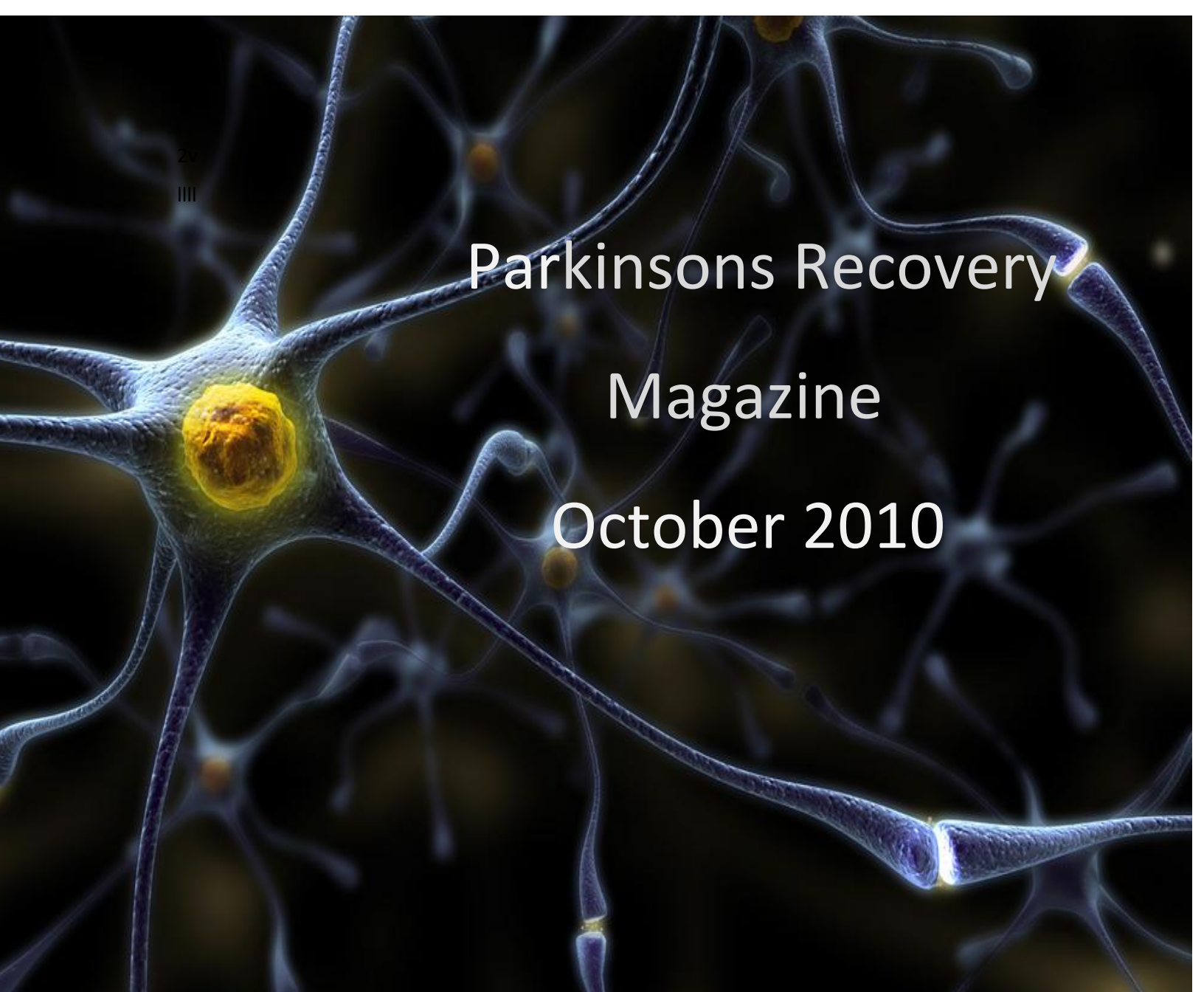


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Parkinsons Recovery

Magazine

October 2010



PARKINSONS RECOVERY

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Exciting Times to be Alive

by Robert Rodgers, Ph.D.

