

NEUROSCIENCE NUTRITION IN PARKINSON'S DISEASE

A PRESENTATION BY

STEVE BLAKE, ScD

Parkinson's disease involves a deficiency of the neurotransmitter dopamine. Symptoms can include tremor, rigidity, difficulty thinking, and slow movements. Diet can have an impact on our ability to make dopamine. Find out how to adjust diet to improve dopamine production. We will explore how to avoid the foods and toxins that may deplete the brain cells that make dopamine. We will learn about certain foods that help protect brain cells and slow degeneration. Since symptoms do not often show up before half of the dopamine-producing brain cells are gone, all of us can benefit from proactive risk reduction.



LECTURE DATES:

**7 P.M., TUESDAY, SEPT. 13, 2016
ALA WAI GOLF COURSE CLUBHOUSE**

**404 KAPAHULU AVE., HONOLULU
(0.2 MI. BEHIND THE WAIKIKI-KAPAHULU LIBRARY -
ACROSS FROM THE CHEVRON STATION)**

**MAUI: THURSDAY, SEPTEMBER 8, 7 P.M.
CAMERON CENTER, 95 MAHALANI STREET, WAILUKU**

**6-8 P.M., FRIDAY, SEPTEMBER 16
YOU'RE INVITED TO "FALL IN LOVE WITH FALL"
VEGAN DINE-OUT WITH STEVE BLAKE, ScD**

**COFFEELINE, ATHERTON YMCA, 1820 UNIVERSITY AVE, HONOLULU
PARK AT YMCA PAY LOT ON METCALF AVE., OR ON STREET (FREE AFTER 6 P.M.)**

VEGAN BUFFET MENU:

**MILD CURRY KABOCHA VEGGIE SOUP
MOCK BEEF (TOFU) AND BROCCOLI STIR FRY WITH GRAVY
HERB MASHED POTATOES**

**AUTUMN WALDORF SALAD WITH A VARIETY OF SEASONAL APPLES,
PUMPKIN SEEDS, & SUN-DRIED CRANBERRIES
"To LIVE FOR" DEcadent CHOCOLATE CAKE
MULLED APPLE CIDER**

MOSTLY ORGANIC, LOW SALT, SUGAR & OIL. FOOD SENSITIVITY NOTE: GF.

\$20, AGES 8-13 \$5, AGES 0-7 FREE, PAY CASH OR CHECK AT EVENT.

**To RSVP, CALL CHEF MADANA SUNDARI AT (808) 531-1929 BY 9/15.*
NOTE: ALL PROCEEDS GO TO MEAL PROVIDERS, NOT TO VSH. *RSVP REQUIRED.**

Steve Blake, ScD, is part of the clinical and research faculty at Hawaii Pacific Neuroscience, and is finishing a clinical study at Hawaii Alzheimer's Disease Center. He has presented grand rounds at John A. Burns School of Medicine at U.H. and at Boston University Medical Center. He has authored *Parkinson's Disease: Dietary Regulation of Dopamine, Vitamins and Minerals Demystified* (McGraw Hill), *A Nutritional Approach to Alzheimer's Disease*, *Alternative Remedies* (Mosby), co-authored *Mosby's Drug Guide for Nurses*, 4th edition, and created the *Diet Doctor* software to analyze dietary nutrients. He earned his ScD from the International Center for NaturoBioHolistic Health and Medicine. He lives on an organic farm on Maui with his wife Catherine. www.DrSteveBlake.com.



Vegetarian Society of Hawaii

Join us!

For more info call (808) 944-VEGI (8344) or visit VSH.org.

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& Refreshments**