

What is Parkinson's Disease?

When the first symptoms of Parkinson's Disease (PD) appear, it surprises those who suffer from it and those who love them. It is painful and frustrating to struggle to lift objects and not move as easily as you once did.

Parkinson's Disease runs rampant in the United States. One study predicted that by the year 2030, 1,2 million people in the United States will have Parkinson's Disease.

With this staggering number, people continue to look for a cure.

Hydrogen infused water is one product which scientists are investigating. **10acity®** Hydrogen Infused 5.5 ppm Natural Spring Water will not cure Parkinson's Disease, but it can alleviate some of the symptoms and slow down the spread of Parkinson's Disease in the body.

Parkinson's Disease is a degenerative brain disorder. Cells in the area of the brain which control movement and produce dopamine die rapidly. The disease begins gradually but develops and worsens over time. The disease statistically begins affecting people at age 60, but it can begin earlier than that.

Parkinson's Disease can cause:

- Shaking
- Stiffness
- Slowed body movements
- Difficulty walking without support
- Balance issues
- Worsened coordination
- Speech changes
- Trouble eating

As a consequence of these changes, Parkinson's Disease can also lead to:

- Depression
- Anxiety
- Fatigue
- Behavioral changes
- Trouble sleeping
- Trouble remembering things

What Causes Parkinson's Disease?

Though the disease appears random, there are certain factors which increase a person's risk of developing Parkinson's Disease. Genetics, age, and gender (more men are affected than women) - all can increase the risk.

Many scientists also believe exposure to environmental factors such as chemicals, pollution, and high levels of oxidation in the cells of the body could contribute to increased risk of developing Parkinson's Disease.

How Hydrogen Water can Fight Parkinson's Disease

10acity® Hydrogen Infused 5.5 ppm Natural Spring Water contains added molecular hydrogen infused into natural spring water.

Hydrogen has been proven to act as an anti-oxidant and reduce inflammation on the cellular level.

Oxidative stress can further the progression of dying cells in the brain and cause the common symptoms of Parkinson's Disease to increase in intensity. Because hydrogen water can slow down and even stop oxidation, we can conclude it can also slow down the spread of Parkinson's Disease in the body.

One study supported this idea and found that hydrogen water could suppress brain injury by fighting off the effects of oxidative stress. The study discovered that hydrogen water can significantly decrease the amount of dopamine cells destroyed in the area of the brain affected by Parkinson's Disease.

Other studies have found evidence supporting the use of hydrogen to help those with Parkinson's disease. The Unified Parkinson's Disease Rating Scale (UPDRS) rates how serious a person's Parkinson's levels are by how they perform common tasks.

One study found that inhaling extra hydrogen lowered Parkinson's UPDRS scores.

Another study found that drinking **10acity®** Hydrogen Infused 5.5 ppm Natural Spring Water can improve anxiety and mood levels. An improved mood would help people combat the depression often associated with the onset of Parkinson's Disease.

More studies are being conducted with the hopes that they will also conclude that hydrogen water can improve Parkinson's Disease scores.

Though **10acity®** Hydrogen Infused 5.5 ppm Natural Spring Water may fight off oxidation in the cells throughout the brain and body, no studies prove the water cures the disease. Hydrogen water can slow things down, but more studies are needed to prove whether or not it will completely eradicate the cause or the effects of Parkinson's Disease.

Choose Hydrogen Water

We work hard to protect ourselves and those we love and make sure the elder members of our families receive the best care possible for their health needs. Parkinson's disease challenges these desires.

A person with Parkinson's Disease has to completely alter their lifestyle to accommodate the symptoms. This is not only frustrating but also discouraging. Drinking **10acity®** Hydrogen Infused 5.5 ppm Natural Spring Water on a daily basis will not cure Parkinson's Disease, but it will help fight off oxidative stress in the cells and allow the person affected to lead an easier and more comfortable life.

Choose **10acity®** Hydrogen Infused 5.5 ppm Natural Spring Water for yourself or for your loved ones and see for yourself how it can slow down the spread of Parkinson's Disease.