This is truly a remarkable time in history to be alive. The earth is speaking to us loudly and clearly these days with unruly weather patterns and unexpected earthquakes. Many people who currently experience the neurological symptoms associated with Parkinson's have been experiencing a welcome relief of their symptoms. Others have been experiencing the unwelcome eruption of new symptoms. We never know what is going to happen tomorrow. Both the earth and our bodies are erupting in new and unexpected ways these days.

This is an especially exciting time to be alive if you have the symptoms of Parkinson's. Groundbreaking discoveries have been made over the past several years that offer new choices of treatments that are safe, natural and noninvasive. The recent discoveries are quite amazing. Researchers are now examining the problem in novel ways – outside the constraints of the old paradigm. It is hard for me to keep up with all of the new therapies that are helping people get well.

The body knows how to heal itself. It just needs a little help remembering how.

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About Robert Rodgers, Pd.D.

Parkinsons Recovery was formed in 2004 with the vision of providing information, support and resources to individuals currently experiencing the symptoms of Parkinson's disease. As founder of Parkinsons Recovery, Robert hosts an internet radio show every week that airs interviews with individuals who are knowledgeable about the factors that cause the symptoms of Parkinsons disease and the therapies that help people find sustained relief from their symptoms.

All of the Parkinsons Recovery shows are archived. You can listen to any of the radio programs at any time. Robert's goal is to provide information from each and every program that listeners will find useful and helpful to their own recovery.



<http://www.blogtalkradio.com/parkinsons-recovery>

Musings inspired by the PFNCA's dance classes

By Anne Davis

When the spirit moves me..... I dance. Dancing is a shortcut to happiness. It is a natural response to a present moment in our lives. I recently spent an evening on the beach with a small group of people preparing for a drumming circle. There was a 3 or 4 year old girl digging a serious hole in the sand with great care and deliberation. As soon as the drumming started her little body began to dance, legs pumping and torso swaying. She seemed not to be aware of it, and had to twist about to empty her bucket and twist again to take another shovelful, precariously because of her dancing body.

Another small dance I saw was while watching my 9-year-old grandson prepare to pitch. After a glance at his mom, he began. Up to the mound he

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stepped, then paused. He unrolled his spine until he was full of power. Tightening his buttocks as he felt his weight, his chin led his gaze to its stopping place at home plate. His whole body was somehow serious. He held two beats, then breathed and spun his arms and legs in that beautiful windmill which is a hopeful pitch. There was no mistaking the last beat of the dance; the questioning glance...then he trotted off, a kid again. There are lots of times in our lives that call for dance, some of which I recognize. The Parkinson's dance class lets me answer that call fully.

There are usually from 12 to 15 people in the room, sitting on chairs in a circle. These people perform vital functions for each other; For one thing, they allow others to see them. It is well established that the brain fires the same way when performing an action as it does when watching that action performed. We watch each other and we watch our beautiful teachers.

When I sit across the room from a teacher doing warm ups I feel that I *am*

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stretching as far as she is, with the same graceful curve of the neck and powerful twist of the spine. This co-dance is sustained, not fleeting, and it leaves me not only warmed up, but feeling powerful and beautiful.

If we have been moving to a tango, my hands feel as beckoning and flippant as hers look. If we have been listening to ‘Oklahoma’ my knees turn out in a sassy country march, just like hers. There is a song called “I’ll be your mirror.” These are words of love, and we do that for each other in the dance class, and like mirrors we show it all, without criticism. I feel the group’s permission to be myself, with Parkinson’s, but dancing nonetheless.

“It has been said that If time is space, music is dance” Of the arts, dance alone lives in time and space. Ironically, from the inside, time and space seem to disappear. When the dance is flowing with the right kind of concentration, which amounts to an inner and outer listening; even doing plies or rond de jambes at the bar qualify as ‘flow.’

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Lucy Bowen-McCauley and her dance instructors are brilliant at choosing music, giving us chances to feel an amazing range of emotions in one hour. I always feel I have become bigger and wiser for responding to all this music so intimately. Listening to the rhythms and song invite me to listen to my inner physical body in a new way. I need this awareness. Besides, the music is another thing to share with my intimates in the group, we all swing together in a sort of shared joy that unison brings.

