

"IS THERE A WAY TO HOLD OFF PARKINSON'S?"

My husband is 55 and has just been diagnosed with Parkinson's. It's still in its very early stages, but we would like to know if there's anything that can be done to slow down the development of the disease.

Dr Shamim Daya advises:

Parkinson's is a disease caused by degeneration of the basal ganglia of the brain due to reduced production of dopamine. The most common contributory factors in the development and progression of Parkinson's to be considered should include the presence of toxic metals, chemicals, radiation and/or pathogens, such as the presence of a virus, parasite, bacteria or fungus within the system. Any of these triggering factors will increase the levels of free radicals, which only further exacerbates the condition. It would help to look at, and avoid, all possible environmental sources of toxins as well as make positive lifestyle changes including an exercise programme to maximise elimination of toxins out of the body. It would also help to at least take essential fatty acids including omega-3 oils or Phospholipid Complex. If you wanted to start somewhere, I would recommend that you at least do a hair mineral analysis to investigate your mineral and toxic metal status.