

## Beat Parkinson's Disease Naturally

[https://www.naturalnews.com/034287\\_Parkinsons\\_disease\\_natural\\_remedies.html](https://www.naturalnews.com/034287_Parkinsons_disease_natural_remedies.html)

Parkinson's disease is the second most common degenerative disorder of the central nervous system after Alzheimer's disease. It is estimated that 1% of individuals over the age of 65 are diagnosed with this disorder. Natural lifestyle interventions can prevent and reverse Parkinson's disease.

Parkinson's particularly affects a region of the basal ganglia called the substantia nigra. The basal ganglia are a group of brain structures that utilize dopamine as their primary neurotransmitter. Neuronal loss in these regions is associated with brain cell inflammation and the formation of cross-linked proteins called Lewy bodies in the remaining nerve cells. Lewy bodies are protein aggregates that form and block normal cellular activity.

The most common symptoms of Parkinson's include movement related disorders such as shaking, rigidity, difficulty walking and slowness of movement. As the disease progresses, it leads to cognitive and behavioral problems such as dementia, insomnia and irritability.

### Type II Diabetes Dramatically Increases Parkinson Disease Risk

Researchers in Finland have found that individuals with type II diabetes have an 83% greater risk of developing Parkinson's. Elevated blood sugar is known to link with protein structures in a process called glycation. This reaction of reducing sugars connecting to amino acids creates advanced glycolytic enzymes (AGE's). AGE's are especially dangerous and create massive amounts of free radicals.

AGE damage in the basal ganglia region is associated with Lewy body formation. These structures are created and aggregate in the basal ganglia due to excessive oxidative stress within the sensitive neuronal tissues. Oxidative stress in the brain is most commonly associated with blood sugar imbalances and environmental toxins (such as heavy metals and organic toxins like pesticides and herbicides).

British studies have linked users of conventional herbicide weed killers and pesticide fly killers to be almost twice as likely to form Parkinson's disease. Many of these products kill weeds and bugs by affecting protein chemistry within the organism. This seems to clearly have deleterious effects on humans as well. The greatest potential sources of exposure include crop spraying, weed killers, pesticides and insecticides used in the garden, and fly sprays and ant powders used in the home.

The key to preventing and reversing Parkinson's disease is to begin with an anti-inflammatory diet and lifestyle. This includes lots of clean water and phytonutrient rich raw and lightly cooked vegetables. Good fats such as avocados, olive oil, nuts/seeds and coconut products should be strongly encouraged. Healthy animal products such as grass-fed beef, bison, lamb, antelope, deer and free-range chicken, turkey and eggs are also good sources.

Sugar and food sources that metabolize into sugar such as grains and fruits should be used minimally. Anti-inflammatory herbs such as turmeric, ginger, cinnamon, garlic, and rosemary among others should be used at every possible chance.

High quality omega-3 fatty acids with astaxanthin are especially important for stabilizing neuronal cell membranes. Astaxanthin has very strong anti-oxidant effects that are especially good at protecting against lipid peroxidation, which damages cell membranes.

It is very important for individuals, who are suffering from Parkinson's or are susceptible to the disease, to boost intracellular glutathione levels. Glutathione (GSH) is a very special peptide molecule that provides the greatest anti-oxidant protection and recharges other anti-oxidants within the body. Non-denatured, grass-fed whey protein is the best natural food source for glutathione precursors such as cysteine and glutamic acid.

Glutathione helps the cells eliminate wastes from the intracellular environment and into the bloodstream. In order to prevent retoxification it is essential to use a binding agent such as activated charcoal. Activated charcoal has been shown to be extremely effective at binding and eliminating organic toxins from the system.

Sources For This Article Include:

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Dr David Jockers is a Maximized Living doctor and owns and operates Exodus Health Center in Kennesaw, Georgia where he specializes in functional nutrition, functional medicine and corrective chiropractic care to get to the underlying cause of major health problems.

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