

**Aunt Bean highly recommends
Dr. Laurie K. Mischley's Book
Natural Therapies for Parkinson's Disease**

And

**"Green Pharmacy" by James Duke PhD
This is the book that started the whole
journey with Fava Beans.
Thanks Dr. Duke!**

Please check out these websites:

NeuroTalk Community (parkinson's forum)

www.NeuroTalkPsychCentral.com
<http://Parkinson'sRecovery.com>

(Robert Rodgers' resources/my bean blog)

**TAKE CHARGE of your health..avoid sugar,
gluten and dairy.**

May God Bless

**NATURAL L. DOPA
SUPPLEMENTATION**

You can make in your own kitchen



**FROM
"BEAN ACRES"
a grassroots or "beanroots"
P.D. Research Farm
affiliated with the
N.E. Tennessee P.D. Support
Group
Johnson City, TN
www.nepd.com**

CONSULT YOUR DOCTOR BEFORE USING FAVA BEANS

Request your doctor do a G6pd blood test to check for favism (an inherited enzyme deficiency which can cause destruction of red blood cells).

DO NOT USE FAVAS IF:

You test positive for favism
or, if you take an MAOI drug...
it could possibly cause
a sudden raise in blood pressure

EXAMPLES of MAOI drugs:
Selegiline (Eldepryl, Carbox, Deprenyl, Zelepar)
Rasagiline (Azilect)
Isocaroxazid (Marplan)
Phenelzine (Nardil)
Tranlycypromine (Parnate)

When taking an MAOI drug....avoid eating
fermented foods such as
wine, aged cheeses, pickles, saurkraut
(and possibly fermented papaya)

GLUTEN - FREE BANANA BREAD

Grease a large bread pan or 12 count muffin pan and dust lightly with rice flour

Preheat oven to 350 degrees

BOWL #1 Mix together and set aside:

1 3/4 Cups Gluten-free flour mix

1 tsp xanthan gum

3/4 tsp baking soda

1/2 tsp baking powder

- 1/2 tsp sea salt / 1 1/2 teas. cinnamon

1/2 tsp ginger / few shakes cloves

BOWL #2 Cream together:

2/3 Cup Sugar or for healthier breads
(4 pkt Truvia, 3 TBS agave and 1/4 C stevia tea)

1 1/2 teas vanilla extract / 1/3rd C plain yogurt

Add 2 eggs and beat well with mixer

Add 1/2 Cup of mashed bananas...beat well.

(Opt. add 1/2 C chopped nuts or seeds /or raisins)

Quickly beat in bowl of dry ingredients and **QUICKLY** spoon into pan (it starts to raise immediately!)

Bake: Bread 50 to 60 minutes / muffins 21 minutes

Turn out of pan immediately & cool before slicing

Variations in place of bananas:

Try 1/2 Cup mashed pumpkin or sweet potato /
or 1 Cup of well drained grated zucchini squash

Gluten-Free Bean Flour Mix

This is made up in bulk and used to make recipes

Garfava Flour 3 Cups
Sorghum Flour 1 Cup
Tapioca Flour 4 Cups
Cornstarch 4 Cups
Xanthan Gum 3 Tbsp
Sea Salt 1 Tbsp
Egg Replacer 1 Tbsp
Unflavored Gelatin 3 envelopes
(- 1 TBS each)

8 pkts TruVia (or 3/4 Cup Sugar...not in Aunt Bean's)
Mix well together in a large bowl and put in a ziplock
or in a container with tight fitting lid in the refrigerator

BASIC GLUTEN- FREE BREAD RECIPE

Bowl #1 2 1/4 Cups "Gluten – Free Bean Flour Mix"
2 1/4 teaspoons dry yeast
(mix and set aside)

Bowl # 2 1 Egg plus 1 egg white, well beaten
3 TBS Butter
1/2 teaspoon organic apple cider vinegar
1 Cup Warm Water or Milk (any kind)

Grease and dust a large bread pan with rice flour.
Beat wet ingredients very well with a mixer,
then, slowly add dry ingredients beating very well.
Spoon into pan / Cover and let rise 60 minutes
Preheat oven to 400 degrees. Bake 50 to 60
covering with foil after the first 10 minutes of baking
to prevent over browning. (Can make 12 large muffins)
Variations: Add after mixing (chopped nuts / cinnamon)
(lemon peel / poppy seeds) or (raisins / cinnamon)

FAVA BEANS CONTAIN NATURAL L- DOPA

If you are already using synthetic L-dopa
the dosages of the meds will have to
be reduced accordingly.

EXAMPLES: Sinemet (carbidopa/levadopa)
and Stalevo

DO NOT STOP TAKING PARKINSON'S
DRUGS SUDDENLY....they have to be
reduced very slowly over time

This booklet is simply a few things that
"Aunt Bean" has compiled to help those
who are searching for a natural approach
to treat the symptoms of PD.

She is not a doctor, just a "grass roots
researcher that has been trying many ways of
fighting her own PD symptoms".

. GROWING FAVA BEANS

Favas are in the pea family and need a cool growing season . In Tennessee, we usually start Planting the first of March. Beans will start being ready to harvest the first part of June.

