



# Return to Stillness Blog

## **Parkinson's disease? Really?**

Parkinson's disease is not a death sentence or a life sentence. It is not even a disease really.

Parkinson's is, in fact, a set of symptoms resulting from a degenerative process that is common to many so-called diseases such as diabetes, cancer, cardiovascular disease, dementia, MSA, PSP and many others.

Once we understand that, we can focus on changing our life to reverse this process rather than trying to "fight" a disease.

There will never be a "cure" for this degenerative process. However, we CAN change the way we think, live and love to enable our bodies to become healthy.

Find practitioners (doctors, naturopaths, herbalists, homeopaths) who will guide you through the process of changing your brain chemistry to become healthier.

Is it easy? No! If it was easy, everyone would be doing it and most people would be healthy instead of sick. At least 80% of residents in the Western World are way below their optimal level of health; primarily because it takes focus and work to be healthy.

Just because you have been told you have Parkinson's doesn't reduce your ability to change your life and take control of your health. It's up to you.

