

Managing life with Parkinson's disease

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Abstract in dealing with Parkinson's Disease including taking medications correctly, huge selection of different types of exercise available, correct nutrition and various diet options, mindset, motivation and selection of holistic treatments available. Everybody knows the mainstream way to deal with Parkinson's Disease but very few contemplate or are conscious of alternative therapies like Smovey, Tapping, Yoga or Neuro Linguistic Programming to help people with Parkinson's. I want to talk about the hundreds of

clients I have that are maintaining their condition and many improving on their circumstances through mindset and motivation. As a certified practitioner of Neuro Linguistic Programming, I believe that we can achieve much more than we are aware of and I want to show the audience some basic principles of NLP and show how it can improve their quality of life. I would also like to give a free on line course to all that sign up.

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