

Food, Hydration + Digestion Log

One entry per row. Use another copy as needed; discuss patterns before making a change.

Date	Bowel pattern	Fluids	Fiber / foods	Symptoms	Medication / meal timing

OBSERVATION OR QUESTION TO DISCUSS BEFORE I MAKE A CHANGE



EPISODE 3

The Gut-Brain Connection

CENTRAL MESSAGE

The gut and brain are in constant conversation. Digestion can affect comfort, nutrition, medication timing, energy, and daily function.

USE THIS SECTION TO

Track bowel patterns, hydration, food changes, bloating, appetite, weight, swallowing, and how medication response seems to relate to meals and digestion.

CLINICAL BOUNDARY

No diet, supplement, microbiome product, or eating pattern cures Parkinson's. Fiber, fluids, protein timing, and swallowing strategies must be individualized.

Before you begin

One concern I want to understand: _____

One outcome that matters to me: _____

REMEMBER

Track observations and bring patterns to your care team. Do not use this workbook to diagnose yourself or change treatment on your own.

My Gut-Brain Care Conversation

Turn digestive symptoms into focused questions and referrals.

Questions worth bringing to the care team

- ☐ What is appropriate for me to support bowel regularity?
- ☐ How should I change fiber or fluid intake given my health conditions?
- ☐ Could meals, digestion, or protein timing be affecting medication response?
- ☐ Should I see a registered dietitian, pharmacist, gastroenterology clinician, or SLP?
- ☐ Do my swallowing or weight changes need prompt evaluation?

SAFETY BOUNDARY

Discuss coughing during meals, food or pills sticking, wet / gurgly voice, unexplained weight loss, dehydration, or repeated chest infections promptly. Do not change textures or thicken liquids without individualized guidance.

The pattern I will bring:

The referral or next step:

When we will reassess:

Welcome

A conversation tool for people living with Parkinson's and their care partners.

WORKBOOK PROMISE

Good observations are more useful than perfect memory. Track what happens, notice timing, and bring the pattern to your care team.

How to use it

- 1 Choose one episode or concern at a time.
- 2 Use the matching worksheet or log for one to two weeks.
- 3 Record timing, symptoms, function, safety concerns, and barriers without judging yourself.
- 4 Bring one clear pattern and one clear question to the appropriate clinician.
- 5 Reassess after a clinician-guided change and record what happened.

SAFETY FIRST

This workbook is educational and does not replace medical care. Do not start, stop, or change medication timing, exercise intensity, diet, fluids, supplements, sleep treatments, speech practice, food textures, or swallowing exercises without guidance from a qualified clinician. Seek urgent help for sudden new neurologic symptoms, chest pain, severe shortness of breath, a serious fall or injury, inability to breathe or speak because of choking, or urgent risk of self-harm.