



Optimal Health with Parkinson's Disease: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine

Monique L. Giroux MD

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Safely integrate complementary, alternative, and lifestyle medicine with conventional medicine in the treatment of 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 help you:

- 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

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