

[Gretchen and Michael's] firsthand knowledge as patients, coupled with their years of experience as experts and advocates, allow them to offer a unique perspective. . . . Using the information provided by Gretchen and Michael in this book, you, too, can live well with Parkinson's disease."

—JOHN D. CAMPBELL, M.D., neurologist and medical director for PDSP,  
the Parkinson's Association of South West Florida

# LIVING WELL WITH

# Parkinson's Disease

**What Your Doctor  
Doesn't Tell You . . .  
That You Need to Know**

Essential information on:

- Finding the right doctor
- The latest treatment options and medications
- Alternative therapies and nutritional healing
- Overcoming daily challenges and maintaining a positive outlook
- Keeping family relationships healthy
- Navigating financial challenges and insurance

**GRETCHEN GARIE AND MICHAEL J. CHURCH,**  
cofounders of Mowers and Shakers  
**WITH WINIFRED CONKLING**

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# Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know

Gretchen Garie

an entire advisor to Parkinson's from individuals with the disorder who cofounded a countrywide aid and advocacy organization. In residing good with Parkinson's Disease, Gretchen Garie and Michael J. Church, a pair who either have Parkinson's and dwell day-by-day with the results of the Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know disease, completely speak about diagnosis, remedy options, and the emotional outcomes of this hard illness. With a conversational, pragmatic, and private tone, they provide recommendation on such issues as: how Parkinson's illness impacts relationships the position of diet, supplements, and relaxation and relaxation strategies for navigating expert existence and the maze of the Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know health-care system handling daily demanding situations reminiscent of buttoning a blouse or rolling over in bed and more! Compassionate and inspiring, dwelling good with Parkinson's ailment deals wisdom and knowledge from those that comprehend the demanding situations of facing Parkinson's each day.

I beloved this ebook I simply could not learn all of it the best way via simply because it truly is my brother that has Parkinson's ailment and that i concept i wished to grasp the main points yet I don't. For the person who must find out about Parkinson's it is a sturdy book.

## Living Well With Parkinson S Disease What Your Doctor Doesn T Tell You That You Need To Know

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