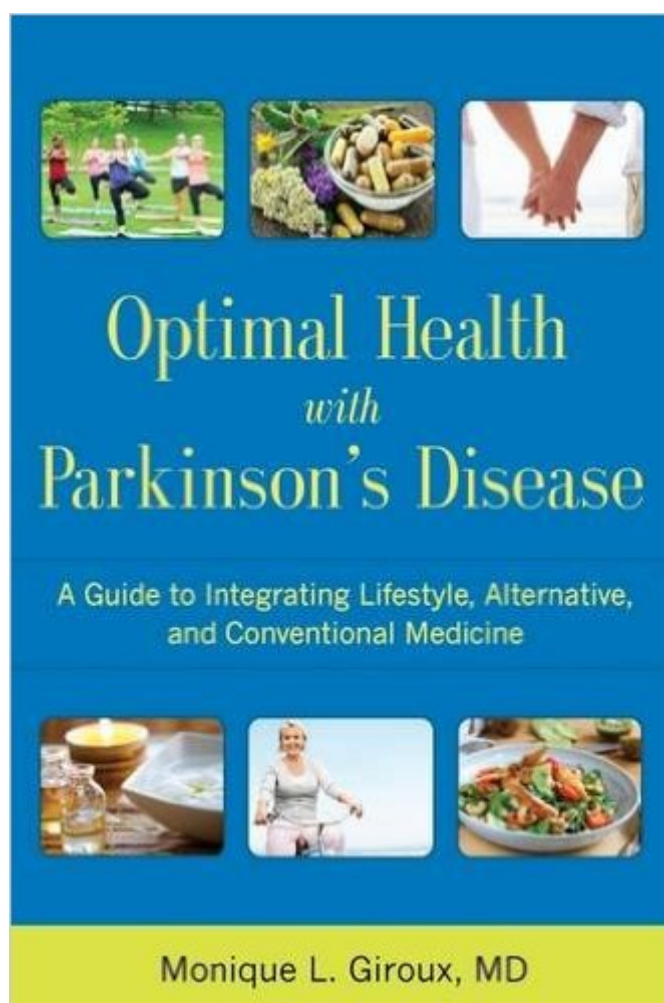


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# Optimal Health With Parkinson's Disease: A Guide To Integrating Lifestyle, Alternative, And Conventional Medicine



## Synopsis

Safely integrate complementary, alternative, and lifestyle medicine with conventional medicine in the treatment of Parkinson's disease. Adding complementary, alternative, and lifestyle therapies to a care plan can result in symptom relief and a higher quality of life without compromising conventional treatment. Written by a board-certified neurologist and expert in mind-body medicine, *Optimal Health with Parkinson's Disease* provides a thorough and up-to-date guide to help you: Learn the benefits of a holistic approach Find effective, low risk therapies for symptom relief such as tremor, muscle rigidity, depression, constipation, and insomnia Understand the pros and cons of popular diet and exercise approaches Determine which integrative therapies are best for you Personalize your treatment plan to help meet your goals

## Book Information

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## Customer Reviews

This comprehensive, unbiased book clearly is a must have for all people living with Parkinsons Disease and their families and even healthcare providers. (It would also be a good resource for anyone struggling with a chronic condition, disease, post injury, chronic symptoms, and also all healthcare professionals interested in giving patients Quality Of Life, in the midst of any challenge.) What makes it so unique is that the reader will come away with an understanding of what works well with "their" unique disease/condition. How many of you have been tempted to try something for a symptom, problem, or alleged cure, just from word of mouth and unfounded therapies, and "anacdotal evidence"? Did you try any of them? How much money did it cost, and most importantly,

are you "cured?" People struggling with life crises are vulnerable, and easily convinced that something has more magical powers than conventional and alternative medicine. This is your perfect resource for choosing your own route to health.

Great book. Learned a lot

nicely written

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