

PARKINSON'S RESOURCE ORGANIZATION

Working so no one is isolated because of Parkinson's

MESSAGE

PRESIDENT'S

This newsletter will reach most of you before the end of the year, so please let us offer to you **DOING WELL BY DOING GOOD** on page 2 and once you've done well by doing good let me be the first one to say with tremendous excitement HAPPY NEW YEAR! It's the beginning of a NEW YEAR, for many of you this will be the beginning of a NEW LIFE, this is a NEW DAWN. There is HOPE, there is a BREAKTHROUGH.

I am overjoyed to be delivering to you one last newsletter before the symposium that highlights reasons why you should be there when you read **ARE YOUR PARKINSON'S SYMPTOMS CAUSED BY JAW MALALIGNMENT?** By Dwight Jennings, DDS, MICCMO on this page.

I offer you a reprint of the profound questions I asked back in May, **HOW WOULD YOU KNOW?** on page 5.

I am so excited that we are **UNVEILING** to the Parkinson's world one of the health industry's **BEST KEPT SECRETS**. I know it's been kept secret because in all 20 years that I have been doing this work I had not heard about the **TMJ/TMD** work in the movement disorder world until I was introduced to it in March of this year.

But the real *coup de grace* was when I was invited to the **AACP 25th Convention** in Salt Lake City in July. I was awestruck when seeing and hearing about the incredible work that has been going on in the dental profession **for at least 40 years and had not been recognized by our world**.

I am so honored to have gathered such **prestigious speakers** as you see in the brochure that was mailed the week of December 6th and which appears on our website. These incredible professionals will inform you of the possibilities you have of **regaining your health**. As the speakers know, this is about **the greater good** to a population that has gone for hundreds of **years without hope**. This is about unavailing **HEALTH secrets** that the likes of **Harold Gelb, Brendon Stack, Dwight Jennings, Risto Hurme, Chris Simmons and Robert Talley** have done for years and were not even recognized. **My goal** is to make this **UNVEILING** so successful that it never gets covered up again.

I invite you to and I urge you to attend **THE ULTIMATE QUALITY OF LIFE SYMPOSIUM** January 15th and 16th because it is an excellent place to get opinions from multiple experts who are having major breakthroughs, and obtaining major quality of life results that we've been witnessing in the Parkinson's world.

cont. on page 5

ARE YOUR PARKINSON'S SYMPTOMS CAUSED BY JAW MALALIGNMENT?

By Dwight Jennings, DDS, MICCMO

This sounds like a simple question to pose. Yet it is one for which you can not readily find a reliable answer. It is the purpose of the upcoming symposium to inform and educate professionals and the public alike as to how to answer this question to the best of our current knowledge.

Jaw malalignment (TMJ, TMD, cranio-mandibular dysfunction, etc) occurs when the muscles posturing the lower jaw want the jaw to be in a place somewhat different than where the teeth support the jaw. Jaw malalignment is poorly understood by the vast majority of dentists, and even less by the medical profession. Few dentists know how to check for a bite/muscle discrepancy. Most health practitioners are unaware of the means by which jaw malalignment can cause the many symptoms attributed to Parkinson's disease, hence they never consider jaw malalignment when making a differential diagnosis. So where do **you** find the answer?

Odds are that you have a significant jaw malalignment as approximately 70% of the population is afflicted due to suspected multigenerational nutritional insufficiencies. Certain medical conditions increase your likelihood of having a bad bite, for example: if you have airway issues, your probability is greater than 95% that you have a significant jaw malalignment. If you have multiple medical issues, your probability of having a bad bite increases significantly (high medical utilization is known to be associated with jaw malalignment). If you have headaches, autoimmune disorder, skin disorders, or chronic pain, you have a very high probability of jaw malalignment.

If you have many of the following conditions often associated with Parkinson's, then it would behoove you to have your bite checked by a trained professional as these conditions are often associated with jaw malalignment.

RIGIDITY/STIFFNESS: Trigeminal proprioceptors (alignment sensors in jaw muscles) are known to modulate the golgi tendon apparatus systemically (i.e. when the bite is off, the brain knows it and can cause muscles systemically to tighten up). This has been extensively investigated in Japan,

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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 1st 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 ~ Jan 6th at OPICA Adult Day Care Center, 11759 Missouri Avenue, West Los Angeles.

