

Living with Parkinson's disease does not mean you need to adopt a special diet. It is very important to continue to eat well, and to keep a balanced diet.

This attitude allows:

- To obtain a good nutritional state;
- To keep or to attain a healthy weight;
- To maintain an optimal energy level;
- To maintain a sufficient muscular force;
- To reduce susceptibility to infections.

For these reasons, it goes without saying that a healthy and balanced nutrition is essential to the well-being of persons living with the disease, whether at an early or advanced stage. However, it is sometimes necessary to adjust the diet when certain complications related to Parkinson's disease appear, such as weight loss, constipation, poor drug absorption, swallowing problems or even osteoporosis. People living with these complications must speak with their doctor. Moreover, for persons interested in a personalized meal plan, they should not hesitate to consult with qualified specialists, such as nutritionists, speech therapists and occupational therapists. On this subject, please read our Daily Living brochure, available upon request.

Another aspect linked with nutrition that is often set aside in the pleasure to eat. There are many ways to trigger appetite:

- Make your plates attractive – we start to eat with our eyes;
- Eat with good company;
- Season adequately your meals (herbs, spices, sauces, etc.);
- Eat more frequently, take smaller meals and complete with nutritional snacks;
- Favor nutritional and energetical foods by adding to your meal cream, butter, margarine, mayonnaise, honey, molasses or syrup, as necessary;
- If needed, take multivitamins and minerals, a meal substitute such as *Ensure*, *Carnation* instant breakfast, *Boost*, *Ressource*, *Nubasics*, whether in a pudding, drink or bar form.



Finally, a warning is needed. Certain industries or individuals promote their products (or diets) as beneficial on symptoms of Parkinson's disease. Testimonials of people having a highly favorable opinion about those products are often associated with these promotions. It can give the impression that purchasing these substances or miracle molecules may make all your health problems associated with the disease disappear. However, costs of these miracle substances are often very high. A study in the *Neurology* journal in 2015 showed that the placebo effect on persons living with Parkinson's disease is even higher when patients think the product they consumed is very pricey. **It is important to know that unfortunately, there is no miracle remedy, molecule or food to treat Parkinson's disease.**

Once this warning has been said, it is important to mention, in conclusion, that eating is necessary for our body, but is also one of life's pleasures. And it is not because a person is living with Parkinson's disease that it cannot savour good things! Bon appétit!



Sources :

Guide Info-Parkinson

France Parkinson – Conseils pratiques : <http://www.franceparkinson.fr/docs/se-nourrir.php?p=68&id=106>

Parkinson Belgique – Plaisirs de la table : <http://www.parkinsonasbl.be/collection-brochures/>

Placebo effect of medication cost in Parkinson disease – Neurology 2015