

TRANSCRIPT OF MEDIA-New research shows Parkinson's could start in your gut

Omar Khokhar, MD, gastroenterologist at OSF HealthCare St. Joseph Medical Center in Bloomington, Illinois

There's a strong connection between damage to the lining of your gastrointestinal track and the impact of damage on the rest of the body.

"There's this whole theory about absorbing things we shouldn't be absorbing, leading to systemic inflammation, and in this case, with Parkinson's, is it neuro inflammation? Is it absorption of things you shouldn't be that quickly or eventually, over time, could potentially accumulate in the brain to cause Parkinson's?" (:22)

Gut health makes a big difference in overall health.

"If your gut lining is intact and strong, it will absorb what you should absorb for adequate nutrition, digestion and healthy living and not absorb what you shouldn't be absorbing." (:14)

In the future, providers might be able to prescribe a diet and/or specific pre or probiotics to address deficiencies, much like what's done today with vitamins.

"Once we can get to this point, where we can look at this is what you're eating and what you're eating is resulting in these different changes and levels of your specific microbiota, that's where it gets really, really groundbreaking." (:17)

Latest research emphasized it's time for everyone to start paying more attention to what they eat.

"I challenge everyone who eats a granola bar or who eats a bag of Doritos, or whatever the case may be, that if I can't tell you and the scientists can't tell you what are ingredients 6 through 22 are, should you really be putting that in our mouth or is there a trade off or is there a cost to that?" (:17)