It is a little different than dancing or singing in the kitchen to my ipod while waiting for the pasta water to boil. By the end of the class our leaders have us traveling across the floor with fancy steps and accompanying arms, trying to keep right and left in mind, remembering soaring and the fox trot. It becomes quickly obvious that the experience calls for an intention of sorts, an intention to move the body perfectly and be perfectly in tune with the other dancers. So the attention has to widen.

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This is the same wideness of vision, inner and outer, that Parkinson's now requires of me, if I am to avoid disasters and maintain dignity. Also, humor is required. We offer this to each other pretty much the whole time while goofing up.

Each movement has an ideal form, which we need to envision perfectly in order to embody. A mind-body connection is strengthened as a result of this effort. We learn to listen innerly to our bodies. One asks oneself,

“Now that I am listening, what does the body have to say for itself?” A good question for those with PD.

For me, dancing is a kind of prayer. I have heard it said that God is like FM radio. Rhythm and flow (music) are the carrier wave. The individual flourish of a wrist, the thrust of an elbow, or release of a certain tension in the neck, indeed, all of human expression is the information upon that carrier wave. This is what I try to tune in to.

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My own self is riding the wave. I am one with what is in time and space for that moment in the studio in silver spring with those beautiful teachers, their example, my fellow seekers of self and joy, flight, fun and fearlessness.

At the end of each class we form a circle, holding hands. Still trying to match the music we step forward in unison, and back, then make a lovely wave of gratitude pass around by turning our heads to receive the energy from our classmate on one side, then turning to the other side to give, with gratitude. Sometimes we even end up even with the music. Always there are huge smiles and applause for each other and the teachers.

And those who were seen dancing were thought to be insane by those who could not hear the music. ~Friedrich Wilhelm Nietzsche

About Anne Taylor Davis

I am a former Montessori elementary teacher, doing what I absolutely loved for 37 years. I was 50 when I finally knew that my symptoms added up to PD. I retired 6 years ago, when teaching effectively became very, very difficult. I was free to spend more time in my garden and I found that I was seeing more and more that I had never seen before with my new perspective and slower pace. I was seeing faces in the undergrowth, in the clouds, even in the stains on my driveway. I took this as a hint and took some drawing classes, determined to explore watercolor.

What emerged was a deep surprise, even the colors were unexpected and I am learning so much about myself and about the little intimacies in my own life. When I am not too shaky I can spend hours with my paints and pencils and emerge rejuvenated and more alive, more open. PD closes. In Washington the Parkinson's Foundation of the National Capital Area provides PD dance classes (modern/ballet) and a Parkinsons' choir. I go to these both for the same reason that I paint. Joy. More joy is my best medicine.

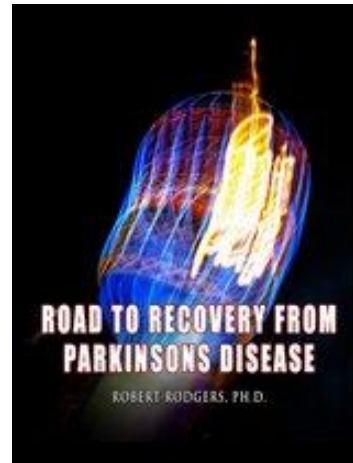
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<http://www.facebook.com/album.php?aid=2045992&id=1302578549&l=d3e7475a4c>

The link above will take you to my Facebook page on which I have an album of some of my favorite small watercolor paintings. Or just search for Anne Taylor Davis.



www.parkinsonsrecovery.org



www.parkinsonsdisease.me

Why hydration is critical to wellness

By Dr. Jaroslav Boublik

There is a large, and growing, body of evidence that maintaining optimal cellular hydration is a critical step in developing and maintaining wellness. Many people believe that simply drinking more water is all that we need to do. If it were as simple as drinking more water, a lot more people would be a lot more hydrated than they are. It is pretty clear to me looking at the people around me in the world that it is not that simple.

Forcing yourself to drink more water may have a short-term impact on your potential state of hydration but it will do little to address your baseline long-term hydration state. That depends on both intake and metabolism, comprising both uptake and clearance. The volume fraction of fluid inside a cell is a very carefully

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regulated parameter but without sufficient available water (intake) the mechanism that cause water to flow into cells (uptake) cannot regulate the fluid level in the cells and insufficient water is available to flush waste products out of the cell (clearance).

