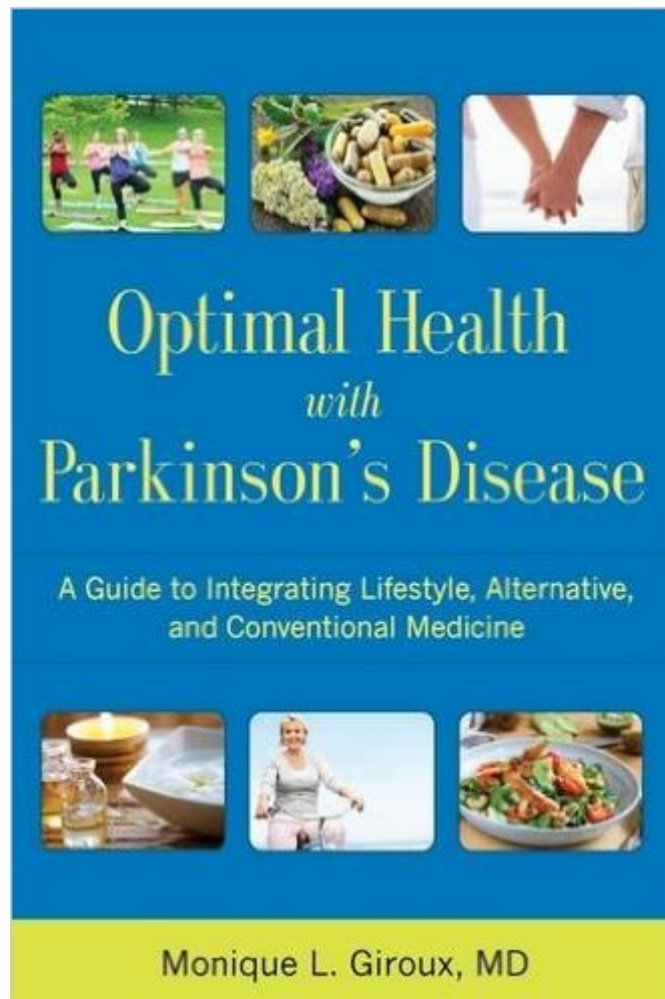# Optimal Health With Parkinson's Disease: A Guide To Integrating Lifestyle, Alternative, And Conventional Medicine

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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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #413,668 in Books (See Top 100 in Books)   #46 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease   #359 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System   #8195 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

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 crisies are vunerable, and easily convinced that something has more majical powers than conventional and alternative medicine. This is your perfect resource for choosing your own route to health.

Great book. Learned a lot

nicely wriiten

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker, Computer, Programming, Security & Encryption Jack and the Hungry Giant Eat Right With Myplate Echo User Guide: Newbie to Expert in 1 Hour! Information Architecture: For the Web and Beyond Keep Your Love On: Connection Communication And Boundaries The Smarter Screen: Surprising Ways to Influence and Improve Online Behavior The New Rules for Love, Sex, and Dating A Lifelong Love: How to Have Lasting Intimacy, Friendship, and Purpose in Your Marriage Beautiful Data: A History of Vision and Reason since 1945 (Experimental Futures) Garden City: Work, Rest, and the Art of Being Human. Fear and Faith: Finding the Peace Your Heart Craves To Heaven and Back: The Journey of a Roman Catholic Priest A Doctor's Tools (Community Helpers and Their Tools) Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Touching Heaven: A Cardiologist's Encounters with Death and Living Proof of an Afterlife Machines of Loving Grace: The Quest for Common Ground Between Humans and Robots Husband After God: Drawing Closer To God And Your Wife Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Learn Command Line and Batch Script Fast, Vol II: A course from the basics of Windows to the edge of networking