

# Ketosis & Parkinson's Disease: Improving symptoms with a ketogenic diet



If you feel like you are hearing about more and more about Parkinson's Disease in the media lately, you shouldn't be surprised. Cases are being presented with more and more frequency, such that Parkinson's rate of incidence is now somewhere between 2% and 4% of the population over 60 in the US.

Of course, Parkinson's is impacted by many factors, such as genetics and environment, but at its core Parkinson's is an energy issue, characterized by the failure of mitochondrial activity in cells, the location where cellular energy is produced. This paves the way for the subject of today's discussion, and how a ketogenic diet may lead to symptomatic improvement in Parkinson's patients. Let's take a look at the latest science, presented in the journal *Neurology*.

This article originally appeared on Dr. Perlmutter's website.