The analogy I make is one that many people who work in office spaces will be familiar with. It's the sad and sorry potted plant in the corner of the boardroom that is often badly neglected. The fact is that if you water that potted plant chances are that most of the water will simply flow through it and end up in a puddle on the floor.

I think many of us are like that potted plant. We have been neglected so long in terms of providing adequate amounts of hydrating fluids into our systems that when we do pour a large amount of water into our bodies, most of it simply flows through. Certainly when people have an epiphany and decide they are going to get really hydrated by drinking their 8 or 10 or 12 glasses of water a day they find

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that the only real impact on them is that they spend a lot more time going to the bathroom. This suggests to me (and has been long supported by research) that there are multiple pathways for water flow in the body.

We have termed this short path and long path hydration. The short path is into the mouth, into the digestive tract, into the circulation, straight to the kidneys then down to the bladder and out. Very little of this fluid impacts the hydration of individual cells.

Then there is long path hydration. Here the circulating fluid does manage to get into extra cellular fluid, then into the cells where it carries nutrients in, and then back out of the cells where it carries toxins out into the circulation and then through the kidneys and bladder for excretion. Long path hydration is what we are looking for.

Long path hydration unfortunately does get switched off with neglect. Simply pouring more water into the system doesn't necessarily switch it back on

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again. You need to take a proactive step. We believe the [Aqua formulas \(www.aquas.us\)](http://www.aquas.us) are a good example of a proactive step but there are probably other things you can do to provoke long path hydration. Our research suggests that none, however, are as simple or effective.

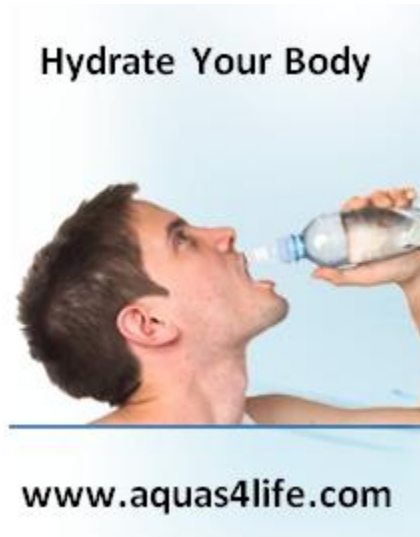
Once we have established this kind of long path hydration in the body there will be sufficient fluid for the cellular volume fraction to be maintained and for the movement of nutrients into cells and waste products out of cells to occur without impediment. We then have a critical component of the wellness puzzle in place.

About Dr Jaroslav Boublik B.Sc.(Hons), Ph.D. (Med), MRACI, C.Chem. AACNEM

Jaroslav has spent almost 30 years in medical research with 15 years in drug development and then 15 years in nutritional medicine. Jaroslav consults to the nutrition industry as a formulator, researcher, presenter and educator. His

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primary research interest is water and hydration and he is the co-developer of
[The Aqua Formulas.](#)



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Good Body Mechanics for Caregivers : Part I of caregiver training series

By Kevin Lockette PT

The nature of care-giving can place great physical stress on you as the caregiver. Practicing proper body mechanics will decrease the stress and strain and help to safely manage the mobility of the care-receiver. The primary rule is to maintain the normal lumbar curve at *all times*. By following this one simple rule, injury to the lower back can be avoided. This means that you may need to get in different positions or use different transfer techniques, based on your own body type/size and that of the care-receiver. The following lifting principles will help keep the normal lumbar curve.

Principles of Safe Lifting

1. *Maintain a sturdy or broad base of support.* A stable position is necessary when assisting the care-receiver with moving. A wide base of support is stable—spread the feet at or greater than shoulder-width apart—but keep in mind that

having the feet in a scissor position, with one foot forward and one foot backward, also offers a wide base of support. The physical space available will dictate which position to use when assisting with moving. For an example, when assisting someone with a car transfer, there may not be enough room to spread the feet shoulder-width apart; therefore, the scissor position may be the better option.

