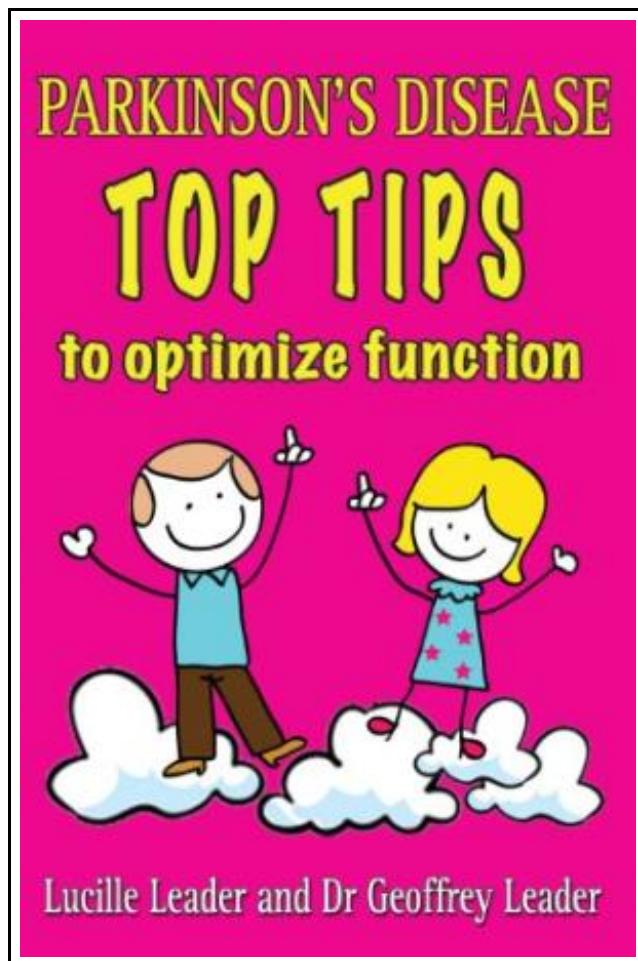


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Denor Press. Paperback. Book Condition: New. Paperback. 188 pages. Dimensions: 9.5in. x 6.6in. x 0.6in. Parkinsons Disease Top Tips to Optimize Function The Top Tips offered in this user-friendly book, are distilled from the many years of successful 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 and Chewing Problems Music Therapy Laboratory Tests Nutritional Supplements Simple, Delicious Recipes Helpful Contacts This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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