

About me



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

I chose the pseudonym - Tom, because I'm an entrepreneur and I don't want everyone to know.

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, early/mid 2021:

My left foot cramps after running about a kilometer, my left hand reacts more slowly, sometimes I don't walk very smoothly, my neck and shoulders 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.

I still 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 in the coming years 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](#) , the report is from the end of 2020! Here's something more up-to- date ! [The super quantum computers are coming! First example for industrial applications in Germany. - YouTube](#)) support research and contribute to acceleration!

In the last few decades, however, there have unfortunately been no significant new therapies from the pharmaceutical industry.

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 the number will continue to explode because new studies [will find researchers new biomarkers: New blood test to detect Parkinson's early - n-tv.de](#) , Parkinson's will be detected earlier, before it becomes noticeable through symptoms!

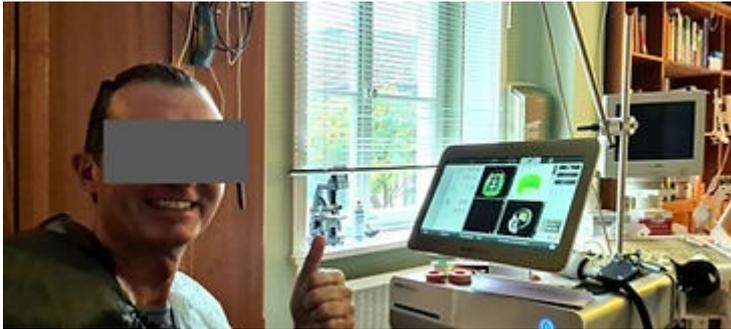
From my point of view , there are currently some candidates who improve or delay the course of the disease without side effects:

Neurolith TPS , origin: Switzerland (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. My private health insurance paid for almost everything! However, I think that they cannot assign it correctly and it is not normally paid for! On April 22, 2022, TPS was on the front page of the Bild newspaper! There are also more and more treatment centers worldwide (currently 53). The "TPS" therapy method will certainly continue to establish itself and put pressure on the pharmaceutical industry, since this therapy can save a lot of medication! This also applies to the PDCare in the next section.

[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 \(ESW\) -](#)

<https://www.sciencedirect.com/science/article/abs/pii/S1388245722001249> [ScienceDirect](https://www.sciencedirect.com/science/article/abs/pii/S1388245722001249)[http](https://www.sciencedirect.com/science/article/abs/pii/S1388245722001249)



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

<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 the company Vielight (Neuro Duo - Brain PBM) Photobiomodulation device for the brain - I have been using this in "gamma mode" since November 6th, 2021.

[Vielight](https://www.vielight.com/Photobiomodulation) <https://www.vielight.com/Photobiomodulation>

<https://www.vielight.com/Technology> - [Vielight](https://www.vielight.com/Vielight)

<https://www.vielight.com/Inc><https://www.vielight.com/>



PS128 probiotic for the intestinal microbiome , I have been taking this since July 15, 2021 (2 x Neurax biotic Spectrum per day - 1 euro/piece = 60 euros per month, is covered by my private health insurance)

nutritional supplements

Mucuna pruriens : I've been taking it here since February 2nd, 2022 - but only one tablet (60mg L- Dopa) a day.

increase the dosage until the symptoms worsen.

<https://mucunaparkinson.com/Mucuna><https://mucunaparkinson.com/>

<https://mucunaparkinson.com/VS> [https://mucunaparkinson.com/Parkinson's | Treatment with natural levodopa \(mucunaparkinson.com\)](https://mucunaparkinson.com/Parkinson's%20Treatment%20with%20natural%20levodopa)

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

[HIGH-DOSE THIAMINE \(HDT\) THERAPY for Parkinson's - Official Site for Dr. Antonio Costantini](https://highdosethiamine.org/Costantini) <https://highdosethiamine.org/s>
[HDT research \(highdosethiamine.org\)](https://highdosethiamine.org/)

B3 niacin - initially in a low dosage - approx. 125 mg - target approx. 250mg

[Daily Niacin Improvement Linked to Improved QOL, Slower Parkinson's Disease Progression \(ajmc.com\)](https://ajmc.com)

TRU Niagen 300mg - approx. 1.50 euros/piece (1,000mg were taken in the small study - I am currently only taking 300mg)

[Home - https://www.chromadex.com/ChromaDex](https://www.chromadex.com/ChromaDex)<https://www.chromadex.com/>

[Nicotinamide riboside](https://www.presettext.com/news/nicotinamid-ribosid-soll-bei-parkinson-helfen.html) <https://www.presettext.com/news/nicotinamid-ribosid-soll-bei-parkinson-helfen.html>
[is said to help with Parkinson's \(presettext.com\)](https://www.presettext.com/news/nicotinamid-ribosid-soll-bei-parkinson-helfen.html)

NADH Rapid Prof. George Birkmayer - 3 pieces/day (recommendation from Dr. Birkmayer : 6 pieces), approx. 1.00 Euro/piece

