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# Everything You Need To Know About Parkinson's Disease

EVERYTHING YOU  
NEED TO KNOW ABOUT  
**PARKINSON'S**  
DISEASE



The Complete Guide for People with  
Parkinson's and Their Caregivers



## 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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Alzheimer's Disease

## **Customer Reviews**

This is a superior book for understanding Parkinson's Disease and everything that surrounds it. The disease progresses at different rates. My husband's took four years for him to going from seemingly well to almost becoming an invalid. He's scheduled to have the Deep Brain Stimulus procedure which hopefully will prevent so many of the "off" periods. The book explains the various medications with much clarity, which has proved to be most useful. I liked it so much that I purchased The Parkinson's Caregiver's Book by Lianna Marie and am now in the process of reading it (when there's time!). You will not regret purchasing this book if you or your family member has Parkinson's Disease. I highly recommend it!

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

This book is good for anyone who is going through this, or has a loved one with Parkinson's. It has easy to understand explanations and even helpful tips while going through this. Lianna has done a great job putting a lot of useful information into one book, and it's one that you'll want to reference often.

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!

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.

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

easy to read and well thought out

This book is a basic informative book regarding Parkinson's Disease which touch so many lives young and old. Knowledge is Power.

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