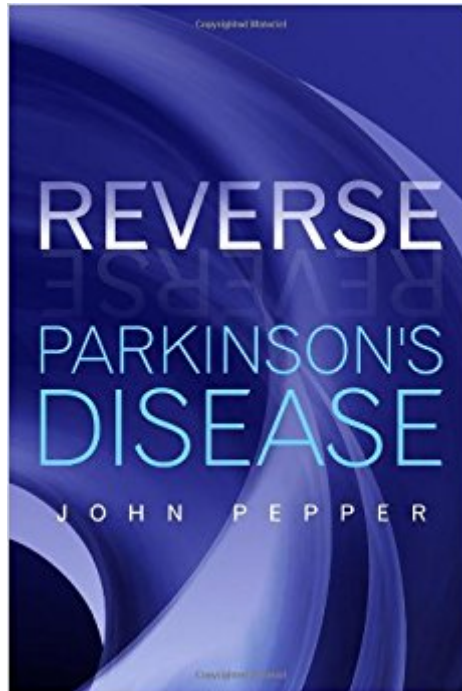




The book was found

# Reverse Parkinson's Disease



## Synopsis

John Pepper was diagnosed with Parkinson's disease in 1992. After only six years of regular, energetic exercise, which has since been proven to slow down or even reverse Pd, and taking medication, which has also since been proven to slow down or reverse Pd, he no longer appears to have Pd, although he still has many of the symptoms. During the first ten years, if he stopped either the exercise or the medication, his symptoms soon returned. He does not claim to be cured, but he is able to lead a normal life today. His positive attitude and determination to stay ahead of this terrifying condition highlight a new approach to dealing with Pd. John's story is a portrayal of courage, showing the power of focusing on and being committed to one's beliefs. One can greatly admire his determination and self-motivation, as seen in his conscious efforts to correct and adjust his movements, which in itself is no small achievement. His positive attitude has been further enhanced by the warm and encouraging support of his wife, Shirley, and family. This close family relationship has been a positive factor in helping John cope with his disability. -Dr Colin Kahanovitz M.B Bch (Wits) John Pepper is an extraordinary person! I soon learned this, watching him attempt his goal to overcome Parkinson's disease to the best of his ability. By making an effort to overcome the neuro-degenerative disorder of Parkinson's, John has improved the quality of his life to the point where he no longer appears to require drug therapy. -Shirley Soll, (Ex Manager of Run/Walk For Life, Wendywood)

## Book Information

Paperback: 193 pages

Publisher: Dorrance Publishing (February 14, 2011)

Language: English

ISBN-10: 1434983536

ISBN-13: 978-1434983534

Product Dimensions: 0.5 x 6.2 x 9.2 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 3.7 out of 5 stars 54 customer reviews

Best Sellers Rank: #938,993 in Books (See Top 100 in Books) #78 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Parkinson's Disease](#) #80604 in [Books > Biographies & Memoirs](#)

## Customer Reviews

What I like best about this book: 1. It's very positive while not glossing over the difficulties of living

with PD.<sup>2</sup> The author is clear that he's giving his experiences and opinion, not a medical diagnosis or medical recommendation for treatment.<sup>3</sup> It shares information not found in other sources about PD. What I didn't like: The author could have used more help from an editor who knows how to organize content, remove repetition, and keep the "flow" of the story going for an easier read. Bottom line: this book won't win any awards for writing quality, but it is a must-read for anyone with PD who doesn't want to blindly submit to the medical establishment's recommended treatment regime. Caution: you'd better be willing to commit to long-term lifestyle and attitude changes to take advantage of the wisdom shared in this book!

Excellent book. As a person with Parkinson's I find this book fascinating. Many possibilities here for Parkinson's patients. The exercising certainly has helped my Parkinson's and dystonia!!!

Interesting book - made us realize how important it is to exercise and keep moving when you have Parkinson's. Don't give up.

John Pepper raises many challenges to conventional Parkinson's therapies, the most intriguing one being: if a PwP (person with Parkinson's) improves using his walking therapy, they may be reclassified as never having had Parkinson's! This tautological clinical definition seems to wed physicians' thinking to the negative degenerative prognosis. Mr. Pepper gives countless examples of the benefits of positive beliefs, coupled with conscious movement learning, for PwP's. He then recounts recent research supporting his personal observations as a PwP. A MUST READ FOR NEWLY DIAGNOSED PwPs, which I am.

Having struggled with PD now in my 7th year, I found a very frank man in John Pepper... telling his struggle, and his findings. His findings resonate with my experience. If I had listened blindly to my neurologists, way back when, I would be struggling with the side-effects of various toxic medications. Doing a bit of homework I took a chance on what seemed to hold out a good benefit (the delay of progression) with what appeared to have side-effects compared to the placebo effect. The drug John uses is Selegiline. I started with Azilect. Both are MAOB inhibitors. That combined with a defined exercise program has given John a reversing of symptoms. I have taken azilect consistently for over 5 years--one month before being legal to purchase domestically. I dabbled with sinemet as well as mucuna pruriens (an herbal source of levodopa) and believe that the best medicine is love, exercise, a wise and healthy lifestyle with, dare I say, a faith in a higher healing

power, and for my present use of the MAOB-inhibitor. John appears to represent such qualities...such thirst for healing truth. And wow!...his symptoms arising 45 years ago! Please excuse my lack of skill in editing this review. I've read many books and a few from those who make great claims. This is my first review of a book that rings soundly of integrity, and I'm grateful to be his first reviewer. Thank you John for the willingness to speak your truth despite how stressors can easily hurt. As my dyslexic friend would say, Dog Bless you! ps the book could have been better formatted in kindle version...but the content deserves 5 stars and two thumbs up.

I HAVE STARTED THE EXERCISES AND DID NOT EVEN REALIZE I WAS NOT ABLE TO SWING MY ARMS AND WALK. BUT I AM DOING 8 BLOCKS ABD FORCING THE ARMS TO SWING....HOPE TO ONCE AGAIN BE IN THE LOS ANGELES MARATHON!

I read this book because my 65 year old father recently was diagnosed with Parkinson's. I have to be honest - I am not a huge fan of his writing style, but there is definitely very valuable information in the book. After I read it, I passed it along to my father. He LOVES it, says he really relates to many items in the book and likes the style a lot. He is following the advice in the book and is feeling hopeful.

Worth having a look. It's all about forced exercise. He has a website as well. You don't really need to read book but definitely go to his website. This guy is just trying to spread the word. Not in it for the money. Another book I found helpful is the latest book by Norman doidge on brain and neuroplasticity of brain.

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Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's Reverse Parkinson's Disease Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums) Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection

(Chronic Kidney Disease - Kidney Stones - Kidney Disease 101) Delay the Disease -Exercise and Parkinson's Disease (Book) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease Stop Alzheimer's Now!: How to Prevent & Reverse Dementia, Parkinson's, ALS, Multiple Sclerosis & Other Neurodegenerative Disorders TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Your Diabetes NOW! How To Take Control of Your Blood Sugar Easy and Fast!: Reverse Diabetes Forever (Type 2 Diabetes Cure Book 1) Reverse Mortgages: How to use Reverse Mortgages to Secure Your Retirement (The Retirement Researcher's Guide Series) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes)

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