



Everything You Need To Know About Parkinson's Disease

By Lianna Marie



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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...

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Editorial Review

From the Back Cover

Everything You Need to Know about Parkinson's - All in One Place! An easy-to-read guide that answers the most important questions about Parkinson's, featuring chapters on: * Types of Parkinson's * Surgical and Alternative Treatment Options * How to Deal with Freezing and Other Mobility Issues * How to Manage Medication Side Effects * What Foods to Eat and Avoid * How to Cope with Anxiety and Depression * How to Manage Weight Loss * Helpful Exercises * Handy Parkinson's Gadgets * Caregiving * And More!

About the Author

Inspired by her mom who has lived with and battled the disease for 25 years, author Lianna Marie wrote her first book Everything You Need To know About Parkinson's and founded the website AllAboutParkinsons.com. To date, the website has had over one million visitors and the book has been sold in 47 countries worldwide.

Users Review

From reader reviews:

Robert Black:

This Everything You Need To Know About Parkinson's Disease book is not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is usually information inside this guide incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This particular Everything You Need To Know About Parkinson's Disease without we know teach the one who looking at it become critical in thinking and analyzing. Don't possibly be worry Everything You Need To Know About Parkinson's Disease can bring once you are and not make your tote space or bookshelves' turn out to be full because you can have it with your lovely laptop even telephone. This Everything You Need To Know About Parkinson's Disease having excellent arrangement in word and layout, so you will not really feel uninterested in reading.

Andrew Evans:

The experience that you get from Everything You Need To Know About Parkinson's Disease will be the more deep you rooting the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to know but Everything You Need To Know About Parkinson's Disease giving you thrill feeling of reading. The article author conveys their point in a number of way that can be understood through anyone who read the idea because the author of this publication is well-known enough. This kind of book also makes your personal vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this kind of Everything You Need To Know About Parkinson's Disease instantly.

Jose Gray:

Information is provisions for those to get better life, information these days can get by anyone on everywhere. The information can be a expertise or any news even a problem. What people must be consider whenever those information which is in the former life are difficult to be find than now's taking seriously which one would work to believe or which one the actual resource are convinced. If you have the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All of those possibilities will not happen throughout you if you take Everything You Need To Know About Parkinson's Disease as your daily resource information.

Josefina Roundtree:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a publication. The book Everything You Need To Know About Parkinson's Disease it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can more easily to read this book through your smart phone. The price is not too costly but this book offers high quality.

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