



Return to Stillness Blog

Listen to me!

“It’s amazing what you hear when you listen to People with Parkinson’s”

Professor Robert Iansek; Neurologist;
6th Multidisciplinary Conference on Parkinson’s disease
21st August, 2001

Do you sometimes/often feel that your doctor isn’t listening to you? Do you feel that he/she doesn’t hear or understand your desire to be involved in your own healing?

This is a common story I hear in my clinic. And it was my experience with many doctors and some complementary medicine therapists. In fact, the best attribute of those practitioners I chose for my “healing team” was that they all listened to me and did their best to understand my needs and desires.

Many practitioners who treat those diagnosed with Parkinson’s, Multiple Sclerosis or other degenerative disorders assume that there is only one pathway, and that is towards continuing degeneration. Any treatment offered is simply to suppress or mask symptoms for a while. These practitioners are so locked into this view of medicine, they cannot see our view; a vision of being well and living joyfully.

But there are practitioners of all disciplines who can and will understand your desire to move towards wellness, and to be involved in the process. Look around and ask questions so you can find a doctor, neurologist and/or complementary therapist who will listen to you, understand your needs and desires, and work with you towards complete wellness.

Prepare detailed questions to ask practitioners before you see them, take a support person with you to your appointment, and be clear about the benefits you want to achieve from your relationship with them.

