



Get Up And Move! Winning Against Parkinson'S

Gail. Kitchens

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Parkinson's is a vicious disease that robs its victims of the ability to move. I believe the more I know about PD, the more able I am to fight. This is not a technical book. It is just a sharing of things I have done to keep me moving. I am still doing many things to take care of me: physical therapy, acupuncture, exercise, diet. I hope this book will help you to "fight against PD" and win.

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