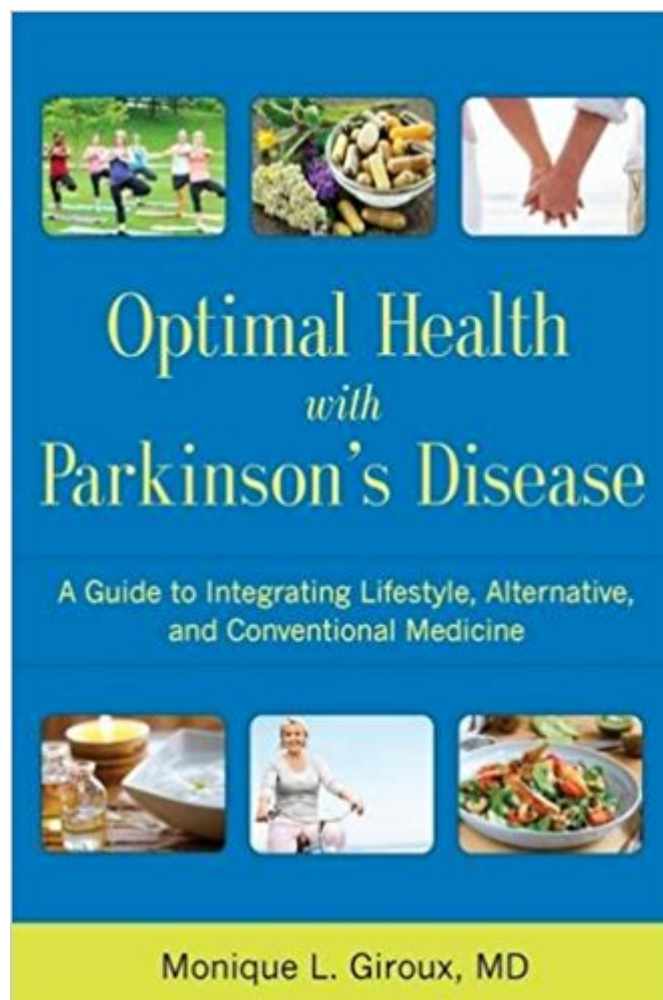




The book was found

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

Paperback: 320 pages

Publisher: Demos Health; 1 edition (November 11, 2015)

Language: English

ISBN-10: 193630385X

ISBN-13: 978-1936303854

Product Dimensions: 10 x 0.8 x 7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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

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

[Download to continue reading...](#)

Optimal Health with Parkinson's Disease: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine
Optimal Health with Multiple Sclerosis: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine
The Top 10 Lyme Disease Treatments: Defeat Lyme Disease with the Best of Conventional and Alternative Medicine
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice
Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2)
Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide) What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback))
Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine)
The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers)
The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease US Army Technical Manual, DESTRUCTION OF CONVENTIONAL AMMUNITION AND IMPROVED CONVENTIONAL MUNITIONS (ICM) TO PREVENT ENEMY USE, TM 43-0002-33, 1993
Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) The Arthritis Bible: A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases
The Medical Advisor: The Complete Guide to Alternative & Conventional Treatments The Medical Advisor: The Complete Guide to Alternative & Conventional Treatments : Home Edition
Women's Encyclopedia of Natural Medicine: Alternative Therapies and Integrative Medicine for Total Health and Wellness
Delay the Disease -Exercise and Parkinson's

Disease (Book) By David Zid - Delay the Disease: Exercise and Parkinson's Disease (Spiral Bound)
(3/16/07) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum
Infection, Gingivitis treatment, Tooth Decay)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)