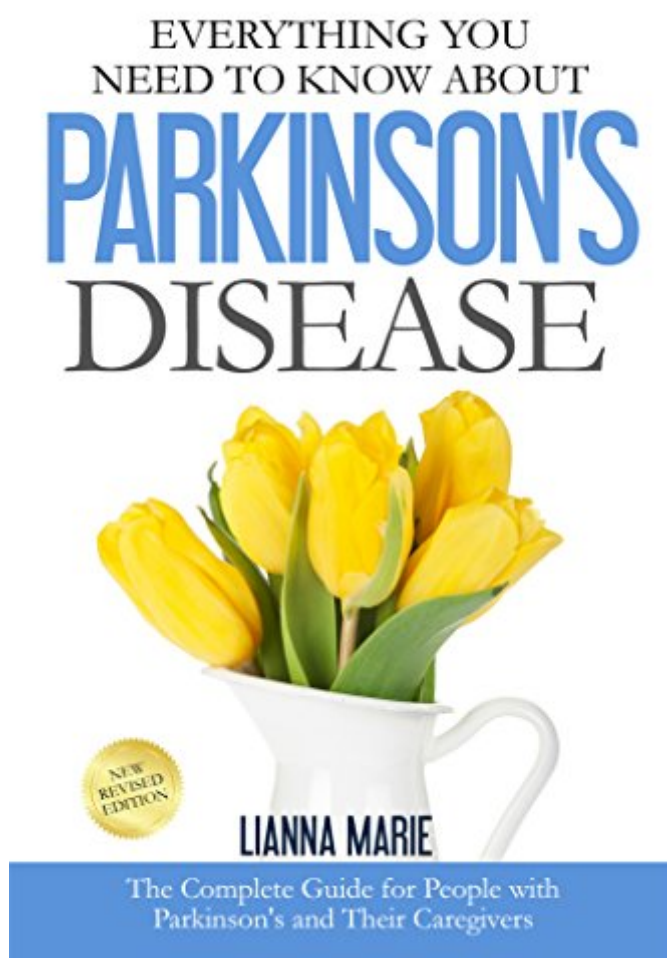


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# Everything You Need To Know About Parkinson's Disease



## Synopsis

Everything You Need to Know about Parkinson's - All in One Place! Written in plain, easy-to-understand language, this book teaches you everything you need to know to about Parkinson's Disease, without you guessing or searching endlessly for answers to your biggest questions. This book is the result of 25 years experience and research in living a life with Parkinson's Disease. It's chock-full of vital facts, helpful hints and critical information... all in one easy to read book. Here's some of what you're going to discover: Discover exactly what is Parkinson's Disease. What causes it? How fast does it progress? How to get correctly diagnosed in determining whether it's really Parkinson's disease. Is Parkinson's hereditary? Discover what the latest research shows about whether you should be concerned if your parent or close family ancestry had Parkinson's. 22 of the most common symptoms of Parkinson's Disease. Learn these symptoms so you won't be fooled by other 'look alikes'. What the latest research shows about the most effective ways to slow the progression of Parkinson's. The 5 Stages of Parkinson's and how to identify which stage you're at now. How Parkinson's can affect your life expectancy and whether people die from the disease. It's a lot less scary than you think! Why attending a Parkinson's support group meeting may NOT be the best move for someone who has just been diagnosed with the disease. This book isn't just for the newly diagnosed. Inside you'll learn: What you should know about Essential Tremor and how it's different from Parkinson's Disease. The role that age plays in getting Parkinson's and what you should know about Early Onset Parkinson's. Why anxiety and depression are common in Parkinson's patients and how to best alleviate these negative emotions. The relationship between Parkinson's and Alzheimer's Disease. The real cause of depression in Parkinson's patients whether it's caused by the disease or the side effects of the common medications. What you should know about stress and how this can negatively impact you. Learn 5 simple techniques you can use to alleviate stress and reduce these effects. What you should know about the common medications prescribed for Parkinson's patients and the common side effects and long-term effects of the drugs. Drugs you should avoid while on Parkinson's medication and those you should definitely tell your pharmacist about if you're using them. 12 Ways to reduce nausea, a common side effect of many Parkinson's Disease drugs. You'll find these tips too: 8 Techniques you can use in order to prevent "freezing". You'll learn a neat little trick discovered by accident that works very effectively. Learn how to know if you are getting the most out of your medicine. (How much "off" time is reasonable?) Common things you should avoid to help reduce your tremors. 11 Speech Therapy techniques you can use to improve your speech clarity. 18 Tips for making chewing and swallowing of food much easier (these will come in very handy!) 15 Tips for

helping you to get a better night's sleep. 7 Main alternative treatments for Parkinson's Disease you should know exist. What you should know about the foods you should eat more of and those you should avoid like the plague. What you should know about getting financial help from your government and other agencies Helpful gadgets for people with Parkinson's And much more... Scroll up and get your and get your copy now.

## **Book Information**

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## **Customer Reviews**

I'm living as Lianna lived, with a mother who has Parkinson's. Her ideas and tips are helpful especially when learning what the hell this disease is all about!

excellent book in easy understanding wording.....it is written without the clinical way of other books. his mom has the disease and he tells theall the problems surrounding it and some ways of dealing with it. I found it to be much easier reading then other ones, since I have recently beentold I also have this horrible disease.

Overnight this book helped me better understand what my Mom was going through and helped me calm her down during an "off" time. It made her symptoms more easy to understand.

This is good, practical information from someone who has lived with a Parkinson's patient. I recommend buying Book 2 to go along with this one - addressing the caregiver side of the equation.

My husband, who has Parkinson's, loves this book that presents very good information from first hand experience. Thanks for sharing this information.

This particular layout and style is appealing to me for readability. I am finding what I need to know.

This is a great starting point to begin researching Parkinson and it's many different forms. Thank you so much as we begin our journey.

I felt that I was misled by the title of this book. The information seemed confined to the traditional medical model of treating the disease. To its credit, the book did cover the basics of PD - types, diagnosis, prognosis, signs, symptoms, and medications. My expectation from the title was that newer non-standard treatments would also be discussed. There was a section titled "Alternative Treatments" which was just a few pages and very cursory. Currently there are other non-traditional approaches in which PD individuals are even reversing their symptoms. The author didn't mention these except for glutathione therapy which is promising. There were also some helpful suggestions in how to deal with specific symptoms of Parkinson's such as swallowing difficulties, constipation, and mobility. I will continue to research online as that content is free - newsletters, Youtube videos, websites devoted to alternative effective therapies, webinars, archived interviews, etc. This would serve as a basic guide about PD, but for that I felt it was overpriced at \$34. I have purchased other more helpful books about health that were less than \$20.

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