

About me

My name is Tom (pseudonym) and I come from Heidelberg/Germany.

Year of birth: 1971, weight: 75 kilos, height: 181 cm

My Facebook profile: [Tom Parkinson | Facebook](#)

I was diagnosed with Parkinson's in December 2020, confirmed again by Datscan in January 2021.

My symptoms, beginning/middle of 2021: Left

foot cramps after running about one kilometer, left hand reacts more slowly, occasionally I don't run very smoothly, neck/shoulder are often tense. Slight trembling when turning the left hand sideways.

Smell is not perfect but ok, no nightmares etc.

Due to the diagnosis in December 2020, I got severe depression and slept very badly.

I presented to three university hospitals (+ three neurologists) - each doctor/professor told me to take medication.

To this day I don't take any medication.

My goal is to get by without medication for as long as possible, because I believe that they cause a lot of side effects.

I am hopeful that there will be more treatments by 2025 that can stop Parkinson's and possibly even heal it.

It is therefore important to gain time and delay the disease for as long as possible without medication.

All over the world there is intensive research and discussion to combat Parkinson's. Artificial intelligence and quantum computers (THIS [CRISIS IS COMING IN 2025 \(Elon Musk\) - YouTube coming! First example for industrial applications in Germany. - YouTube](#)) ~~superior to the end of 2020~~ ~~is something more recent!~~ [The Super Quantum Computers](#)

The number of Parkinson's patients is increasing rapidly due to the aging of society, environmental toxins/antibiotics and possibly even Corona. And I suspect that number will continue to explode as new research discovers Parkinson's before it manifests itself with symptoms!

Unfortunately, there have been no significant new drugs in the last few decades.

From my point of view, there are currently some candidates who improve or delay the course of the disease without side effects:

Neurolith TPS, origin: Austria (has an approval for the treatment of Alzheimer's), I had 6 treatments (costs approx. 3,500 euros) from September 29th, 2021 to October 6th, 2021, refreshments as needed approx. 500 euros, preferably every 4th weeks. That's around 18 treatments a year = around 9,000 euros a year.

The health insurance companies do not yet pay for the treatments! On April 22, 2022, TPS was on the front page of the Bild newspaper! There are also more and more treatment centers (currently 50). The "TPS" therapy method will certainly establish itself worldwide.

[Treatment option for Alzheimer's dementia – Transcranial Pulse Stimulation \(TPS®\) \(tps-neuro.com\)](#)

[P 75 Long-term outcomes in Alzheimer's and Parkinson's disease after transcranial pulse stimulation \(TPS\) of the brain with focused extracorporeal shock waves \(ESW\) - ScienceDirect](#)



Symbyx Biome – PDCare Laser from Australia, I use it three times since 09/20/2021 the week. Here, too, I am sure that the PDCare Laser together with the brain stimulation (next section) will prevail.

<https://symbyxbiome.com/products/symbyx-pdcare-green>

<https://bmcneurol.biomedcentral.com/articles/10.1186/s12883-021-02248-y#Fig3>



Brain stimulation technology e.g. from (NeuroPBM) photobiomodulation device for the brain - I have been using this in "gamma mode" since 6.11.2021 a.

[Vielight Photobiomodulation Technology - Vielight Inc](#)



PS128 probiotic for the intestinal microbiome, I have been taking this twice a day since July 15th, 2021.

<https://parkinsonsnewstoday.com/2021/02/23/probiotic-ps128-bened-biomedical-shows-benefits-small-study/>

Stool transplantation/microbiome transfer: was carried out on November 12th, 2021, here I will the "stool" administered by a young healthy person - in the hope that this will improve affects me positively. The doctor said: "I shouldn't take any more gluten-containing food". I changed my diet accordingly. My gut microbiome has changed at the Follow-up examinations in early 2022 clearly improved! Unfortunately, almost all doctors refuse this Procedures related to Parkinson's. It is mainly used in "Clostridium difficile infection" applied.

[Fecal Microbiota Transplantation as a Potential Treatment for Parkinson's Disease - A Case Series - PubMed \(nih.gov\)](#)

[Fecal Microbiota Transplantation Therapy for Parkinson's Disease - PMC \(nih.gov\)](#)

Here are two clinics that carry out the microbiome transfer (not in Germany for Parkinson's possible).

[Fecal Microbiota Transplants | Taymount Clinic](#)

[Fekálna transplantácia | IPPM - Inštitút predictívnej a personalizovanej medicíny \(ippmclinic.com\)](#)

Dietary supplements (here just an excerpt)

Mucuna pruriens: I've been taking this since February 2nd, 2022 - but only one tablet a day.

[Mucuna vs Parkinson's | Treatment with natural levodopa \(mucunaparkinson.com\)](https://mucunaparkinson.com)

B1 thiamine - initially in a low dose - approx. 1,000 mg - target approx. 2,000

mg [HIGH-DOSE THIAMIN \(HDT\) THERAPY for Parkinson's - Official website for Dr. Antonio Costantini's HDT research \(highdosethiamine.org\)](https://highdosethiamine.org)

B3 niacin - low dose initially - approx. 100mg - target approx. 250mg Daily

[niacin improvement associated with improved QOL, slower progression of Parkinson's disease \(ajmc.com\)](https://ajmc.com)

Result until 06/04/2022

I don't want to keep the Parkinson's and will mobilize my energy to let it go away again.

My mood is good to very good and I haven't had any depression for several months and I'm sleeping well!

I can put my left hand in my trouser pocket better again, before that it was difficult.

I also no longer have severe tension in my neck/shoulder. The sense of smell has improved.

When I turn my hands outwards, I tremble a little more now.

The right hand was added, but it only shakes minimally.

My symptoms are barely progressing from the December 2020 diagnosis.

Nutrition:

I avoid industrial foods! (Movie "Food, INC. What do we really eat" or "Hope for all"), I avoid dairy products (Movie "The Milk System") and I avoid wheat products - I don't go to the bakery.

I also pay attention to an alkaline diet (diseases develop in an acidic environment), little meat and fish - in the direction of vegan, little alcohol, little sugar, little gluten and as basic a diet as possible.

I don't eat breakfast because I think it's good for the body if it doesn't eat for a long time. "Intermittent fasting 16:8" Depending on the blood count, additional dietary supplements after consultation with my naturopath.

Sports: [tps://parkinsonsnewstoday.com/2021/10/04/weekly-endurance-exercise-delay-](https://parkinsonsnewstoday.com/2021/10/04/weekly-endurance-exercise-delay-parkinson)

[parkinson](#) 1 x 2-3 hour bike ride in the forest Alternating at home: Yoga, Qi Gong, boxing with

VR glasses, rowing machine, kettlebell, weight training

other:

occasional alkaline bath, - many diseases arise in the over-acidified body.

Hair shampoo, shower gel, toothpaste, detergent, etc. products that are as natural as possible

What I still plan to do:

- **another microbiome** transfer - probably in autumn 2022

- **Nicotine** (I want to try nicotine patches for a month) [Does nicotine help with Parkinson's? | Knowledge & Environment | DW | 04/10/2019](#)

- **Ambroxol** (possibly test it for two weeks) [Ambroxol in Parkinson's? A doctor explains! - YouTube](#)

- **Fasting** about 2-3 weeks without eating and detoxifying can also be combined very well with a holiday.

- **Wim Hof** – breathing technique, cold bath (I was already in the cold chamber at -85 degrees :-)

A notice:

The links are partly in German, partly in English. These can be translated into any language on the browser.

[Change Chrome language and translate webpages - Computer - Google Chrome Help](#)