

What it is and standard treatment

I USED TO HAVE PARKINSON'S DISEASE

- A brief look at my journey with Parkinson's disease and subsequent research into why I developed those symptoms and how I reversed them.
- The medical prognosis for People with Parkinson's and medical response when they become well.
- Hope or "false hope"?
- Medical anomalies and their importance in the advancement of health restoration.

WHAT IS PARKINSON'S DISEASE? IS IT A DISEASE?

- Definitions of disease and wellness. The "creation" of disease in response to profitable treatments.
- The process of developing Parkinson's disease.

A BRIEF HISTORY OF PARKINSON'S DISEASE AND ITS TREATMENT

- From Hippocrates, through Galen to James Parkinson's; recognition and description of the "shaking palsy" and attempts to find ways to wellness.
- The difference between "What Medicine" and "Why Medicine".
- Standard Western Allopathic Medicine treatments and prognoses in brief.
- More than dopamine?

WESTERN ALLOPATHIC MEDICINE TREATMENT OF PARKINSON'S DISEASE

- Standard diagnostic processes.
- Deficiencies in the current processes.
- Current Western Allopathic Medicine treatment of Parkinson's disease in detail.
- Narrow focus of current treatment.
- Nocebo.
- Hippocratic principles.

COMPLEMENTARY/ALTERNATIVE MEDICINE APPROACHES TO PARKINSON'S DISEASE – AN OVERVIEW

- Common Complementary/Alternative Medicine attitudes and approaches to treating People with Parkinson's.
- Lack of recognition of those who have recovered.
- Advantages of Complementary/Alternative Medicine treatments.
- Quacks and charlatans.

Section 2.....WHAT CAUSES PARKINSON'S DISEASE?

CAUSES AND DEVELOPMENT OF PARKINSON'S DISEASE, Conservative, considered, contentious

- "Single-cause-disease-single-cure" view of Parkinson's disease and its limitations.
- Lack of attention to research already conducted showing higher risk of Parkinson's disease in certain circumstances.
- Pathway to illness.

WHAT CAUSES PARKINSON'S? AETIOLOGICAL PATHWAYS LEADING TO DIAGNOSIS

- Genetic predispositions and familial clusters.
- Trauma and high stress.
- The process of stress leading to chronic illness.
- Case histories
- Adverse Childhood Experiences Study.
- Environmental toxins, including food, agricultural chemical and industrial chemicals.
- Case history
- Household chemicals and personal care products.
- Pharmaceutical medications – prescribed and over the counter.
- Case history
- Chronic infections; borrelia, bartonella and other “stealth infections”.
- Identifying the possibility of infection.
- Case histories.

FINDING THE AETIOLOGICAL PATHWAY

- Exploring the patient’s history for clues.
- Questionnaires and tests.
- Cooperation between patient and practitioner.

Section 3..... REVERSING THE ILLNESS PROCESSES

LIVING WELL. This is for everyone.

- Strategies to enhance our level of wellness no matter what our current health status may be
- Case histories
- Food choices
- Nutritional supplements
- Acid/base balance
- Activity – exercise
- Engaging with healthy people
- Developing a healthy mindset
- Case history
- Nocebo
- Case history
- Researching through science
- Avoiding “cures”
- Laugh, love and meditate
- Anandamide
- Sing and dance

HYDRATION

- Improving cellular hydration
- Introducing homeopathic remedies to support hydration.

MITIGATING SYMPTOMS, WAM & CAM

- Reducing the impact of symptoms on daily life without inhibiting a return to wellness
- Addressing the most common symptoms of Parkinson's disease
- Case history.

BODYWORK

- Discussion of the benefits of many forms of bodywork
- Advice on bodywork delivery
- Why Bowen Therapy?
- Advice to Bowen Therapists
- Yin Tuina
- Cranial move.