MAKING L - DOPA TINCTURE

The "tops" or "bud Clusters" will start to form approximately 6 weeks after planting. This is the part that "Aunt Bean" uses to make her tincture. She dries the bud cluster in a common dehydrator and places them in a glass jar covered with brandy, which extracts the natural l-dopa. Only use brandy. The brandy should just cover the plant material. This should be kept in a dark place for 3 to 4 weeks and shaken several times a day if possible. To strain:

Place a fine mesh tea strainer over another jar and press to get liquid out of plant material. Let this liquid set (tightly covered) overnight then siphon off without disturbing the sediment on the bottom of the jar with a turkey baster. Put this clear liquid into a dark bottle / label and keep in a dark place for long shelf life. The sediment can be left in the bottom of jar and used first.

"Aunt Bean" carries a small dropper bottle of tincture with her to use when symptoms arise during the day.

AUNT BEAN uses daily:

Capsules: cranberry, Hawthorne Berry,

CoQ10, Brain Essentials (for memory)

Turmeric, A & D vitamins, L-carnosine,

l-carnitine , B complex 100

A small amount of Rhodiola rosea

Essiac 4 herb tea

Liquid Calcium /Magnesium / Zinc & D3

Homemade fermented papaya

Small amount of Creatine powder

FRESH AIR and sunshine.....massage,

Stretching, music, dance, organic foods

(most of which is grown at Bean Acres)

L-DOPA FAVA SPROUT BALLS

Use sprouted bean **fava flour** for these

In a saucepan warm:

3/4 Cup liquid

(stevia tea or apple juice or whatever)

Add: 16 oz. jar Smuckers Natural Peanut Butter

(no need to stir the oil in jar, just add)

2 TBS of sorghum , honey , agave syrup,

maple syrup, or Black strap Molasses

1 Cup of finely ground pumpkin seeds (pepitas)

1 pkg of Knox unflavored gelatin

1/2 teas sea salt (or to taste)

Mix well and add 6 Cups of Fava Sprout Flour

Mix well and form one inch size balls.

Freeze in single layers with wax paper in between

This is a basic recipe (add whatever you like to suit your individual taste.) Eat as needed.

STEVIA TEA (rebaudiana bertonii)

A naturally sweet plant which will not raise blood sugar. Can be used in place of liquids in recipes that need sweetener. In a 16 oz jar, place 2 teaspoons dried stevia (powder or crushed leaves). Pour on boiling filtered water until jar is 3/4 full. Cover and steep until cool . Refrigerate and use as needed. Combines well with TruVia, Agave, Honey

FAVA BUD CLUSTER

Each stem will make one bud cluster at the top.



BUD CLUSTER

Remove leaves and stem before drying to make tincture

They will make many flowers (which can be tinctured separately and helps with panic attacks) The flowers, both opened and unopened do not have to be dried before tincturing them in brandy.

The leaves can be eaten fresh in salads or dried and used like parsley crushed and added to food.

It doesn't hurt the plant to pinch off the first few inches at the top of the stems, but causes them to become bushier and send out more stems at base, producing more bud clusters to harvest!

FAVA POD JUICE

If you grow your own favas, you have the opportunity to use fava pods. The outside pod has a greater content of l-dopa than the beans inside of them. When harvesting, take two containers along and put the beans with perfect green pods by themselves and wash them first. Shell out the beans inside (I separate these into green immature beans/ mature lighter beans) Steam the perfect pods slightly to blanch. Freeze them in ziplock bags until you harvest enough to juice. Bean pods have a lot of non-digestible fiber, but juicing removes this. Pod Juice can be frozen in ice cube trays and then dumped into a freezer bag for storage.

Pod juice can be dried making them into "Bean Blobs" or tiny chips.

For 800ml fava juice...add 1/2 teas. salt (or more) and 8 TBS ground flax seed. Stir. Let sit 10 min. to thicken the liquid. Stir again and drop by teaspoons onto parchment paper (which you've cut to size on your dehydrator trays. Dry at a low temperature for about 8 hrs. Rotate trays if needed and make sure they are completely moisture free. Store in ziplocks in the freezer. Use as needed.

IF YOU CANNOT GROW FAVAS SPROUT FAVA BEANS:

Simply measure into a large bowl
2 Cups of organic, sproutable fava beans
5 Cups of filtered water
Let them soak at room temperature 24 hours
Rinse them well and place beans in a colander and rinse 3 times a day (let drain into sink) for three days. Then peel off the outer skins and cut away any bad places. Rinse well in a bowl. Steam sprouted beans for 6 to 10 minutes until tender enough to eat and quick freeze on cookie sheets in the freezer then pour into ziplock bags. Steamed sprouts can be eaten as needed or used in recipes. One sprout = approx 2 mg l-dopa.

SPROUT FLOUR

Cool sprouts before using a food processor to grind into flour consistency. An easy, delicious recipe:

SPROUT FLOUR HUMUS

2 Cups Steamed, ground sprout flour
1/4 Cup tahini
3 cloves mashed garlic cloves
1/2 C lemon juice
and 1 Tbsp. oil pureed together in a food processor (add liquid if needed)
Enjoy on bread or corn chips.

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A Fava pod = 50mgs L-Dopa

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If recipe calls for milk, add powdered milk to the Stevia tea. When using the tea, leave the sediment in the jar (do not use herb sediment in recipe)