~ **Glendora • Caregiver Only (meetings alternate)** • Meets 2nd Wednesday of the month ~ Jan 12th at Foothill Nursing Center, 401 W. Ada Avenue, Glendora.

~ **Manhattan Beach • Caregiver Only** • Meets 2nd Thursday of the month ~ Jan 13th at the REMAX offices, 400 S. Sepulveda, Suite 100, Manhattan Beach.

~ **Newport Beach • Educational • back at the NEW Oasis Senior Center** • Meets 2nd Thursday of month ~ Jan 13th at 801 Narcissus, Corona Del Mar.

~ **Palm Desert • Caregiver Only** • Meets 2nd Monday of the month 6:30 PM ~ Jan 10th at Portola Community Center, 45-480 Portola Avenue, Palm Desert

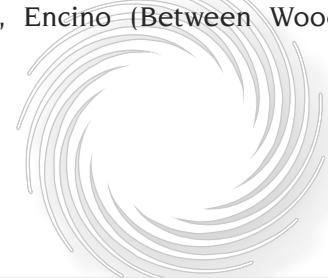
~ **Tarzana • Caregiver Only** • Meets 3rd Wednesday of the month ~ Jan 19th at the Providence Tarzana Outpatient Therapy Center, 5359 Balboa Blvd, Encino.

~ **West Los Angeles/Brentwood • Educational Only** • Meets 3rd Thursday of the month ~ Jan 20th at OPICA Adult Day Care Center, 11759 Missouri Avenue, West Los Angeles

~ **Palm Desert • Educational Only** • Meets 4th Monday of the month ~ Jan 24th at Portola Community Center, 45-480 Portola Avenue, Palm Desert

~ **Manhattan Beach • Educational Only** • Meets 4th Tuesday of the month ~ Jan 25th at the REMAX offices, 400 S. Sepulveda, Suite 100, Manhattan Beach.

~ **Encino • Educational Only** • Meets 4th Wednesday of the month ~ Jan 26th at Vintage Encino Hills, 16025 Ventura Boulevard, Encino (Between Woodley and Gaviota Avenues)



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 January 27th.** Please call 310-476-7030 or 877-775-4111 (toll-free) for additional information.

DOING WELL BY DOING GOOD

2010 is a unique year in the history of estate taxes in this country.

Frankly, most financial advisors are stunned that the Bush Tax Cuts that eliminated estate taxes for this year, and this year only, haven't already been removed.

But... what with all the time spent on health reform bickering, and then the mid-term elections, politicians have been too busy to focus on this issue.

Therefore, for those of you in need of reducing your future estate taxes, 2010 is a golden opportunity to gift to individuals or worthy causes like PRO. Till Dec. 31st, the maximum gift tax rate is 35%. Next year, it will jump up to 55% unless the Bush Tax cuts are retained. Even if the

Bush Tax cuts are kept, there is much discussion currently in D.C. about limiting those cuts to the middle class. Individuals with high net worth may still find themselves facing higher rates.

Therefore, this is the year to gift and gift generously. In doing so, you eliminate the maybe or may not of political gamesmanship in Washington. We cannot know for certain about the future. What is clear is that, in 2010, the law says you can pay less in gift taxes than you have in the past and probably will be able to pay in the future. In addition, by gifting now, when values of many portfolios and other property is at record lows, you avoid the risk of future appreciation of your estate when our economy normalizes.

typically showing that when the bite is compromised (loss of height on posterior teeth) on laboratory animals on one side of their body, the other side contracts and becomes rigid, thus causing scoliosis.

WEAKNESS: Muscle weakness is present in early signs of Parkinson's disease. It has been demonstrated in multiple studies that the bite can have a profound effect on systemic muscle strength.

DEPRESSION/ANXIETY: There is extensive literature associating TMJ (Temporomandibular joint dysfunction) with depression. This is thought to be caused by multiple pathways including trigeminal nerve modulation of sensory input into the limbic brain, and pain neuropeptide modulation of brain neurotransmitters.

