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## NEWS YOU CAN USE

BY COMFORT KEEPERS®

### Manage Parkinson's with Stress Reduction

Parkinson's disease is the second most common neurodegenerative disease in the U.S. after Alzheimer's disease, and the number of people affected by Parkinson's is increasing as the population ages. Most individuals are diagnosed with the disease in their 60s. Its symptoms include tremors, balance problems, cognitive impairment, mood disorders, and more. There is no known cure for this degenerative disease, so disease management is essential for seniors with Parkinson's to maintain their quality of life. [Read more...](#)

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### Fast Facts

High levels of work-related stress are strongly associated with the development of Alzheimer's disease and other forms of dementia as well as cognitive decline in later life.

Older adults who reported that they felt very calm all or most of the time had significantly reduced rates of heart disease (27%) compared to those who felt calm only some or very little of the time (47%).

While pomegranate juice has been shown to slow the onset of Alzheimer's disease, a recent study has shown that the reverse is true for Parkinson's disease.

Pomegranate juice actually heightened the degeneration of neurons in patients with Parkinson's.

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