



# Optimal Health With Parkinson's Disease: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicin

*Monique L. Giroux*

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; Safely integrate complementary, alternative, and lifestyle medicine with conventional medicine in the treatment of Parkinsonís disease.;

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; 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 Parkinsonís 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; ; ; ;

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