



KEEP MOVING

THE PARKINSON'S PLAYBOOK NEWSLETTER

Quarterly Edition — Fall 2017

Robert W. Smith, Author

Each edition will focus on the topics relevant to the latest trends and happenings in the Parkinson's world with helpful tips and experiences.

Feature Story

The Parkinson's Playbook

A Game Plan to Put Your Parkinson's on the Defense

By Robert W. Smith

***The Parkinson's Playbook* is the story of Robert's battle with a debilitating disease—from diagnosis, to denial, to a downward-spiral of health, as he looks to discover a life-changing path to a healthy and fulfilling lifestyle.**

Denver, CO: Just one year into following *The Parkinson's Playbook*, Robert Smith's health had transformed so much that people didn't recognize him. Certainly they would never guess that he had Parkinson's disease; his symptoms had subsided, his vitality improved, and his hope returned, he now sets out to share his story with those who feel powerless against Parkinson's.

Robert was diagnosed with Parkinson's in 2006. Prior to the diagnosis of Parkinson's disease, Robert was a successful Landscape Architect at the peak of his career. Only four years later, Parkinson's had devastated his health, career, marriage and any hope he had for the future. He soon realized that he was in the ultimate play-off game—a game for his life, and one where it looked like Parkinson's was going to dominate.

It was then that he was introduced to the Parkinson's Playbook, an expertly assembled game plan to meet Parkinson's head-on...and win. The cornerstone of the game plan, presented in this book, is to leave no stone unturned in the pursuit of a higher quality of life. *The Parkinson's Playbook* is a blending of traditional medicine (what we call "The Defense") and a holistic natural philosophy ("The Offense"), with unique treatment strategies that follow a never-before-traveled road for living with Parkinson's. It is a story of self-healing for both the body and mind; one that truly puts this chronic disease on the defense.

The *Playbook* includes:

- 1) How to build a team of coaches and players
- 2) Alternative therapies to reduce symptoms
- 3) Tools and strategies to manage the mental and emotional game

When you've been diagnosed with Parkinson's disease, the "upcoming opponent" on the schedule is always Team Parkinson's. It never changes, and comes with unrelenting regularity. Every single day, you are reminded of the other team's ability to attack your body and mind. Any time

out taken becomes a step backwards. *The Parkinson's Playbook* has outlined tools drawn from traditional medicine and self-healing strategies to help you hold the line against Parkinson's.

Slowing down this disease takes a commitment to exercise and living healthfully in body and mind. The need for a training routine is essential to keep you fit and flexible, and create the foundation for a fuller and more vibrant lifestyle. Keeping exercise as the most important part of your daily life is necessary to always stay a step ahead of this chronic disease.

The next game is about to kick off.

Stay Committed!



Robert Smith in 2010



Robert Smith in 2016

The Parkinson's Playbook is available from the Author's website: www.robertwsmith.net
and where books are sold

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Books and Resources



Everybody Has a Window and Aisle Seat

Choosing a Positive Approach to Parkinson's Disease

By Mary Huston McLendon

Diagnosed with Parkinson's disease almost two decades ago, Mary Huston McLendon shares a collection of stories that describe her positive and straightforward approach to navigating Parkinson's.

Daily Regime



Each day, I follow the same routine—morning, noon and night. When I wake up in the morning, my body is stiff from lying in one position, so as soon as I swing myself to the edge of the bed, the first thing is to flex my toes against the nearby wall so my feet are ready to stand up. Before going downstairs for my pills, breakfast, and supplements, I limber up my body for five minutes with forward folds, cactus (arms stretched to open the chest), sitting on my heels, flexing my fingers and hands, along with general stretching. Then I brush my teeth, comb my hair, and wash my face. Now I am ready to begin the day, fresh and alert to confront Parkinson's.

Fitness



For the past six months, I have been training with Sarah Timpe Fitness (www.sarahtimpefitness.com) to improve my overall strength and coordination. There comes a point where you reach a plateau, and it feels like you are regressing in your overall health. But Parkinson's is forever challenging you to stay ahead of the game. At the gym, Club Form Denver (www.clubformdenver.com), I noticed Sarah training others and appreciated both the way she related to them and the variety in her training routines. Sarah is a certified Exercise Physiologist trained to help those with injuries or chronic diseases. Our training sessions target the issues a Parkinson's patient has with regards to posture, balance, coordination and simply picking up your feet. As a kinesiologist, trainers have the knowledge to work the muscle groups to deal with physical limitations. Adding a trained expert to your fitness regime adds another dimension that will definitely improve the body from head to toe.

Health



There are several non-motor issues that come with Parkinson's that are a major part of dealing with the disease on a daily basis (other than medications). I call them ACS (because I always forget one of the three), which stands for Anxiety, Constipation, and Sleep. Anxiety can partially be aided with medication, but taking a time out and stopping what is causing the stress can help. Dealing with constipation from all your medications takes a concerted effort each day to increase your fruit and vegetable intake; plus, at night I take a stool softener. It's a highlight in the morning to have a bowel movement; or, as my wife would say, "Did you have a good poop today?" Unbroken sleep is also extremely important. Before going to bed I take melatonin and Calm (magnesium), with my goal being to get up only once a night. Twice is okay, but three times is too much, and works against you as a mental/stress issue that affects your sleep pattern.

New Parkinson's Medication

RYTARY is a new extended release medication that helps to alleviate the "off" time between doses, when the tremors come back as a result of not have sufficient dopamine available. Rytary basically has the same components as Carbidopa-Levodopa, but with the extended release feature that bridges the down time between doses. Impax has a Patient Assistance Program which provides the medication at no cost, as it is a brand name drug with limited or no coverage by the Medicare Supplement D program.

Alternative Parkinson's Meds

There is a supplement available for Parkinson's worth exploring called Mucuna Pruriens, which is a natural source of levodopa and in certain instances could provide a measure of relief. It is recommended that the individual research be explored before incorporating it into your treatment plan. As with any program, begin with small dosages so you can ascertain the compatibility with your personal situation.

Mucuna Treatment for Parkinson's

The seed powder of the leguminous plant Mucuna has been used as treatment in traditional Ayurveda medicine for Parkinson's disease. Since the FDA has not approved Mucuna, the medical community cannot prescribe this as a treatment strategy and the decision to use an alternative medicine is up to the individual.

About the Author



Robert's professional roots evolved from a 40 year career as a Landscape Architect in Denver, Colorado. He was recognized as a leader, mentor, teacher, community activist, and environmental steward and inducted as a Fellow in the American Society of Landscape Architects for a legacy of innovative design and community service. Drawing upon his dormant passion for helping others in need, and combining it with a game plan that has literally changed my life, he has embarked on a second career as an author and speaker. His mission is to provide a ray of hope for those suffering from with Parkinson's, a debilitating disease of unknown origin and cure.

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To subscribe to the Keep Moving Newsletter, contact Robert @ www.robertwsmith.net



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Robert W. Smith The Parkinson's Playbook

Upcoming Schedule

- **Parkinson's Association of the Rockies** - September 16th, 8:30am – 2:30pm
Hyatt Regency, Aurora, CO – Resource information in the exhibit area
- **Book Launch Event** - September 28th, 5pm – 9pm, Brief Overview at 7pm
Kat Payne Art – 910 Santa Fe Drive, #101 Denver, CO 80204
- **Tattered Cover** : Book Store – Date to be set
2526 E. Colfax Ave, Denver, CO

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