you can bring happiness to anyone, even if they don't like you.
3. Every night, SOMEONE thinks about you before they go to sleep.
4. You mean the world to someone.
5. If not for you, someone may not be living.
6. You are special and unique.
7. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait for 'His time', sooner or later, you will get it or something better.
8. When you make the biggest mistake ever, something good can still come from it.
9. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
10. Someone that you don't even know exists loves you.
11. Always remember the compliments you received. Forget about the rude remarks.
12. Always tell someone how you feel about them; you will feel much better when they know, and you'll both be happy.
13. If you have a great friend, take the time to let them know that you think they are great.

PRO CALENDAR FOR FEBRUARY 2019

The current support group meeting locations are listed below.

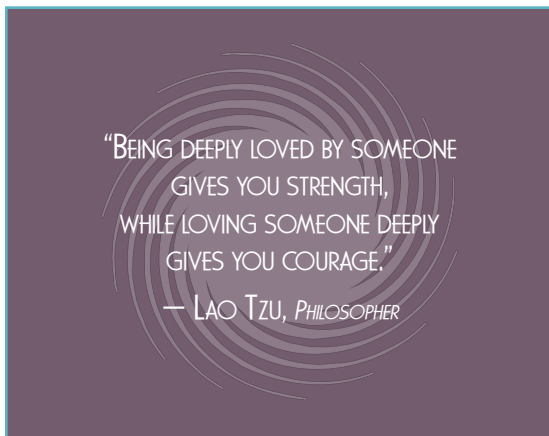
For any information regarding any of these meetings, please contact the PRO Office at 877-775-4111.

					1 NATIONAL WEAR RED DAY	2 GROUNDHOG DAY
3 SUPER BOWL SUNDAY	4 PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	5 CHINESE NEW YEAR	6 LONG BEACH Round Table For Everyone 6:30 PM Cambrian Home Care "Training Center" 5199 Pacific Coast Hwy	7	8	9
10	11 PALM DESERT Round Table For Everyone 6:30 PM Atria Hacienda 44-600 Monterey Ave	12	13 GLENORA Caregiver Only 6:30 PM La Fetra Senior Center 333 E Foothill Blvd	14 VALENTINES DAY NEWPORT BEACH Caregiver Only 6:30 PM Oasis Senior Center 801 Narcissus Corona Del Mar	15	16
17	18 PRESIDENTS' DAY PALM DESERT Caregiver Only 10:00 AM PRO Office 74-090 El Paseo Suite 104	19	20 ENCINO Caregiver Only 7:00 PM Rehab Specialists 5359 Balboa Blvd	21 SANTA MONICA Speaker Meeting 7:00 PM Rehab Specialists 2730 Wilshire Blvd Ste 533	22	23
24	25 PALM DESERT Speaker Meeting 6:30 PM Atria Hacienda 44-600 Monterey Ave	26 MANHATTAN BEACH Speaker Meeting 6:30 PM American Martyrs Parish House 659 15th Street	27	28 NAT'L LOVE YOUR PET DAY SHERMAN OAKS Speaker Meeting 1:00 PM Sherman Oaks East Valley Adult Center 5056 Van Nuys Blvd		

CAREGIVER MEETING: (For caregivers only) Come share the ups and downs of living with someone 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.

SPEAKER MEETING: We invite the community, especially the Person with Parkinson's and their family or friends, to attend. Speaker Meetings usually feature guest speakers who are professionals servicing the Parkinson's Community. Speaker Meetings are packed with a wealth of amazing information so bring your pencil and notepad!

"ROSEN ROUND TABLE" MEETING: Join a loving circle of like-minded individuals including local professionals. Learn what works for others, share what works for you. Find out what doesn't work for certain individuals. Share emotional trials and tribulations. Realize that you are not alone and that others can relate to and learn from your story.



NEWSWORTHY NOTES

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PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's
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