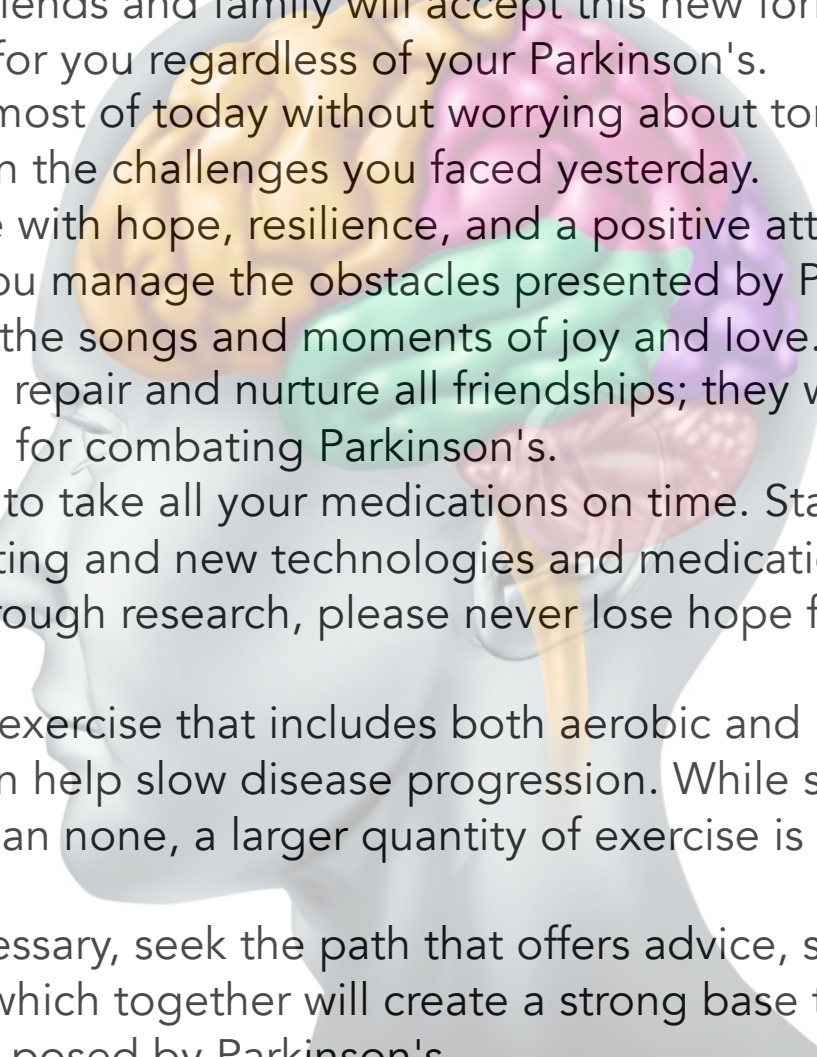


10 Rules for Living with Parkinson's

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Journey with Parkinson's <<https://journeywithparkinsons.com/>>

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1. Embrace your new self, Parkinson's. Changes will happen gradually, but at your core, you remain.
 2. Your real friends and family will accept this new form of you. They care for you regardless of your Parkinson's.
 3. Make the most of today without worrying about tomorrow or dwelling on the challenges you faced yesterday.
 4. Always live with hope, resilience, and a positive attitude; these will help you manage the obstacles presented by Parkinson's.
 5. Reflect on the songs and moments of joy and love. Trust your instincts to repair and nurture all friendships; they will provide a foundation for combating Parkinson's.
 6. Make sure to take all your medications on time. Stay informed about existing and new technologies and medications being tested. Through research, please never lose hope for a better tomorrow.
 7. Strenuous exercise that includes both aerobic and resistance training can help slow disease progression. While some exercise is better than none, a larger quantity of exercise is the most beneficial.
 8. When necessary, seek the path that offers advice, support, and kindness, which together will create a strong base to endure the challenges posed by Parkinson's.
 9. Once you grasp the positive aspects of your world and life, Parkinson's and its quirks will still exist in you; however, gratitude promotes the '4H Club,' which includes being happy, healthy, heartfelt, and hopeful.
 10. Parkinson's reminds us that life is unfair. Yet, your life can be a positive guidepost for influencing others with Parkinson's. Stay focused, stay informed, and, most importantly, stay you.