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# The Impact of a Wellness Program Consisting of Meditation and Dietary Education on the Symptoms of Parkinson's Disease: A Protocol

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### Recommended Citation

Cush, Kylee; Pascal, Maureen Romanow; Montanye, Genevieve; McCoy, Arden; Mallon, Jillian; and Hayward, Mason, "The Impact of a Wellness Program Consisting of Meditation and Dietary Education on the Symptoms of Parkinson's Disease: A Protocol" (2026). *Student Research Poster Presentations 2026*. 18.

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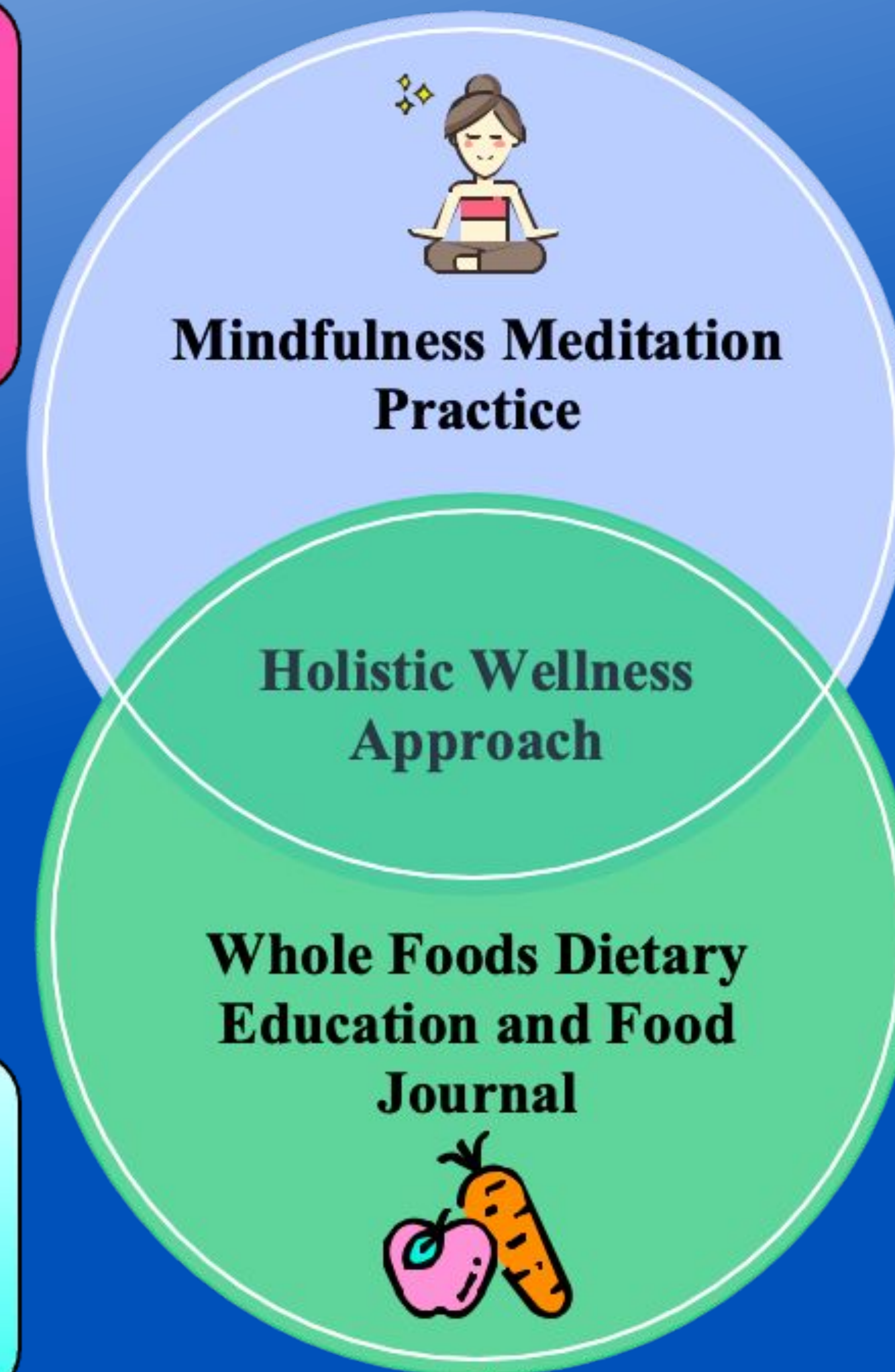
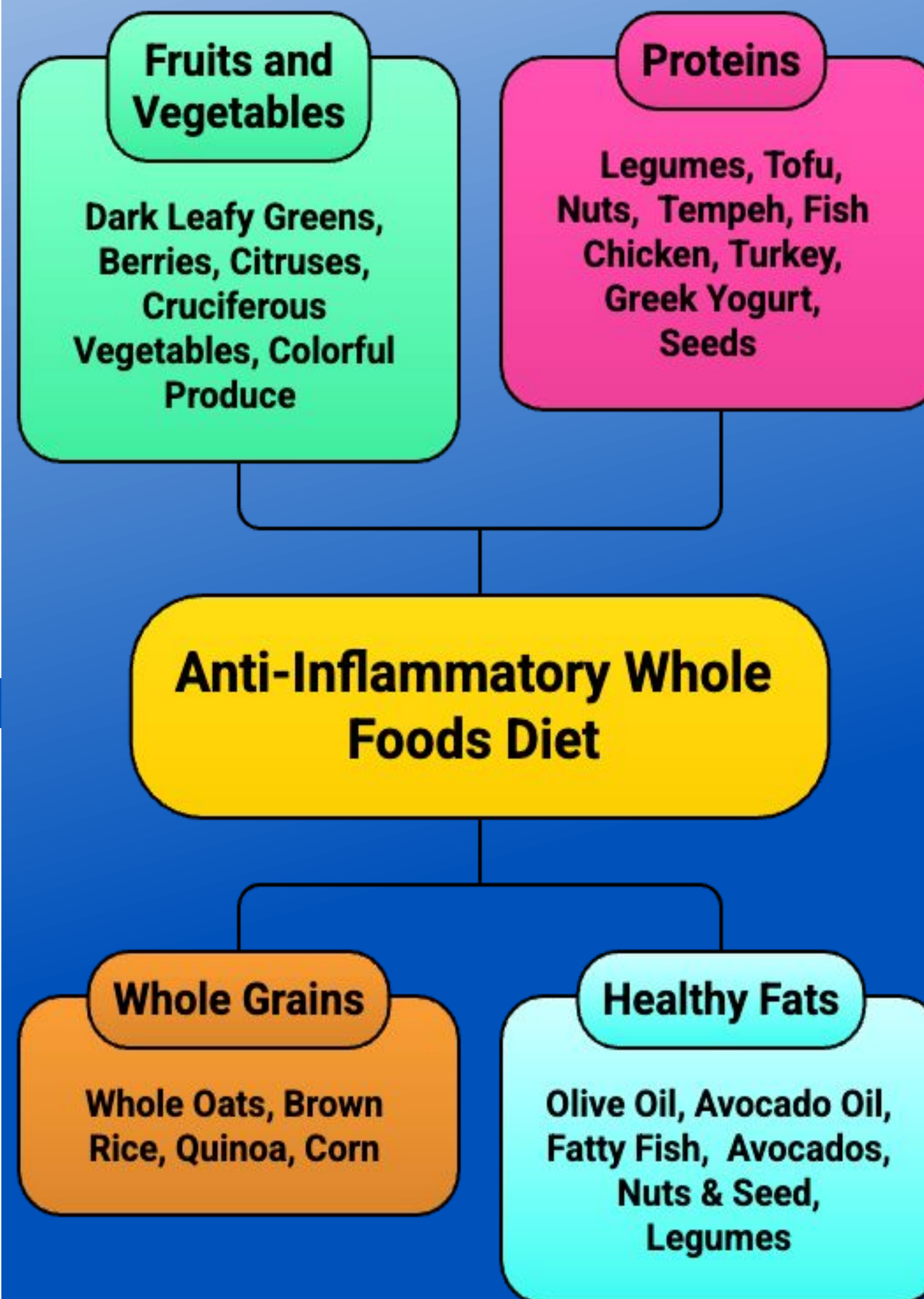
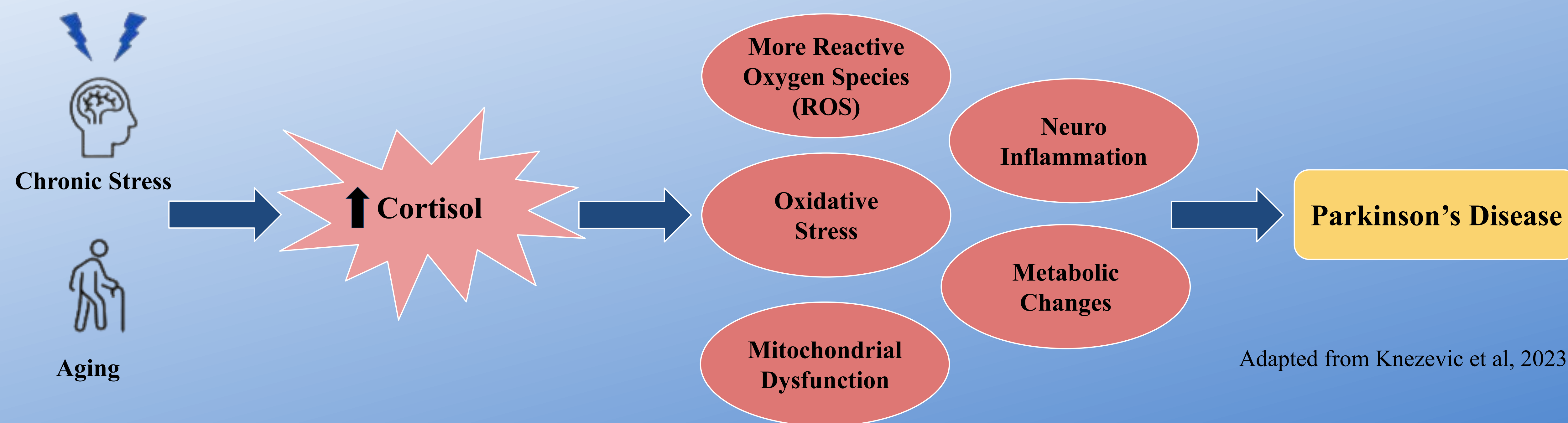
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## INTRODUCTION