[CNM-Au8 improved brain energetic profile in Parkinson's patients \(parkinsonsnewstoday.com\)](https://parkinsonsnewstoday.com)

Q10 - 200 mg 3 times a week

[Coenzyme Q10 Supplementation in Orthostatic Hypotension and Multiple System Atrophy: A Report of 7 Cases - The American Journal](https://www.amjmed.com/article/S0002-9343(17)31097-5/fulltext)

[https://www.amjmed.com/article/S0002-9343\(17\)31097-5/fulltext](https://www.amjmed.com/article/S0002-9343(17)31097-5/fulltext) - [t0010of](https://www.amjmed.com/article/S0002-9343(17)31097-5/fulltext)

[https://www.amjmed.com/article/S0002-9343\(17\)31097-5/fulltext](https://www.amjmed.com/article/S0002-9343(17)31097-5/fulltext) - [t0010](https://www.amjmed.com/article/S0002-9343(17)31097-5/fulltext)[Medicine \(amjmed.com\)](https://www.amjmed.com)

Ceylon Cinnamon - 3 x 500 mg per week

[Report: Ceylon Cinnamon Relieves](https://healthunlocked.com/cure-parkinsons/posts/145447777/report-ceylon-cinnamon-relieves-parkinsons-motor-impairment.-) <https://healthunlocked.com/cure-parkinsons/posts/145447777/report-ceylon-cinnamon-relieves-parkinsons-motor-impairment.->

[evidence-suggests-remedy-of-underlying-disease](https://healthunlocked.com/cure-parkinsons/posts/145447777/report-ceylon-cinnamon-relieves-parkinsons-motor-impairment.-evidence-suggests-remedy-of-underlying-disease...) **Parkinson's** <https://healthunlocked.com/cure-parkinsons/posts/145447777/report-ceylon-cinnamon-relieves-parkinsons-motor-impairment.-evidence-suggests-remedy-of-underlying-disease...> - **Cure Parkinson's (healthunlocked.com)**

Ling Zhi / Reishi (mushroom) - 3 x 300mg daily (Hawlik medicinal mushrooms, 0.35 euros/piece)

Effects of <https://www.centerwatch.com/clinical-trials/listings/222535/effects-of-lingzhi-on-disease-progression-in-patients-with-untreated-early-parkinsons-disease/?q=early+parkinson%27s&query=early%20parkinson%27s&rnk=8> **Lingzhi** <https://www.centerwatch.com/clinical-trials/listings/222535/effects-of-lingzhi-on-disease-progression-in-patients-with-untreated-early-parkinsons-disease/?q=early+parkinson%27s&query=early%20parkinson%27s&rnk=8> **on disease progression in patients with untreated early Parkinson's disease | Listing of clinical research studies** <https://www.centerwatch.com/clinical-trials/listings/222535/effects-of-lingzhi-on-disease-progression-in-patients-with-untreated-early-parkinsons-disease/?q=early+parkinson%27s&query=early%20parkinson%27s&rnk=8> **Parkinson's** <https://www.centerwatch.com/clinical-trials/listings/222535/effects-of-lingzhi-on-disease-progression-in-patients-with-untreated-early-parkinsons-disease/?q=early+parkinson%27s&query=early%20parkinson%27s&rnk=8> **disease | Parkinson's disease |** <https://www.centerwatch.com/clinical-trials/listings/222535/effects-of-lingzhi-on-disease-progression-in-patients-with-untreated-early-parkinsons-disease/?q=early+parkinson%27s&query=early%20parkinson%27s&rnk=8> **parkinson's** <https://www.centerwatch.com/clinical-trials/listings/222535/effects-of-lingzhi-on-disease-progression-in-patients-with-untreated-early-parkinsons-disease/?q=early+parkinson%27s&query=early%20parkinson%27s&rnk=8> **(NCT03594656) (centerwatch.com)**

[LiveFresh - Cold-pressed juices & shots from superfood](#)

Result until 06/24/2022

the Parkinson's and will mobilize my energy to let it go away again.

My mood is now very good and I haven't had any depression for several months and I sleep very 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:

1 x 2-3 hours a week cycling in the forest

Alternating daily at home: Yoga, Qi Gong, rowing machine, kettlebell , dumbbell training

Boxing with VR glasses

[3-month boxing program relieves Parkinson's motor, non-motor symptoms \(parkinsonsnewstoday.com\)](https://parkinsonsnewstoday.com/2021/10/04/weekly-endurance-exercise-delay-parkinson)

<https://parkinsonsnewstoday.com/2021/10/04/weekly-endurance-exercise-delay-parkinson>

other:

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

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

What I still plan to do:

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

- **Fasting** - probably in February 2023, about 2-3 weeks of not eating and detoxifying, you can also combine it with a vacation.

- **Nicotine** (I want to try nicotine patches for a month)

<https://www.dw.com/de/hilft-nikotin-bei-parkinson/a-48273281>Does

<https://www.dw.com/de/hilft-nikotin-bei-parkinson/a-48273281>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](#)

- **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](#)