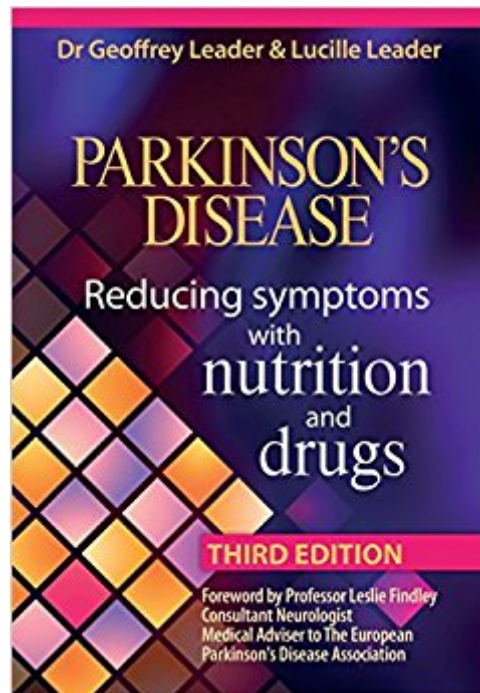




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Parkinson's Disease: Reducing Symptoms With Nutrition And Drugs



Synopsis

This groundbreaking book offers a powerful blending of nutritional and pharmaceutical benefits. In a user-friendly style, it aims to reduce distressing symptoms, improve general functional health and promote well-being in people with Parkinson's disease. It clearly explains the effects of nutrition and medication on brain and general metabolism, thereby empowering the reader to plan a more predictable and personalised management approach. The authors are recognized internationally as pioneers in the field of nutritional management of Parkinson's Disease and have received a Quality of Life in Parkinson's Award in the United States. This innovative book is aimed at all people affected by the disease, being suitable for Healthcare Professionals, Parkinson's Sufferers and Caregivers alike. It is also an easy-to-follow guide on this complex subject for students of medicine, nutrition and dietetics. This timely volume provides an easily accessible and scientifically referenced source of information on the diverse aspects of drugs and nutrition.

Professor Leslie Findley, Medical Advisor to The European Parkinson's Disease Association

To me, nutrition is now the most important method of managing my health. It forms the platform for drug therapy and other contributory factors to my well-being. To anyone with or touched by Parkinson's, I commend this book to you. It is an indispensable tool to help you to help yourself... Read on and reap the benefits!

Tom Isaacs, Co-Founder, The Cure Parkinson's Trust, UK

In timing the L-dopa as the book says, I feel much better!

V. R., PD Person, Southampton, UK

Above all you have given us hope, help and a means to manage this disease.

R. McNally, County Dublin, Ireland

The many topics presented in this book include:

- Interaction between L-dopa and food - best combinations for effectiveness & reducing dyskinesia
- Smoothing out the on-off period
- Individualising drug dosage and intervals between administrations with special monitoring charts
- Specific nutritional recommendations to improve bowel function, weight control and energy
- Biochemical tests to establish deficiencies/excesses at the cellular level
- Nutritional supplements and diet for cellular deficiencies or excesses demonstrated
- Cooking methods, diet, antioxidants and environmental awareness to reduce harmful free radicals
- Simple delicious recipes suitable for L-dopa users with family and friends
- Solutions for problems of chewing, swallowing and malabsorption
- Sexuality and Sleep - practical and nutritional considerations
- Stress management and the dopamine connection - practical and nutritional considerations
- Optimum recovery from surgery - peri-operative nutrition
- After antibiotics - restoring intestinal immunity with probiotics

Book Information

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Customer Reviews

I expected more information on nutrition. But it is still good

A little hard for the layperson to understand

Purchased this book from , for my sister who has had PD for over 15 years. Said book very interesting and helpful. She is in process of trying things mentioned in the book. I was surprised she received the book in a matter of days instead of one to two weeks. Would buy from this seller again. It's easy dealing with and the sellers on the site.

Dr. Geoffrey Leader and Lucille Leader have written a friendly, yet fulfilling account of Parkinson's disease treatments and lifestyle in their book Parkinson's Disease: Reducing Symptoms with Nutrition and Drugs. The book is quite straightforward to read, looking and reading more like a novel or self help book than any sort of hefty medical jargon textbook, yet the pages are full of useful information that even a practicing physician might find useful. A myriad of topics are covered in the text, ranging from detailed neuroscience that shows how PD affects the brain, metabolic regulations and nutrition, drugs and dosages recommended for patients with PD, and much more. As the title promises, Dr. Geoffrey Leader and Lucille Leader write on a variety of methods and lifestyle choices with which to treat PD and many of the symptoms associated with it including dietary recommendations for increasing the effectiveness of L-DOPA on patients, energy effective diets,

and safety tips. Overall, after even browsing this book, the reader will be much more informed about PD treatments and the basics of healthy living. Perhaps the only complaint about the book was that at times it tended to detail quite basic ideas that are more common sense than science. However, this book is a worthwhile read - regardless of whether you are a PD patient, a personal health enthusiast, or simply an onlooker looking to be more informed.

Lucille and Geoffrey Leader are expert clinicians in the field of PD and neurological disorders. This book is essential for all patients and practitioners of PD. There is nothing available quite like it that deals with PD so practically and comprehensively, yet does not overwhelm. Thus it is perfect for the patient as well as the busy clinician. Not only does the book consider issues directly related to PD but also goes further and reveals areas practitioners may not have considered yet have a dramatic effect on the progress and wellbeing of the patient. It is truly invaluable.

I discussed Parkinson's Disease with Lucille Leader. She really didn't have a clue about the subject.

Dr. Geoffrey and Lucille Leader are leading authorities in the nutritional management of PD. If you are suffering from PD or have a loved one or friend who is, then you should get a copy of this book. This thoughtfully laid out book has a wealth of useful and highly relevant information on PD and will greatly improve your management of this condition using either drug or nutritional approaches. It is easy to read and understand. This is the kind of information that most MDs do NOT get taught in medical school. All the best, Dicken Weatherby, ND

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