- Approximately 90,000 individuals are diagnosed with Parkinson's Disease (PD) yearly
  - Motor and nonmotor symptoms of PD are progressive and often debilitating
- Chronic stress leads to reduced sensitivity to cortisol
  - Immune dysfunction
  - Anxiety & depression
  - Metabolic dysfunction
  - Cardiovascular disease
- Anti-Inflammatory/Whole foods Diet
  - Whole foods more consistently contain a greater concentration of essential micronutrients per serving
  - Free radicals are unstable and reactive molecules or atoms that have been found to contribute to the etiology of numerous chronic conditions
  - Antioxidants prevent tissue damage by preventing formation, scavenging, or promoting decomposition of free radicals



## Objective Measures

- Heart Rate and Blood Pressure
- Waist-to-hip ratio (WHR)
- Waist-to-height ratio (WHtR)
- Zeno Walkway
  - Gait Velocity
  - Step Length
- Parkinson's Anxiety Scale
- The Movement Disease Society sponsored revision of the Unified Parkinson's Disease Rating Scale

## Procedure

- Objective measures will be collected during week 0, 4, and 8
- Two groups:
  - Whole foods diet AND meditation
  - Whole foods diet
- Food Journal will be completed 3x/week
  - Both groups receive dietary education prior to starting food logs
  - Weekly check-ins with researchers to promote adherence
- Meditation occurs weekly in person or online utilizing the SmilingMind app
- All participants will be compensated with 4 total gift cards to the grocery store of their choosing to offset financial burden

## PURPOSE/ HYPOTHESIS

**Purpose:** The purpose of this study is to investigate the effects of adopting a whole-foods diet alone compared to adopting a whole-foods diet in tandem with weekly guided mindfulness meditation on individuals with PD.

**Hypothesis:** A wellness program, consisting of dietary changes, education, weekly food journals, and mindfulness meditation, will improve motor and non-motor symptoms of Parkinson's Disease when compared to diet education and changes alone