



## **Treatment with levodopa may put you at risk for a heart attack or stroke!**

A recent study concluded Levodopa is responsible for raised levels of homocysteine in people with Parkinson's. Normally elevated homocysteine levels can be caused by deficiencies in folate, vitamin B<sup>6</sup> and Vitamin B<sup>12</sup>. Homocysteine is a sulfur-containing amino acid that is a risk factor for heart disease and

strokes. High homocysteine levels have also been implicated as a risk factor for Alzheimer's disease, depression and cognitive deficits. This raises the possibility that supplementing your diet with high doses of folic acid and B 12 may be beneficial in preventing those high levels. It might be a good idea to check with your doctor.

**Researchers also speculate that riboflavin deficiency may be linked to the brain degeneration found in Parkinson's as well as eating excessive amounts of red meat.** After a diet containing little red meat and normalizing riboflavin levels with 30 mg of B<sup>2</sup> every eight hours for six months in addition to their usual medications, the average motor capacity of the 19 subjects increased from 44% to 71%.