



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

*Monique L., MD Giroux*

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## Optimal Health with Parkinson's Disease: A Guide to Integrating Lifestyle, Alternative, and Conventional Medicine Monique L., MD Giroux

Safely integrate complementary, alternative, and lifestyle medicine with conventional medicine in the treatment of Parkinson's disease.

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.

### Key Features:

Personalize your treatment plan to help meet your goals

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