

Edward's Parkinson's Journal

Online Journal Updates

This document¹ is a continuation of *Edward's Journal*² found in Chapter 18 of the **God And Parkinson's**³ book. The author wrote extensively about his Parkinson's journey in chapter eighteen of the book. That journal writing ended on December 31, 2024, because the author decided to publish the book. This is a bonus supplement to the book's chapter eighteen that further details the author's Parkinson's journey, experiences, experiments, and healing after December 31,

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² This is a journal of the writer Edward G. Palmer as he continues documenting his healing journey with Parkinson's.

³ See <http://www.godandparkinsons.org>, where you will find five different versions of the book.

2024.

It is assumed that readers of this online journal (diary) have read Part 1, "A DIY Parkinson's Perspective," in the book or have the book on hand to follow if something doesn't make sense. Chapter eighteen, "Edward's Journal," in the book, ran from October 17 to December 31, 2024. Edward's online journal begins in January 2025.

Update: January 17, 2025

January 10: The holidays took their toll on my body, and I fell off my nutrient protocol 3A. I was consuming 36 nutraceutical pills a day. Besides a rather busy holiday schedule, I encountered a bout with the flu. I am still experiencing some remnants of sickness, such as a head cold, itchy eyes, and a runny nose. However, having failed to take any nutrients for the last ten days, I managed to consume my first dose of Phase Protocol 3A, consisting of 18 pills. I haven't been able to get the second dose of 18 nutrient pills in for the last 10 days.

I plan to continue with one dose for 2-3 weeks to re-acclimate my body to the increased nutrient

consumption.

January 16: I now have a list of 28 daily health habits on my iPhone Habbity app that I plan to eventually track. Of course, only about half of them are on today's daily regimen. Getting to my planned longevity Phase 5 Protocol will take at least six months. In the interim, I will implement my desired health habits as fast as possible, especially the nutraceuticals of my plan.

I still do not consume Protocol 3A twice every day. The primary cause is I get into a state of flow⁴, and I do not have an alarm set to remind me of the critical items on the Habbity app. That will be my next objective. Setting up iPhone alarms for essential health tasks such as nutraceuticals in the morning and the evening.

⁴ A state of flow is when you get into a project so intense mentally that time passes fast. Before you know it, you've gone through the day. I can quickly get into a state of flow where time passes by when I am writing, doing web design, or publishing work.

January 17: While I have missed my nutraceutical protocols many times over the last two weeks, I have worked on my health in many ways. In fact, I doubt if a day has existed in the previous 50 years where I have not done something to improve my health. While I have not felt like consuming 18-36 nutrient pills, I have still taken nutrients.

I have made it a point to get down 12 mg of Methylene Blue, 175 mg of Magnesium Glycinate, and 5 mg⁵ of Vitamin B12. I have also taken five additional nutrients due to their ease of consumption.

- 1) 5 mg of Iodine in liquid form.
- 2) 5 mg of Biotin in gummy form.
- 3) 1 teaspoon of Coconut Oil.
- 4) 80 mg of Mucuna Pruriens extract in gum form.
- 5) 2,000 mg of Mucuna Pruriens in gummy form.

I had previously disclosed items 1-4 in the

⁵ B12 is typically in 500 mcg capsules. I am currently taking ten times that amount, or 5 mg.

book's nutrient discussions and protocols. I stumbled upon 2,000 mg of Mucuna Pruriens gummies. I suspect I am interested in what it can do. This herb has the highest levodopa concentration for increasing the body's dopamine levels. Here is what I found on Amazon⁶.

⁶ https://www.amazon.com/Sugar-Free-Extract-Dopamine-Supplement-Motivation-Gluten-Free/dp/B0CJ9R6T6Q/ref=sxin_25_sbv_search_btf?content-id=amzn1.sym.7032aefd-3c59-4a1e-aaf4-8d3a944207a4%3Aamzn1.sym.7032aefd-3c59-4a1e-aaf4-8d3a944207a4&crd=3SAZ9U73FY9E0&cv_ct_cx=mucuna+pruriens+gummies&keywords=mucuna+pruriens+gummies&pd_rd_i=B0CJ9R6T6Q&pd_rd_r=3c4eb19a-4df3-43f8-bd3e-c416226e8c96&pd_rd_w=87oc4&pd_rd_wg=bvcMg&pf_rd_p=7032aefd-3c59-4a1e-aaf4-8d3a944207a4&pf_rd_r=PWJEMSA5CD98KX61MA0B&qid=1737149465&rdc=1&sbo=RZvfv%2F%2FHxDF%2BO5021pAnSA%3D%3D&srefix=mucuna+pruriens+gu%2Caps%2C227&sr=1-1-5190daf0-67e3-427c-bea6-c72c1df98776



These gummies are very tasty. So, Mucuna Pruriens is the herb with the most dopamine-increasing natural nutrients available. It is available in gum, gummy, and various capsule forms. Since I am attempting to consume many nutrients in pill form, gum, and gummies are a nice option for me to try.

At this time, I am experimenting with this herb. There is little doubt this herb helps with Parkinson's. However, I don't know what the optimum dosage is. Both the gummies and gum taste good.
