

Perceiving Parkinson's

Knowledge Leading To Action (Day 1)

Welcome! This email series exists for **one** purpose.

That purpose is to foster knowledge leading to action for people with Parkinson's. Knowledge by itself is potential power. Potential power is not enough to make a change in life. Conversely, action by itself is directionless power. Directionless power is not enough to make a change in life either. It is only through putting **knowledge and action together** that real change can emerge.

I firmly believe that with the right knowledge and the will to act, you can **improve your Parkinson's**. I've seen this happen, when a couple of seemingly insignificant tips made a rather significant difference. If you are wondering whether or not you can improve your Parkinson's, it likely means that you can - but maybe you don't know how.

It's time to **remedy** that!

Over the next sixteen weeks you will receive two emails a week, many of which will be devoted to providing information about Parkinson's. The sixteen weeks will be broken down into four sections.

In weeks 1-4, we attempt to unravel the **mysterious origins** of Parkinson's.

In weeks 5-8, we discuss the patient's experience of the **myriad diverse symptoms** in Parkinson's.

In weeks 9-12, we examine the best **established and experimental treatments** for Parkinson's.

In weeks 13-16, we focus on the increasingly acknowledged **vital role of nutrition** in Parkinson's.

In June 2017, the Waikato Hospital Neurology Department will be running a randomized controlled study on the effects of **diet** in Parkinson's. In addition to myself, my excellent colleagues **Deborah Murtagh, Linda Gilbertson, Fred Asztely, and Chris Lynch** will be crucially involved. Information about that study and how you may enroll in it will be presented in the final two weeks of the email series.

Sixteen weeks is a pretty long time - so take this email series slowly, and be patient as you absorb any new information. Upon receiving and reading a new email, have a think about it. Then, if the information seems good to you and you can act on it, go ahead and do so.

Until the next email arrives, please have a look at <https://vimeo.com/196656711> to check out a talk that many of you have seen me give already.

I am excited about the journey ahead.

...I hope you are too.

Matt (Neurologist, Waikato Hospital).