FATIGUE: Fatigue is a symptom that is frequently reported with jaw malalignment. Multiple dentists have reported a very high degree of success in reversing Chronic Fatigue symptoms with bite therapy (greater than 85%).

DIZZINESS/FAINTING: The trigeminal nerve is known to control blood flow to the brain through what is called the trigeminal-vascular complex. Excess trigeminal stimulation has been demonstrated to cause dizziness and fainting. A recent study has shown that inadequate molar support caused on average 40 % decrease in blood flow to the brain with clenching.

LOSS OF SMELL: Few medical personnel are aware that we have two noses: the olfactory and the trigeminal chemoreceptors. Research has shown that these two systems are interdependent. Hence, with trigeminal disturbance from bite dysfunction, it is easy to see how smell could be affected.

IMBALANCE: The vestibular system, which controls balance, receives input from a wide variety of sources. The trigeminal nerve, with its massive sensory component (28% of sensory cortex), is a major contributor to vestibular function. Hence, when trigeminal nerve tonicity is disturbed, it has the potential to cause imbalance. The vestibular system is known to communicate by substance P whose levels are disturbed with bad bites.

INSOMNIA: The trigeminal nerve tonicity level becomes elevated with cranio-mandibular dysfunction. The trigeminal nerve has a major influence on the reticular activating system in the brain stem, which controls the activation level of the brain. The trigeminal proprioceptors in the mesencephalic nucleus are known to modulate the pineal gland, hence effecting sleep/wake cycles. Also, trigeminal disturbance has a significant effect on serotonin levels, which effects sleep.

MASKED FACE: The trigeminal nerve is known to have the ability to modulate muscles of facial expression. This I have seen demonstrated numerous times clinically when chronic Bell's palsy symptoms resolve with jaw orthopedic therapy.

SCOLIOSIS: Scoliosis is known to occur more frequently with Parkinson's disease than with the general public. Scoliosis is also known to be caused by bite disturbance.

COGNITIVE DECLINE: Extensive research has shown that bite dysfunction leads to rapid decline in cognitive function.

Hence, if you are experiencing these symptoms, your probability of having a significant malalignment in your bite is increased even further.
Editor's Notes:

Coming to the symposium is an excellent place to get opinions from **multiple** experts in this field on the breakthroughs they've been having in Parkinson's.

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HOW WOULD YOU KNOW?

- How would you know if there was a cure to Parkinson's?
- What I am really asking is: Would you know the cure if you saw it? Or another way: how would you, the person with Parkinson's, know there was a cure?
 - Which of your symptoms would disappear?
 - Would all of your symptoms disappear?
 - Which of your symptoms are from Parkinson's?
 - Which of your symptoms are from something else?
 - Would you feel better immediately or would feeling better take a while?
 - Would it matter how advanced you are?
- What would a cure feel like?
- How much would it be worth to you to have a cure?
- Would your doctor have to validate that **it is** a cure or would you try it anyway?
- Would the FDA have to approve this cure before you would accept that it was a cure?
- Should you have to pay to receive this cure or should you receive it simply because you have Parkinson's?
- If you are the PWP, what have you done toward finding a cure, other than perhaps writing a check?
- Do you have the ability or power within you to find the cure?
- If the cure is still not at our fingertips, who do you think is most likely to find the cure?
 - Your Doctor?
 - A Parkinson's Research Organization?
 - A Pharmaceutical Company?
 - A Bio-Tech Company?
 - A Research Scientist?
 - A person with Parkinson's?
 - Is there a difference between a "cure" and something that treats the symptoms of Parkinson's?
 - Other?

I'm trying to get the individual, the person with Parkinson's, or their caregiver(s) to ask: IF something I ate, or something I did, actually started to cure my Parkinson's(ism), would I recognize the signs even if the cure was not labeled as such by a doctor or the medical community in general? Or even if the cure was not well publicized? Or even if I was the only one who knew about it?

PRO'S ART OF GIVING

Benefiting Parkinson's Resource Organization
 Cocktail & Hors d'oeuvres Reception
 Saturday, December 11, 2010
 was a HUGE SUCCESS!

Thank You!

