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Goodbye Parkinson's, Hello Life!: The Gyro-Kinetic Method For Eliminating Symptoms And Reclaiming Your Good Health



Synopsis

Parkinson's Disease, a disorder of the central nervous system, affects 1 million people in America and 10 million worldwide. In *Goodbye Parkinson's, Hello Life!* Alex Kerten presents his breakthrough holistic technique that combines dance therapy, behavior modification, and martial arts, to prove that there is life beyond the diagnosis of PD. *Goodbye Parkinson's, Hello life!* received "Recommended Reading" status by the Michael J. Fox Foundation and listings on the National Parkinson's Association social media sites. Those who follow Kerten's techniques and are committed to becoming "Parkinson's warriors" can succeed in eliminating many, if not most, of their symptoms and return to a productive and fulfilling life. Instead of viewing themselves as Parkinson's victims, the methods in *Goodbye Parkinson's, Hello life!* will lead them to become healthy people with Parkinson's. Includes 20 easy-to-follow exercises.

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Customer Reviews

Approximately one million Americans live with Parkinson's disease, an amount more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy and Lou Gehrig's disease. It is estimated that every year 60,000 Americans are diagnosed with Parkinson's which does not take into account the thousands of cases that are undetected. Worldwide there are probably 7 to 10 million people that have Parkinson's. Unfortunately, Parkinson's disease (PD) is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. However, help is on the way and within the past several years there have been tremendous

progress in understanding what causes PD and better treatments have been developed in helping patients to deal with it. One such approach has been devised by an Israeli, Alex Kerten who has developed the Gyro-Kinetic method that is based on the concept of movement, music, and rhythm. What differentiates this method from some of the other PD therapies is the unique blend of martial arts, structuring and healing movement. According to Kerten in his Goodbye Parkinson's, Hello Life! , which he co-authored with David Brinn, his method creates motion in the body, which stimulates simultaneously physiological, biological, and psychological reactions. As he states: "The unique combination of martial arts, movement arts, and the use of music is the distinguishing mark of the G-K method and reflects the multidisciplinary experience I've acquired during my years of training." Kerten has devoted many years researching PD and the information he presents in his book is based on these studies as well as the hundreds of individuals he has helped.

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