

# Excess Iron Can Cause Parkinson's

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Eating a diet too high in iron puts you at an increased risk of developing Parkinson's disease, according to a study. People with the highest levels of iron were 1.7 more likely to develop the disease than those with the lowest iron intake. Further, people with high levels of both iron and manganese were almost two times as likely to develop Parkinson's.

Iron and manganese contribute to oxidative stress in the body, which may lead to a degeneration of brain cells that are affected by Parkinson's disease. Foods such as spinach, legumes, nuts and whole grains are rich in both iron and manganese, but researchers stress that the benefits of such foods outweigh the risks of developing Parkinson's disease.

[Neurology](#) June 10, 2003

## Dr. Mercola's Comments:

While iron is a necessary part of staying healthy, too much iron can be devastating. Aside from the excess iron that can result from iron supplements, iron overload, or hemochromatosis, is actually the most common inherited disease. You can find out all the technical details from reading my article on how to diagnose iron overload below. In hereditary hemochromatosis deposits of iron appear in practically every major organ, particularly the liver, pancreas and heart, resulting in complete and widespread organ failure.

Further, iron has been known to be associated with infection for 30 years. When excess iron is present, the body's normal antibacterial mechanisms become severely compromised. Excess iron can also create massive amounts of free radicals.

If you were to listen to traditional medicine the only solution for iron overload is to donate a pint of blood every two weeks. This is not a very effective solution and may require many years before it works as up to 50 therapeutic phlebotomies may be necessary.

Measuring iron levels is a very important part of optimizing your health, especially for men and postmenopausal women since excess iron is most common among these groups. However, simply measuring serum iron is a poor way to do this because frequently the serum iron will be normal. The most useful of the indirect measures of iron status in the body is through a measure of the serum ferritin level in conjunction with a total iron binding level.

If you find elevated serum ferritin levels, you do not have to perform therapeutic phlebotomies. A simple extract from rice bran called phytic acid, or IP6, can serve as a very effective form of iron chelation that is non-toxic, inexpensive and can be done without a prescription.

Tsuno Food & Rice Company of Wakayama, Japan is the only manufacturer of IP6 in the world; any brand you purchase would come from this company. Since it is all the same product, the least expensive brand is probably the best one to choose, and [Jarrow](#) seems to have the best prices.

Manganese is similar to iron in that it can be harmful at excessive levels. High amounts of manganese down regulates serotonin and dopamine and high levels of manganese are often found in learning disabled or violent individuals. Although it has the potential to create major problems, very little attention is paid to manganese toxicity by the medical community.

### **Related Articles:**

[How to Diagnose Iron Overload](#)

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[Iron Can Have Devastating Effects on Your Health](#)

[The Most Prevalent Inherited Disease - Hemochromatosis](#)

Reference website: <http://articles.mercola.com/sites/articles/archive/2003/07/26/excess-iron-part-two.aspx>