# New Study Links Parkinson's to Abundance of Opportunistic Pathogens in the Gut

Parkinson's disease is a nervous system disorder that affects movement. As early as 2000, research has shown that Parkinson's disease originates in the gut. Many studies have proposed that pathogens from the gut travel to the brain via the nervous system.

> *One animal study last year, for example, produced the best evidence to date of this gut-brain connection, demonstrating how misfolded proteins can travel to the brain through the vagus nerve. Another from earlier this year showed how some species of gut bacteria could inhibit the accumulation of these proteins, while another highlighted how altered neurons that regulate the digestive system may play a role in the early stages of Parkinson's disease.*
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> *Parkinson's linked to overabundance of opportunistic gut pathogens*

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A new study done in 2017 by neurologists from the University of Alabama has shown that opportunistic pathogens take advantage of the body's weakened defenses, driving infection, in Parkinson's disease. Researchers used advanced DNA sequencing and computational tools to analyze data from previous studies as well as new independent data. Researchers looked at 520 cases of Parkinson's and 300 controls within the study.

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The best treatment and prevention for Parkinson's Disease is

having a healthy gut. To learn more about gut health and how to heal the gut, check out this article.