An Interview with Dr. Robert Frey

The following is an interview with my chiropractor of many years, Dr. Robert Frey. Through his knowledge of chiropractic and his talent in applying the concepts of Kinesiology, he has been instrumental in my road to better health. I have included this interview on my website because Dr. Frey has a viewpoint that might be helpful to PWPs and CPs as they try to understand more about PD and its effect on their lives. Health care professionals will find Dr. Frey's ideas about possible causes and treatments of PD to be thought provoking. Nothing in this interview should be interpreted as offering a cure. No approved medical claims are being made by Dr. Frey or me.

Please tell us about your background

I am Dr. Robert Frey and I have practiced Kinesiology in Westchester County New York and in New York City for almost 30 years.

My specialties are Chiropractic, nutrition, homeopathy and acupuncture. I hold a BA in psychology SUNY Buffalo and a Doctor of Chiropractic from Life University, Marietta, Georgia

When did you begin treating me?

You became my patient in 1997 about two years prior to your PD diagnosis.

What are the major shifts in my health that you've observed?

You've gone from deteriorating motor skills and liver and heart issues to improving motors skills, no liver chemistry problem and a "normal" heart examination.

From a Chiropractic/kinesiological viewpoint, what is Parkinsons Disease (PD)?

PD is a disease of oxidation; effectively an acceleration of the aging process in the specific areas of the brain which are responsible for dopamine neurotransmission The process of oxidation can be compared to a lighted sparkler (like on the 4th of July) which comes into contact with a living cell and burns it. The process of oxidation changes the DNA of the cell causing distortions in the cell's genetic functioning. With this damaged cellular function, toxic proteins are abnormally created by the oxidized brain cells, and Lewy bodies are formed. Since function follows form, if the form is distorted then so will be the function.

It is oxidative stress which overwhelms the body's ability to cope normally. The stress can come from toxic heavy metal and carbon pollutants which gain entrance into our bodies through eating, drinking and inhaling them. They can be transmitted in the womb from mother to baby in utero prior to birth, and can be generated by stressful situations, sun exposure, and even by excessive excercise.

One intrinsic pathway of toxicity is through the "leaky gut phenomenon" aka stool toxins leaching from the large intestine back into the body. In a healthy large intestine the fat soluble waste of the stool can leak back into the body at a rate of 7%. A healthy liver can handle this through the P450 cyfochrome pathway which converts these fat soluble toxins into water soluble toxins which are easily excreted as

urine . However, leaking at a rate over 7% challenges the liver function and over a period of time the liver loses its ability to convert fat toxins to water soluble toxins. Consequently toxins can't leave the body and as they circulates though the blood system, they cross over through the blood brain barrier and enter into the central nervous system where the toxins are stored as fat by brain cells.

When the body can't turn fat soluble toxins into water soluble toxins, they can't excrete without harming the body and the body will store the waste as fat The normal detox pathways include. exhalation, stool, urinating and sweating, however the toxins must be in the proper chemical state so they can be released without harming the body. Otherwise the toxins are reabsorbed and not excreted.

As fat soluble toxins pass through the blood/brain barrier into the brain, they can infiltrate the substantia nigra, the part of the brain where dopamine is created. Here, as the neurons become toxic, they abnormally form proteins called lewy bodies which build up and destroy dopamine metabolism. With these negative changes, nerve energy flow becomes disrupted which leads to major challenges in the synchronized movements of the locomotive system as well as an overall decrease in the life energy of the entire body. This disrupts the sophisticated movements of the fine motor skills; making writing, walking, talking and even tying a shoe lace increasingly difficult if not impossible.

What role does exercise play?

It is essential as it engages the body in action and reaction. It causes the eliminative processes of exhalation, urinating, sweating and stool elimination to work properly. The lymph system is stimulated by exercise and blood flow to the brain and all vital organs increases.

As exercise increases blood circulation to the system, the delivery system of valuable oxygen and antioxidants as nutrition is more available to the cells; in particular anaerobic training stimulates antioxidant activity. It resets the system and enables the body to perform more efficiently and effectively.

Could a pill cure PD?

Yes, this is possible if the pill does the following:

1. protects the body from oxidation by decreasing toxic loads in the system. This preserving of the mitochondrial cell function permits the cells to go about the business of making dopamine which would be beneficial to the health with anyone with a dopamine challenge.

2. stops the process of oxidation; it is not sufficient to just manufacture more dopa while oxidation continues unabated.

So what do you treat first?

Treat the large intestine first so its normal flora balance can prevent a leaky gut. Next, treat the liver for its effective detoxification efficiency is vital for the brain’s health. Once the large intestine and liver become healthy and are cooperating properly, we can prevent oxidative stress to the brain by

preserving its neurochemistry and enhancing normal immune responses of the brain to prevent further sources of toxic loads. These toxic loads suppress the immune systems creating subclinical infections. In turn, these infections use up nutrients and cause further oxidative stress.

The Chiropractic Kinesiologist looks for ways to monitor PD and does so by getting feedback from the brain through a series of muscle strength tests which can yield specific information of what nutrients are needed specifically for the patient's specific profile of oxidative/toxic challenges. A specific regiment of nutrients is then recommended to support the PD patient over time**.**

I got very sick with PD meds at first. Why was that?

As RX medications which treat PD symptoms are taken, the level of dopamine begins to increase. As this occurs an increase in dopamine function enhances the body's ability to find toxins and to detoxify them. If you find the toxins but can't chemically detoxify through the many pathways of excretion, your body could get acute or sub-acute toxic reactions from taking the medication thus making you sick. Your body at the time couldn't handle the toxins already in the body. My job was to nutritionally support the liver function. As it gradually improved so did your ability to take and absorb your PD meds.

Why is dementia often a long term symptom of PD?

As dopamine function decreases, its impact on other neurotransmitters creates various effects. The specific effect of decreased Acetylcholine function slows the speed of the brains function. The same toxic environment that increases the lewy bodies can also increase the brains production of Tau proteins and a myliod proteins which altogether lead to dementia and overall decreased central nerve system functioning.

Final thoughts

Knowledge is information but wisdom is to know when and how to use it. Kinesiological testing techniques can not only reveal valuable information about the body's functioning but can also indicate what is needed to remedy the situation.