MELISSA MORGAN & STAFF

ADRIEN BALOGH

DIANE THOMPSON

AIMEE DE LA CRUZ

RICHARD SILVER

THE ORIGINAL LAS CASUELAS, FLO DELGADO & FRANK
 AND EVERYONE WHO ATTENDED AND DONATED

PAMELA DE LA CROCE JEWELRY

MISSY – ANTIQUE BOTTLES

JULIE CRESPI

JOHN OSTROM

KRIS GERASIMOS

PRESIDENT'S MESSAGE – cont. from page 1

To register you can:

- 1) Go online to <http://www.parkinsonsresource.org/events-and-meetings>
- 2) Use the Registration Form on page 7.
- 3) Call us at 760-773-5628 or toll free at 877-775-4111 and have your credit card information handy.

This is not about us! It's not about US vs. YOU, or one organization vs. another or even one health profession vs. another. This is about **ULTIMATE QUALITY OF LIFE** in the Parkinson's world. Folks, I cannot do any better than this; at least for now. And because I cannot do better than this for now, come help me celebrate 20 years of giving it my all at **THE GOLD WATCH** on Saturday night, the 15th.

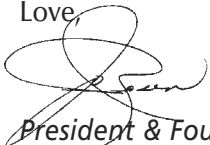
I miss **Doctor Charles (Charlie) Markham**, former Dean of Neurology at UCLA, whom I've written about over the years. I was hoping he would be at the symposium to give the "opening remarks," because he certainly was my mentor and inspiration in starting PRO, but he passed away peacefully in his sleep early in December. We express our deepest condolences to his family.

We forgot to let you know that PRO moved our physical offices, back to our old address, if you can believe that. We're in a different suite (#104), but we're back at 74-090 El Paseo, Palm Desert, CA 92260. Please continue using the mailing address on the newsletter and the enclosed envelope. What a treat. And, while we are no longer working with Leather Plus to receive 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.

There will be no **NEWSWORTHY NOTES** for February. From this day forward 100% of our efforts will go into the symposium and 20th Year Gala, then, elation and exhaustion as we will have known that we unveiled to the Parkinson's world an opportunity for everyone to have **THE ULTIMATE QUALITY OF LIFE** and hopefully, I'll have **THE GOLD WATCH**.

Until next time, **HAPPY EVERYTHING, CELEBRATE YOU and PRAY FOR OUR TROOPS!**

Love,



President & Founder

JAW MALALIGNMENT – cont. from page 3

If you go to PUBMED.com online, and search "chewing & brain function", 832 articles come up – demonstrating that extensive research has been done on how cognitive function of the brain declines rapidly when there is a bite problem. Anyone who would like to do a **one-on-one with a member of our team of experts**, or a visiting dentist, will be invited to make a special reservation for Sunday.

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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 =	\$ _____
or 12 Silver Ribbons =	\$ 50.00
(Shipping & Handling \$5.00 per order)	\$ _____
Total Silver Ribbons	\$ _____

Enclosed is my check payable to **Parkinson's Resource Organization**, or charge my credit card:

Visa MC Am Ex Discover for \$ _____.

Exact name on card _____ Account # _____

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SHIP TO: Name _____ Daytime phone (____) _____

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HELP US "STAMP" OUT FEAR & LONELINESS

Looking for the perfect way to honor your Parkinsonian? Or want to celebrate a special anniversary, birthday or any other event? Customize an actual postage stamp with a picture of your choice. Stamps are real. They are accepted by the US Post Office. They not only look great, but they provide a little funding for our many important programs. Remember, PRO is a non-profit, as in we have no profit, and all help will be enormously appreciated.



To order your stamps, go to our website, www.ParkinsonsResource.Org and click on the PhotoStamps icon.

YOU CAN HELP PRO SAVE

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.



