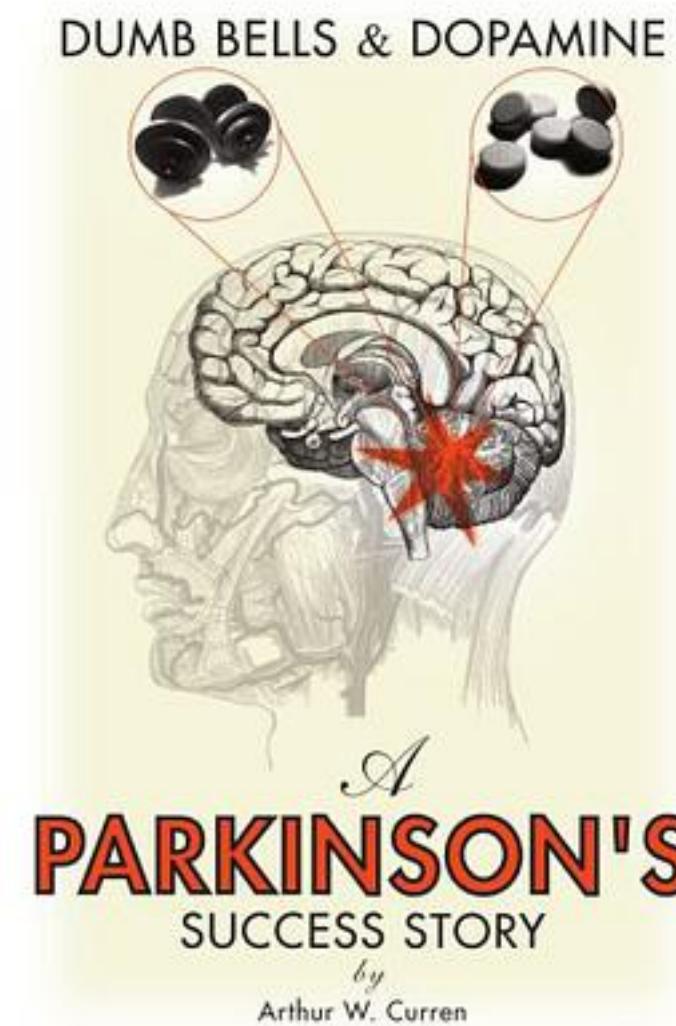


Dumb Bells & Dopamine



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著者: Curren, Arthur, W.

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This book is about living with Parkinson's, an incurable, debilitating disease caused by the loss of dopamine-producing cells in the brain of the afflicted person. Levodopa is the only drug that replaces some of the dopamine and exercise is the only activity that induces the brain to produce dopamine. The author uses a rigorous exercise program to reduce the dosage of levodopa and extend the useful life of this essential drug. This is the author's dumb bells and dopamine approach to controlling Parkinson's. The author has also addressed some of the social issues related to the disease. This includes dealing with less than perfect physicians and with the negative situations that exist in the insurance industry and Social Security Administration. To provide real assistance to people with the disease, the author has included a fully illustrated exercise routine designed for people with Parkinson's.

作者介绍:

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