



Parkinsons Disease Top Tips to Optimize Function

By Geoffrey Leader

Denor Press. Paperback. Book Condition: New. Paperback. 188 pages. Dimensions: 9.5in. x 6.6in. x 0.6in. Parkinsons Disease Top Tips to Optimize Function The Top Tips offered in this user-friendly book, are distilled from the many years of successful clinical experience of the authors, directors of their pioneering Parkinsons Management Team, in London, UK. It is greatly comforting for people with Parkinsons to know that these really excellent tips can offer effective tools to optimize their function and wellbeing (abilities), at any stage This book is a MUST for people with Parkinsons, their Partners and Caregivers to confidently make informed choices within the constraints of the illness. The many positive tips include: The Specific Timing of taking L-dopa and other Drugs with Food Avoiding Drug-Nutrient and Inter-Nutrient Interactions Movement Recommendations include Unfreezing, Getting up, Balance, Dance, Movement Therapy, Feet, Hands, Circulation and many others! Understanding How Dopamine is made from Dietary Protein and other Nutrients Dopamine, Adrenaline and the Stress Connection Stress Management Regulation of Intestinal Function Sleep Improvement Energy Production Dental Health Weight Control Diet Stress Relief Reducing Free Radicals Avoiding Excito-toxins Food Hygiene, Kitchen Safety Intimacy, Pregnancy Having an Anaesthetic Travel Tips Partners and Caregivers Speech Recommendations Osteopathy, Physiotherapy Swallowing...



READ ONLINE
[6.94 MB]

Reviews

A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.

-- **Jarod Bartoletti**

It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.

-- **Hailey Jast Jr.**