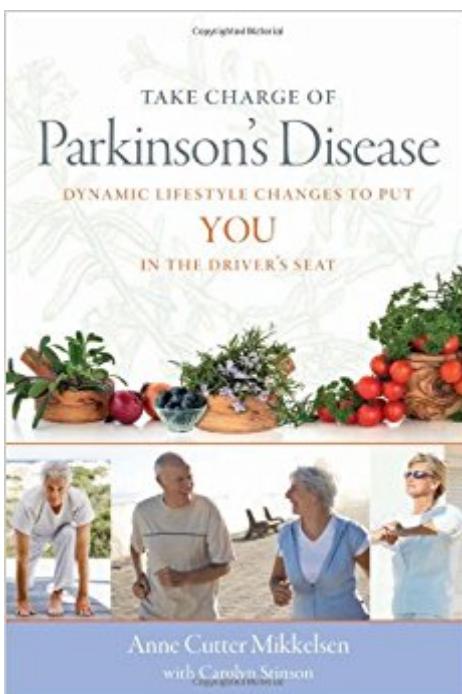


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# Take Charge Of Parkinson's Disease: Dynamic Lifestyle Changes To Put YOU In The Driver's Seat (A DiaMedica Guide To Optimum Wellness)



## Synopsis

Take Charge of Parkinson's Disease is for the half million North Americans with Parkinson's disease who are focused on living a healthy lifestyle that emphasizes nutrition and exercise as a way of maintaining optimal health. Anne Mikkelsen, a professional chef, includes recipes that combine the widest variety of anti-oxidant, nutrient-rich ingredients, as well as liberal doses of herbs and spices known to favorably impact the brain and potentially reduce the effects of the disease. Healthy lifestyle recommendations are interspersed with Mikkelsen's memoir of her journey with her husband as they discover how to live well with Parkinson's disease. The approach to general wellness will resonate with the generation of readers in their fifties and beyond who want to emphasize optimal wellness, healthy aging, and living with any chronic disease.

## Book Information

Series: A DiaMedica Guide to Optimum Wellness

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## Customer Reviews

Guidelines to Taking Charge of YOUR Parkinson's Disease Take Charge of Parkinson's Disease: Dynamic Lifestyle Changes to Put YOU in the Driver's Seat is for everyone affected by PD; those with the disease, families, and caregivers. With its focus on a healthy lifestyle that emphasizes nutrition and exercise as a way of maintaining optimal health, the book will appeal to readers who want to emphasize wellness and healthy aging while living with Parkinson's disease. Motivated by her husband Mike's PD, Anne Mikkelsen developed a cooking style that blends her training in traditional French cooking and love of plants with emerging science on the

importance of brain-healthy fruits, vegetables, spices, and herbs. Mike, an award-winning potter and sculptor, has skillfully adapted his art to accommodate the advancing stages of PD. Together, over nearly three decades, they have overcome the obstacles of living with Parkinson's disease in a fashion that will be an inspiration to readers. Healthy lifestyle recommendations and an extensive recipe section are interspersed with Anne's memoir of her journey with her husband as they discover how to live well with Parkinson's disease. A chapter on issues of caregiving and the challenges it presents to a relationship enhances the comprehensive coverage of living with PD.

My husband was diagnosed with Parkinson's 6 years ago. We found the book to be very well written and found it interesting how many of their experiences mirrored many of our own experiences. It was good to read about how they've dealt with this disease, which has helped us/me better understand and cope with it ourselves. A must read for not only people who have PD, but their family members.

This is a very good basic book about Parkinson's disease. It covers so much information in an easy-to-read format. It is a book you can just read through, or concentrate on the chapters that you're most interest in. It is a good book to review often if you or someone you know has been diagnosed with Parkinson's disease.

Helps a lot

I don't know about "dynamic." It's a book, I don't expect "dynamic." I haven't tried to follow it.

Excellent info on Parkinson's disease I recommend it to anyone who is dealing with this disease.

So helpful and sensitive to the Parkinson's issue.

a gift

Take Charge is a book that takes you through the journey of Parkinson's Disease from a wellness model of health. Rather than focusing on the negative aspects of Parkinson's disease, Anne acknowledges those aspects and also provides a fresh perspective that inspires hope and a sense

of empowerment to those searching for a way to cope with Parkinson's Disease or any chronic disease. She turns the "coping" back to "living" by illustrating the process with her own journey with her husband through the different stages of Parkinson's Disease. As a Naturopathic doctor, I fully recommend this book to anyone who is currently struggling with a chronic disease or a caretaker of someone experiencing chronic disease. Anne weaves her husband's and her story throughout the book in such a way that the information she presents on Parkinson's Disease takes on a more personal note on not only the disease itself, but more importantly, the tools at the reader's disposal to successfully integrate one's lifestyle to evolve with the needs of all involved that arise with Parkinson's Disease. Anne's recipes are easy to prepare and they bring delight to the palate! this book is a great resource to those already dealing with chronic disease, but also to anyone who is looking for ways to incorporate an anti-oxidant rich diet into their lifestyle.

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