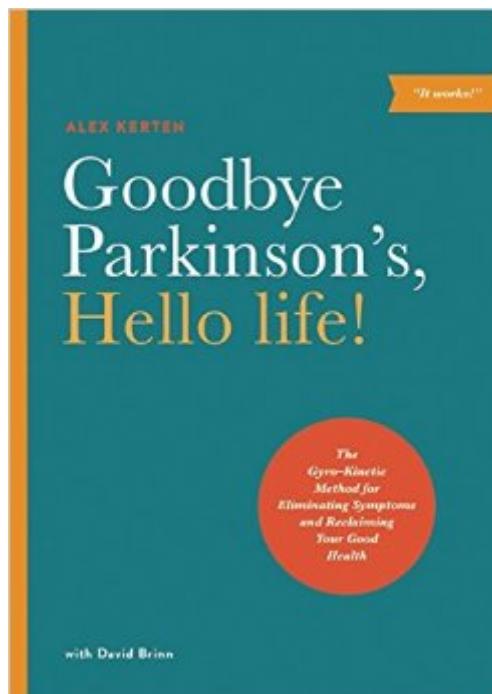


The book was found

# Goodbye Parkinson's, Hello Life!: The Gyro-Kinetic Method For Eliminating Symptoms And Reclaiming Your Good Health



## Synopsis

Parkinsonâ™s Disease, a disorder of the central nervous system, affects 1 million people in America and 10 million worldwide. In *Goodbye Parkinsonâ™s, Hello Life!* Alex Kerten presents his breakthrough holistic technique that combines dance therapy, behavior modification, and martial arts, to prove that there is life beyond the diagnosis of PD. *Goodbye Parkinsonâ™s, Hello life!* received "Recommended Reading" status by the Michael J. Fox Foundation and listings on the National Parkinson's Association social media sites. Those who follow Kerten's techniques and are committed to becoming âœParkinsonâ™s warriorsâ• can succeed in eliminating many, if not most, of their symptoms and return to a productive and fulfilling life. Instead of viewing themselves as Parkinson's victims, the methods in *Goodbye Parkinsonâ™s, Hello life!* will lead them to become healthy people with Parkinson's. Includes 20 easy- to Â-follow exercises.

## Book Information

Paperback: 230 pages

Publisher: Divine Arts (December 29, 2015)

Language: English

ISBN-10: 1611250447

ISBN-13: 978-1611250442

Product Dimensions: 5.8 x 0.7 x 8.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (42 customer reviews)

Best Sellers Rank: #33,548 in Books (See Top 100 in Books) #5 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #37 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #113 inÂ Books > Medical Books > Medicine > Internal Medicine > Neurology

## Customer Reviews

Approximately one million Americans live with Parkinson's disease, an amount more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease. It is estimated that every year 60, 000 Americans are diagnosed with Parkinson's which does not take into account the thousands of cases that are undetected. Worldwide there are probably 7 to 10 million people that have Parkinson's. Unfortunately, Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. However, help is on the way and within the past several years there have been tremendous

progress in understanding what causes PD and better treatments have been developed in helping patients to deal with it. One such approach has been devised by an Israeli, Alex Kerten who has developed the Gyro-Kinetic method that is based on the concept of movement, music, and rhythm. What differentiates this method from some of the other PD therapies is the unique blend of martial arts, structuring and healing movement. According to Kerten in his *Goodbye Parkinson's, Hello Life!*, which he co-authored with David Brinn, his method creates motion in the body, which stimulates simultaneously physiological, biological, and psychological reactions. As he states: "The unique combination of martial arts, movement arts, and the use of music is the distinguishing mark of the G-K method and reflects the multidisciplinary experience I've acquired during my years of training." Kerten has devoted many years researching PD and the information he presents in his book is based on these studies as well as the hundreds of individuals he has helped.

[Download to continue reading...](#)

Goodbye Parkinson's, Hello life!: The Gyro-Kinetic Method for Eliminating Symptoms and Reclaiming Your Good Health Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis Kinetic House-Tree-Person Drawings: K-H-T-P: An Interpretative Manual Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease The Book of Exercise and Yoga for Those with Parkinson's Disease: Using Movement and Meditation to Manage Symptoms The Looneyspoons Collection: Good Food, Good Health, Good Fun! Clean Gut: The Breakthrough Plan for Eliminating the Root Cause of Disease and Revolutionizing Your Health The Other Woman's Affair: Gambling Your Heart & Reclaiming Your Life When Your Partner is Married. IBS--Free at Last!: A Revolutionary, New Step-by-Step Method for Those Who Have Tried Everything. Control IBS Symptoms by Limiting FODMAPS Carbohydrates in Your Diet. Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life The Thyroid Cure: The Functional Mind-Body Approach to Reversing Your Autoimmune Condition and Reclaiming Your Health! Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2

diabetes symptoms) Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1) Home Remedies for Ulcers (ulcer, stomach ulcer, peptic ulcer, ulcer symptoms, stomach ulcer symptoms, ulcer treatment, mouth ulcer, mouth ulcers, cold sore, cold sore remedies, cold sores) The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten Time Management: The Ultimate Guide for Eliminating Procrastination, Organizing Your Day, and Achieving All of Your Goals

[Dmca](#)