

# PARKINSON'S - DEMENTIA

*The following data sheet has been tabulated from books, research papers, articles and Internet postings. For more detailed information, contact us or research the pertinent material from the source list provided below.*

- Calcium can deposit in brain cells. Many researchers are investigating it as the cause for dementia, Alzheimer's and Parkinson's disease.
- Parkinson's Disease usually results in an imbalance of the sympathetic and parasympathetic systems of the autonomic nervous system. Parkinson's Disease usually leads to an over stimulated sympathetic system and an inhibited parasympathetic system. Calcium, magnesium, sodium, and potassium are involved in maintaining balance of the two systems. It is the job of magnesium to inhibit the sympathetic nervous system. Proper levels of magnesium can help regulate the imbalance between the sympathetic and parasympathetic systems in Parkinson's.
- Chemicals and toxic metals are associated with Parkinson's disease, especially mercury and aluminum. Mercury can be absorbed into the brain from dental fillings, from flue shots (which are preserved with mercury) or come from regularly eating fish contaminated with mercury.
- Evidence is mounting that deficient levels of magnesium contribute to the heavy metal deposition of the brain that precedes Parkinson's disease and many of the symptoms of Parkinson's can be overcome with high magnesium supplementation.
- Research has proven that in Alzheimer's and Parkinson's disease the brain neurons affected have significantly higher levels of aluminum than the normal neurons.
- Both Heart and brain are excitable tissues that give off electrical energy and both must have magnesium. Magnesium deficiency puts people at greater risk for many heart and brain functions including Parkinson's disease.
- Magnesium is deficient in people who have Alzheimer's disease or Parkinson's disease
- Parkinson patients have considerably lower magnesium levels within the area of the brain most damaged by Parkinson's disease.

**Sourced reference material:**

### Books

- *The Magnesium Miracle* by Carolyn Dean, M.D., N.D.
- *Transdermal Magnesium Therapy* by Mark Sircus, Ac., O.M.D.
- *The Magnesium Factor* by Mildred S. Seelig, M.D., MPH and Andrea Rosanoff, Ph.D

### Articles

- *Magnesium Chloride for Health & Rejuvenation* by Barbara Bourke & Walter Last
- *What's all the buzz about Magnesium Oil* by Chris Jennings
- *History of Magnesium Chloride* by Raul Vergini M.D.
- *New Approaches to Alzheimer's Disease*

### Many websites and web postings

-----

**Medical data (in these data sheets) is for informational purpose only.  
One should always consult a medical physician or specialist MD prior to using any nutrient or  
food supplement while on medication.**

**ZECHMAG Magnesium Chloride flake and oil is available from:  
SEASOURCE, 5378 Line 11, Cookstown, Ontario, L0L 1L0, Canada,  
Telephone: 705-458-4544 – Toll free: 866-458-4544  
e-mail: [info@zechmag.ca](mailto:info@zechmag.ca)**

**[www.zechmag.ca](http://www.zechmag.ca)**