2. *Keep the load close.* This applies to lifting objects as well as to assisting a care-receiver with a transfer. For example, when lifting a chair, if the chair back is close to the body, it feels much lighter than if the chair is lifted with the arms extended, with the chair away from the body. Most likely, with the latter technique a strain will be felt in the low back. The farther away the object (or care-receiver) being lifted, the greater the lever arm, which makes the care-receiver or object feel heavier. It is much easier to lift and much easier to keep that normal lumbar curve when the load is closer.

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3. *Bend with knees, not with the back.* The take-home message here is that bending forward with a rounded low back (lumbar spine) loses the normal lumbar curve and causes stress to your low back. The larger, stronger leg muscles are more equipped to do the lifting than the low-back muscles. Remember to tighten up the stomach and bend down with your legs.

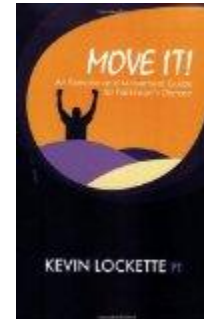
4. *Push instead of pull, whenever possible.* When pulling a load, it is much harder to keep the normal lumbar curve (neutral spine), so whenever possible, push rather than pull. For example, in assisting a care-receiver up from a low chair, it is better to stand on the side of the care-receiver and push him forward so that his center of gravity is over his feet—so that he can use his legs to transfer to standing—rather than standing in front of him and pulling forward where you are performing more work and potentially placing more strain on your lower back.

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Kevin Lockette, author of [Move It: An Exercise and Movement Guide for Parkinson's Disease](#), is a physical therapist who practices in Hawaii. This article was adapted from: *A Caregiver's Complete Guide for Mobility and Independence in the Home* due out in October of 2010 from Langdon Street Press. For more information: www.ohanapacificrehab.com and www.ultimatecaregiversguide.com or email Kevin Lockette at: Kevin@ohanapacificrehab.com



www.vibroacoustic.parkinsonsrecovery.com



I Didn't Say That

By Whit Deschner

If you think technology will save us, think again. My word recognition program refuses to recognize me. I've told it a thousand times my name is Whit but always it calls me 'with.' Sure it boasts a bag of words but it scatters their phonetic sounds like Johnny Appleseed on a broadcasting mission. It even knows the word 'grammar' but has no idea of its meaning, let alone its context. It joins words with unscrupulous abandon. It pledges allegiance to no one or no concept. For example take the pledge of allegiance. As if there isn't enough controversy surrounding this issue here is my unprincipled monster's rendition weighing in:

Pledge allegiance to the flagging United States of America into the puppets for which stands one nation ignited flirting justice for all.

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For me this poses a dilemma. I use my word recognition program because I have Parkinson's and I am losing my ability to type. But what I say is not what shows up on the screen. Am I responsible for this? What if Alberto Gonzales gets a hold of my hard drive?

Yet there is no use trying to attach headings onto its amoral compass. It is technology run amuck . Not that word recognition doesn't possess it's own HAL-like personality. But nothing is sacred. It even annihilates the Ten Commandments, which I best not divulge here other than to say that with awry humor it renders 'Thy shalt not commit adultery' into 'Michelle recommended only.' The only thing it doesn't give me is her phone number.

And what about poetry? Word recognition knows no beauty. It turns William Wordsmith's Daffodils into Data Bills while Tennyson's Light Brigade charges Happily happily happily onward. And not even a sadistic bonsai artist could twist

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Joyce Kilmer's Trees in such an unseen manner. It's poetry guaranteed to bring tears to the eyes, although not the usual kind. Here's my computer's collaborated version:

*I think that I shall never see
Up one lovely as a tree
A tree is hungry mouth is pressed
Against your sweet flowering breast
A tree that lets it go all day
And left her leafy arms to pray
The tree that may in summer where
Vannesa Robbins in her hair
Bond is blossoming snow inflamed
Linda Bentley lives with rain*

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Paul Miller made fools like me

But only God can make a tree

I haven't a clue who Vannesa Robbins, Linda Bentley or Paul Miller might be other than prodigy of genetic and computer codes breeding unchecked in some programmer's basement. Certainly not someone wholesome like Julie Andrews who although might perfectly enunciate, would only have her words slaughtered through this evil technological advancement. So what chance do people with foreign accents and speech impediments have? Can you imagine the modern remake of My Fair Lady? Eliza Doolittle would have smoke streaming from the computer's portals, hurricanes would blow Spain's rain from here to breakfast until Professor Higgins would at last address the screen with a cricket bat shortly before losing it altogether going on a random killing spree.

