



## PARKINSON'S DISEASE NEWS

<http://www.viartis.net/parkinsons.disease/news.htm>

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### MOLECULAR HYDROGEN WATER FOR PARKINSON'S DISEASE

Movement Disorders [2013] Feb 11 (A.Yoritaka, M.Takanashi, M.Hirayama, T.Nakahara, S.Ohta, N.Hattori, D.Weintraub, K.Papay, A.Siderowf)

Oxidative stress is involved in the progression of Parkinson's Disease. Recent studies have confirmed that molecular hydrogen (H<sub>2</sub>) functions as a highly effective antioxidant in cultured cells and animals.

Drinking molecular hydrogen dissolved water had reduced oxidative stress and improved Parkinson's Disease features in animals. A pilot study was carried out in people with Parkinson's Disease who were taking L-dopa. Each person drank either a litre a day of molecular hydrogen water or only water (without the molecular hydrogen). Symptom scores improved in those people who drank molecular hydrogen water and worsened in those people who only drank normal water. The drinking of molecular hydrogen water was found to be safe and well tolerated. It would therefore be an easy means of delaying or reducing symptoms. A larger clinical trial is intended.

<http://www.viartis.net/parkinsons.disease/news/130213.pdf>

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