COMORBIDITIES AND CONFLICTING TREATMENTS

- Control, intuition, business plan:
- The effect of comorbidities and standard treatment on the diagnosis and treatment of Parkinson's disease
- Communication between health care practitioners
- Sharing control between patient and practitioner
- Case history
- Patient intuition and persistence
- Case history
- Patients creating a business plan to regain wellness.

REVERSING THE TRAUMA/STRESS PATHWAY

- Types of stress/trauma that may trigger fight/flight/freeze response
- Case histories
- Review of recovery strategies
- Homeopathic and flower essence remedies to assist recovery
- Relieving depression.

REVERSING THE TOXIN PATHWAY

- Toxins that may create illness –
 - :: Ingested
 - :: Absorbed
 - :: Encountered
- Strategies against toxins –
 - :: Avoidance
 - :: Mitigation
 - :: Elimination
- A review of food, drink, supplements and medication
- Case histories
- Personal care products – dangers and alternatives
- Tattoos – toxins

- Toxins in the home – alternatives and strategies
- Testing for toxins and elimination – self-help and therapies.

REVERSING THE INFECTION PATHWAY

- “Lyme disease” (Borrelia), Bartonella, Babesia and other common “stealth infections”
- Diagnosis
- Symptom pictures
- Detoxification – importance and strategies
- Antimicrobials – antibiotics, herbals, homeopathics
- Biofilm
- Herxing (Jarisch-Herxheimer reaction)
- Prescribing for very sensitive patients
- Case history

CAN WAM & CAM CO-EXIST IN ONE PATIENT? Indications & contraindications

- Divide between Western Allopathic Medicine and Complementary/Alternative Medicine
- Case histories
- Choosing Western Allopathic Medicine, Complementary/Alternative Medicine or a combination.

STRATEGIES TO AVOID (if you really want to recover)

- Discussion of strategies commonly promoted as healthy or curative in medical journals and/or popular media that may cause more harm than good.
- Case history.

BEING WELL, Lifestyle choices to stay well

- Making choices for life to remain well.
- Case history.

WHO IS IN CHARGE? Take control and change your life

- Creating health before illness appears
- Making healthy choices among a plethora of advertising presenting misinformation.

FINDING PRACTITIONERS, CREATING A TEAM, Qualities to look for

- Creating a team of people around us to assist our journey to wellness
- Characteristics to look for in practitioners on our team
- Family and friends – helpful and harmful
- Case histories.

DEGREES OF WELLNESS

- Making choices for relief from symptoms or total wellness
- Two stories of recovery from Parkinson’s disease.

STEPS TO RECOVERY

A step-by-step plan to utilise the information provided in this book.

EVIDENCE-BASED MEDICINE. Is it really evidence-based?

- An overview of the levels of evidence for Western Allopathic Medicine and Complementary/Alternative Medicine treatments and the application of evidence standards within and to medical disciplines.
- Failures in the definition of evidence.
- Off-label medicines.
- Polypharmacy and lack of evidence.
- Do medical journals report only evidence-based research?
- The need to review evidence standards and criteria.
- The need for unaligned/untied funding for research.

WHAT DO WE NEED NOW?

- A discussion on the cost of Parkinson’s disease, current research and limited focus
- An appeal for new vision, a wider research focus, improved leadership, innovative evidence standards, courteous discourse between Western Allopathic Medicine and Complementary/Alternative Medicine practitioners
- A strategy for funding research without bias or vested interest.

GLOSSARY OF TERMS, INDEX, REFERENCES, APPENDICES

APPENDIX 1, LOW TOXICITY LIVING

APPENDIX 2, HEEL DETOX KIT, LOW DOSE SCHEDULE FOR SENSITIVE PATIENTS.

APPENDIX 3, AQUA HYDRATION FORMULAS

APPENDIX 4, DRUG ADVERSE EFFECT CHART

APPENDIX 5, MY ADVENTURE WITH PARKINSON’S DISEASE - A brief story of my recovery from Parkinson’s disease