



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

Monique L., MD Giroux

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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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