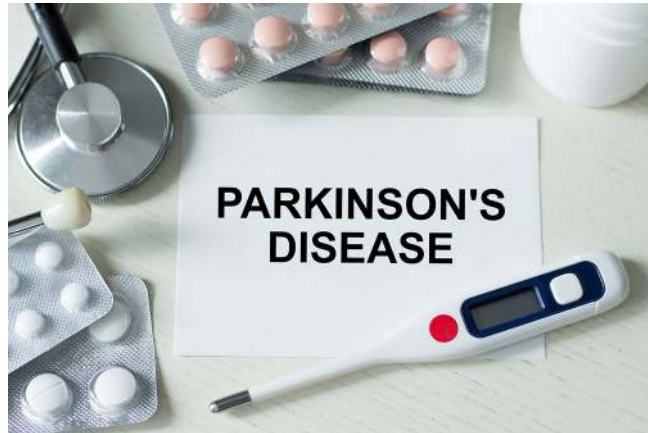


Parkinson's disease and Diabetes Strange Connection



An increasing number of studies link type 2 diabetes to Parkinson's disease.

One question remains unanswered: If you manage your type 2 diabetes, can you stop your Parkinson's disease from progressing?

A new study published in NPJ Parkinson's Disease answers this question.

The researchers consulted a database from the Korean National Health Insurance System that contained the records of more than 2.3 million people over 40. Some already had diabetes, while others developed it during the observation period.

They underwent regular health checkups between 2009 and 2012 and were observed until 2018 to see who would develop Parkinson's.

The severity of their diabetes was assessed according to whether they were using insulin, the number of drugs they were taking, and the duration of their disease.

They were also assumed to have more severe diabetes if they had chronic kidney disease, diabetic retinopathy, or cardiovascular disease.

Each of these six indicators was given a score of one if present, so each subject was given a diabetes severity score from zero to six.

The researchers compared subjects with no indicators of diabetes with those with one or more indicators, and this is what they found.

1. Those with one indicator were 9% more likely to have Parkinson's.
2. Two indicators increased their risk by 28%.
3. Three indicators increased the risk by 55%.
4. Four indicators increased the risk by 96%.
5. Five indicators increased the risk by 108%.
6. Six indicators increased the risk by 178%.

These findings make it perfectly clear: people with severe diabetes have a higher risk of developing Parkinson's disease than people with less severe diabetes.

These results lead to two very promising conclusions if you're suffering from Parkinson's:

First, it is quite easy to reverse type 2 diabetes naturally using the three simple steps explained here...

Second, this proves what I have been preaching for years: that Parkinson's disease is preventable, and more importantly, once you're diagnosed, you can halt it and even reverse it using the simple lifestyle changes explained here...