And yet some days the program acts better than others. Just last week it

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almost dictated a letter perfectly. That is until I got to the end. I signed off, 'Best Regards, Whit.'

Only it didn't call me Whit. As usual, it called me "with"

So I said, *'I said Whit!'*

And it displayed, *"I said With."*

I yelled: *"I said, Whit, dammit!"*

"I said with dammit." It replied.

"Whit Whit Whit!" I screamed

"With with with." Read the screen.

Words, I thought hyperventilating. They are only words. I needed to relax. Calm down. Go read. I picked up Alice in Wonderland.

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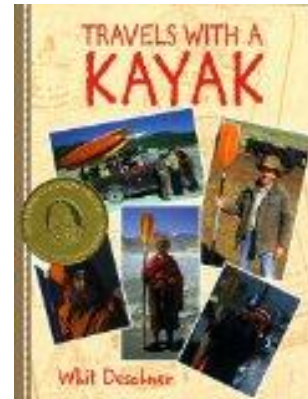
Whit Deschner, author of [Travels with a Kayak](#), lives outside of Baker City, Oregon where he feeds horses, writes and runs the annual saltlick auction of which all proceeds goes to Parkinson research at OHSU. He has had Parkinsons for 10 years.

Five Steps to Recovery



<http://www.fivestepstorecovery.com>

<http://www.fivestepstorecovery.com>



Sitting Softly in My Soul

By Heather MacTavish

Sitting softly in my soul
Was never my abiding goal
I leap and I flash and I celebrate
There's later on to be sedate.
But softness is partner in all that is me.
Providing the net of serenity.

Just below the shell of protection
Live the fears. The fear of rejection.
The fear of not being enough inside.
The fear of my judgment, the fear of my pride.
But softness encloses with perfect caress
Providing the welcome, the understood yes.

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I'm cradled and coddled, surrounded and joined
I'm scared and I'm cold. I'm abandoned, forlorn.
I dance through the shadows, I bask in the light.
Each day is a blessing, a smile, a delight.

Sitting softly, gazing round
I feel the pulse, I am the sound.
I softly sway, I access space.
I feel the smoothness of embrace.
But strength is partner in all that is me
Providing illusion of eternity.

Just below the softness I seek
Lives the strength, the rod for the meek
The strength every morning to look inside
The strength of acceptance, the strength to abide.
Then softness again comes to beckon me forth

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Allowing, forgiving and honoring worth.

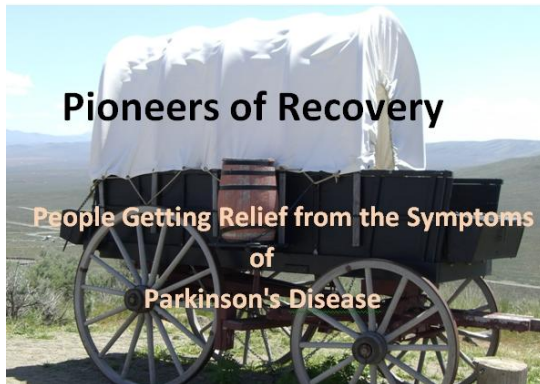
I'm cradled and cuddled, surrounded and joined
I'm scared and I'm cold. I'm abandoned, forlorn.
I dance through the shadows, I bask in the light.
Each day is a blessing, a smile, a delight.

Heather MacTavish © November 16, 2000

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About Heather MacTavish

Heather MacTavish, author of Songs, Science and Spirit, formed New Rhythms Foundation in 1998 to bring rhythmic programs to persons diagnosed with chronic, degenerative and developmental disabilities. Diagnosed with Parkinson's disease in 1995, Heather is skilled in group dynamics and individual human behavior. She combines creativity, science and art with spirit, acceptance and humor.



www.pioneersofrecovery.com



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