

BROADCAST-New research: Parkinson's could start in your gut

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If you need more reasons to start eating better ... results of a new, large study suggest Parkinson's disease might not start in the brain, but rather in a person's gut.

RADIO PACKAGE or VO-Parkinson's and gut health :52 SOC

A study of more than 93-hundred people with damage to their upper gastrointestinal tract showed they had a 76% greater risk of developing Parkinson's disease nearly 15 years later. OSF HealthCare gastroenterologist Dr. Omar Khokhar says the latest study adds to the growing evidence that your gut health can impact brain 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)

The latest study shows a strong correlation but doesn't definitely link problems with the gut lining as a cause of Parkinson's, but Dr. Khokhar says results should be a reminder that what you eat today could have long-term impact.