ULTIMATE QUALITY OF LIFE and THE GOLD WATCH REGISTRATION

1) PATIENT PROTOCOL Meeting Friday, January 14th from 5:00 pm – 9:00 pm **(FOR DOCTORS ONLY)**

\$50.00 per person Number attending ____ = \$ _____
 Name _____
 Name _____

2) Prices through **January 4, 2011**

The ULTIMATE QUALITY OF LIFE Symposium

\$ 75.00 per person Number attending ____ = \$ _____

The 20th year Celebration THE GOLD WATCH *(include meal choice below)*

\$225.00 per person Number attending ____ = \$ _____

Discount for attending both events

\$275.00 per person Number attending ____ = \$ _____

Total \$ _____

PRICES INCREASE JANUARY 5 – Symposium \$100 per person; Gala \$250 per person. Attend both for \$325.

MEAL CHOICE B= BEEF, F= FISH, V=VEGETARIAN

Name _____	<input type="checkbox"/>	M	<input type="checkbox"/>	F	<input type="checkbox"/>	V
Name _____	<input type="checkbox"/>	M	<input type="checkbox"/>	F	<input type="checkbox"/>	V
Name _____	<input type="checkbox"/>	M	<input type="checkbox"/>	F	<input type="checkbox"/>	V
Name _____	<input type="checkbox"/>	M	<input type="checkbox"/>	F	<input type="checkbox"/>	V

3) Become a sponsor:

THE GOLD WATCH

- Gold Watch "Presenter" \$10,000
- The Jewels \$ 7,500
- The Gold Chain \$ 5,000
- The Watch Case \$ 3,500
- The Watch Stem \$ 2,500
- The Batteries \$ 1,500
- Just a General Watch \$ 1,000

ULTIMATE QUALITY OF LIFE

- The Diamond \$25,000 Taken
- The Emerald \$10,000
- The Ruby \$ 5,000
- The Sapphire \$ 3,500
- The Amethyst \$ 2,500
- The Topaz \$1,500

or

For room reservations at the Renaissance Esmeralda, go to <http://www.renaissanceesmeralda.com> or call 1-800-552-4386. For special rates *(limited rooms available)* mention the Parkinson's Resource Organization's events.

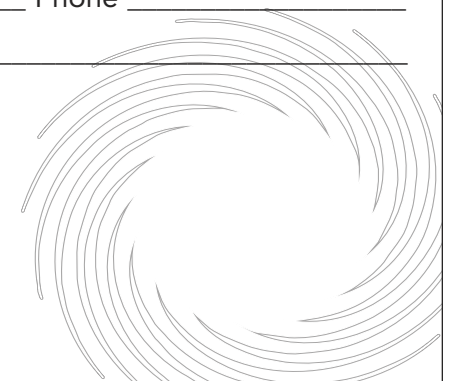
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The Parkinson's Resource Organization has its own US Postage Stamp, the very first charitable organization to do so. You can now show your support for PRO by using this stamp on all your mail! PRO has partnered with PhotoStamps.com to create the PRO 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.

Purchase PRO stamps 20 PRO/Photostamps per sheet	NEW 44¢ stamps
1 sheet.....	18.99*
2 – 9 sheets.....	17.99*
10 – 24 sheets.....	16.99*
25 – 99 sheets.....	15.99*
100 – 499 sheets.....	14.99*
500 + sheets.....	Call

* Prices subject to change.

Getting Personalized PhotoStamps for yourself or as a gift is really special. Go to www.parkinsonsresource.org and click the PhotoStamps icon on the home page.

I would like ___ copy(ies) of **Caregiving with Grace** at the cost of \$27.50 per copy for a total of \$_____.
 I would like ___ sheets of PRO stamps at \$_____ per sheet for a total of \$_____.

Enclosed is my check payable to **Parkinson's Resource Organization**, or charge my credit card:

Visa MasterCard Am Express Discover Card for \$ _____.

Exact name on card _____

Account # _____ Exp Date ____ / ____ CVS # _____

SHIP TO:

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TM/TMD BREAKTHROUGH
 PRO'S ULTIMATE QUALITY OF LIFE SYMPOSIUM
 January 15 & 16, 2011
 Indian Wells, California

We do not intend the PRO Newsletter as legal or medical advice, nor to endorse any product or service; we intend it to serve as an information guide.

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Working so no one is isolated because of Parkinson's
PARKINSON'S RESOURCE ORGANIZATION
 January 2011, Issue No. 222, published monthly

NEWSWORTHY NOTES

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