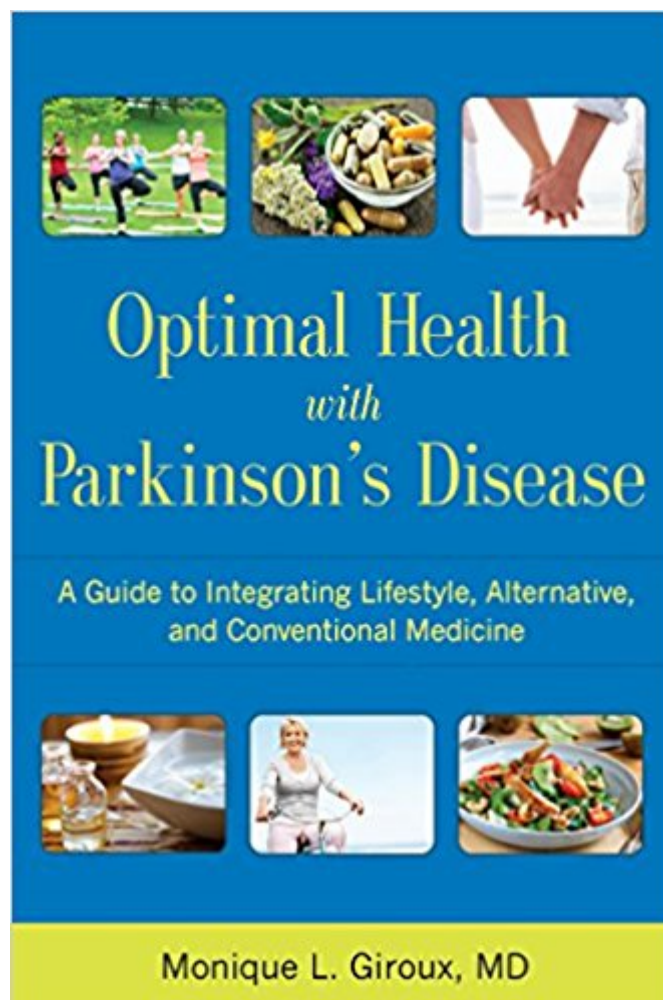




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# Optimal Health With Parkinson's Disease: A Guide To Integrating Lifestyle, Alternative, And Conventional Medicine



## Synopsis

For many with Parkinson's disease, adding complementary, alternative, and lifestyle therapies to a care plan can result in symptom relief and a higher quality of life without compromising conventional treatment. Written by a board-certified neurologist and expert in mind-body medicine, *Optimal Health with Parkinson's Disease* provides a thorough and up-to-date guide to a variety of therapies so that you and your health care team can make informed decisions to help you achieve optimal health. Learn the benefits of a holistic approach Find effective, low risk therapies for symptom relief such as tremor, muscle rigidity, depression, constipation, and insomnia Understand the pros and cons of popular diet and exercise approaches Determine which integrative therapies are best for you Personalize your treatment plan to help meet your goals Dr. Giroux shares her experience and insights after many years of listening to the challenges faced day-to-day by her patients with neurological disorders. She combines her conventional medical training with mindfulness practice and integrative medical philosophy to provide a unique healing approach that empowers patients for optimal living. This excellent guide fully explains the value of this integrative approach, even when one is dealing with complex, chronic disease. I recommend it as a must-have for anyone living with Parkinson's disease. Andrew Weil, MD, author of *Healthy Aging And 8 Weeks to Health* Navigating Parkinson's diagnosis, progression, and care is challenging. Dr. Monique Giroux provides a roadmap not only of the therapeutic options - medicinal and complementary - but also of the perspective that patients and their loved ones can use to live their best life with Parkinson's disease. Todd Sherer, CEO, The Michael J Fox Foundation for Parkinson's Research If you or someone you love has Parkinson's disease, this book will become an essential resource. Dr. Giroux uses her vast clinical experience and encouraging philosophy to guide you to evidence-based integrative approaches that can help you thrive. Victoria Maizes MD, Executive Director, University of Arizona Center for Integrative Medicine, Professor of Medicine, Family Medicine, and Public Health

## Book Information

Paperback: 320 pages

Publisher: Demos Health; 1 edition (November 11, 2015)

Language: English

ISBN-10: 193630385X

ISBN-13: 978-1936303854

Product Dimensions: 10 x 0.8 x 7 inches

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

Average Customer Review: 4.5 out of 5 stars 6 customer reviews

Best Sellers Rank: #336,049 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease #287 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #319 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine

## Customer Reviews

Monique L. Giroux, MD, is a practicing neurologist, author, and motivational speaker. She embraces a holistic approach to Parkinson's care including medical, surgical, rehabilitative, and integrative therapies, with a focus on treating the person not just the disease. Dr. Giroux's training is unique. She is fellowship-trained in both movement disorders and integrative medicine. Her informative blog, unique with its focus on self-care and holistic brain health, educates people internationally. She has experience and leadership in interdisciplinary care and extensive training in deep brain stimulation management, botox therapies, and mindfulness-based therapies. Her practice, Movement & Neuroperformance Center of Colorado, is located in Englewood and Fort Collins. [www.drgiroux.com](http://www.drgiroux.com)

This comprehensive, unbiased book clearly is a must have for all people living with Parkinson's Disease and their families and even healthcare providers. (It would also be a good resource for anyone struggling with a chronic condition, disease, post injury, chronic symptoms, and also all healthcare professionals interested in giving patients Quality Of Life, in the midst of any challenge.) What makes it so unique is that the reader will come away with an understanding of what works well with "their" unique disease/condition. How many of you have been tempted to try something for a symptom, problem, or alleged cure, just from word of mouth and unfounded therapies, and "anecdotal evidence"? Did you try any of them? How much money did it cost, and most importantly, are you "cured?" People struggling with life crises are vulnerable, and easily convinced that something has more magical powers than conventional and alternative medicine. This is your perfect resource for choosing your own route to health.

Not like the typical book about PD by a doctor. Looks at all treatments, including alternative/complementary therapies, and tells their effectiveness and problems. This has been the most helpful book I've read about PD

Excellent reference book, but disappointed that I'm unable to download the referenced checklists.

good reference

nicely written

Great book. Learned a lot

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Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2)  
A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families  
Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide)  
The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers)  
Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease  
Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's  
What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback))  
Blackwell Complementary and Alternative Medicine: Fast Facts for Medical Practice (Complimentary and Alternative Medicine)  
Alternative Medicine: Homeopathic Medicine, Herbal Medicine and Essential Oils for Total Health and Wellness  
Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine)  
US Army Technical Manual, DESTRUCTION OF CONVENTIONAL AMMUNITION AND IMPROVED CONVENTIONAL MUNITIONS (ICM) TO PREVENT ENEMY USE, TM 43-0002-33, 1993  
Take Charge of Parkinson's Disease: Dynamic Lifestyle Changes to Put YOU in the Driver's Seat (A DiaMedica Guide to Optimum Wellness)  
Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101)  
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