

## A PPSG Book Snapshot

### What Your Doctor May Not Tell You About PARKINSON'S DISEASE A Holistic Program for Optimal Wellness

2003 Jill Marjama-Lyons, M.D. and Mary J. Shomon, Warner Books, 414 pages, \$14.95

**From front cover:** "Gives you the information you need to take charge of your health and get the best care possible."—Marie Savard, M.D., author of *How to Save Your Own Life*

**From back cover:** A total guide for body, mind, and spirit - with cutting-edge alternative treatments such as intravenous glutathione therapy, herbs, and tai chi

More than one million people in the U.S. are living with Parkinson's disease--and 50,000 more are diagnosed each year. Now an experienced neurologist and medical director of the Parkinson Center at the University of Florida provides an empowering guide to a range of effective new treatments--including drugs, innovative surgical techniques, and groundbreaking alternative therapy—for optimal physical and spiritual health. Find out what your doctor may not tell you about:

- ?? Early symptoms of Parkinson's disease and the most common misdiagnosis of the disease in its first stages
- ?? The latest safe and effective alternative therapies, including intravenous glutathione, herbal treatments, traditional Chinese medicine, and more
- ?? The pros and cons of conventional treatments including L-dopa and surgery
- ?? Mind-body approaches including tai chi, yoga, and energy work
- ?? Dealing with persistent symptoms such as fatigue, depression, anxiety, muscle spasms, and balance problems
- ?? Special strategies for early-onset Parkinson's patients and caregivers
- ?? Detailed risk factors and a symptoms checklist to get that all-important early diagnosis
- ?? And much more

"This book fills a gap in Parkinson's literature."—Ruth Hagestuen, M.A., R.N., national program director, the National Parkinson Foundation

"Patients and physicians everywhere will truly benefit from learning the knowledge and concepts presented here."—Barbara Maddoux, R.N., D.O.M., holistic practitioner

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