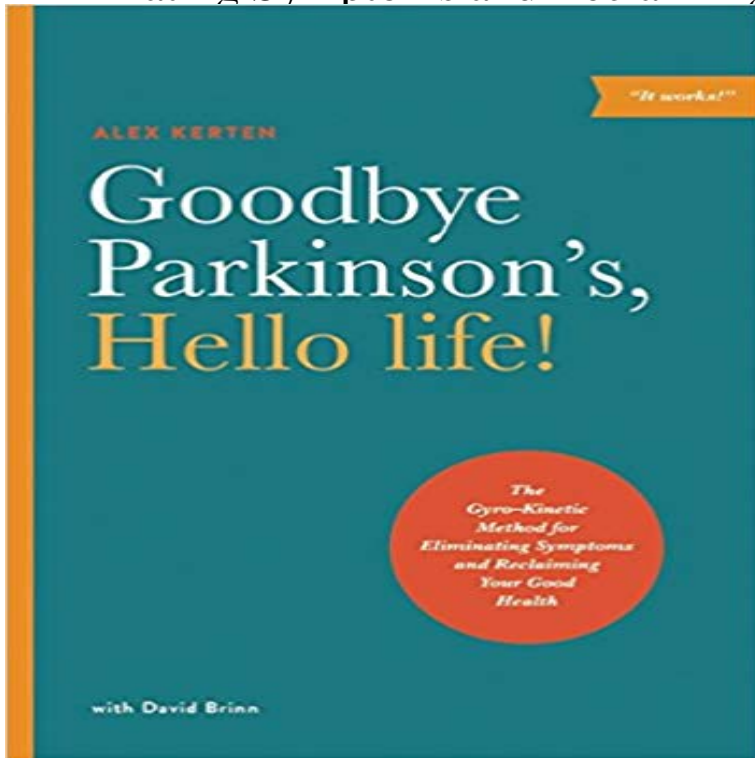


# Goodbye Parkinsons, Hello life!: The Gyro-Kinetic Method for Eliminating Symptoms and Reclaiming Your Good Health



Parkinsons Disease, a disorder of the central nervous system, affects 1 million people in America and 10 million worldwide. In Goodbye Parkinsons, Hello Life! Alex Kerten presents his breakthrough holistic technique that combines dance therapy, behavior modification, and martial arts, to prove that there is life beyond the diagnosis of PD. Goodbye Parkinsons, Hello life! received Recommended Reading status by the Michael J. Fox Foundation and listings on the National Parkinsons Association social media sites. Those who follow Kertens techniques and are committed to becoming Parkinsons warriors can succeed in eliminating many, if not most, of their symptoms and return to a productive and fulfilling life. Instead of viewing themselves as Parkinsons victims, the methods in Goodbye Parkinsons, Hello life! will lead them to become healthy people with Parkinsons. Includes 20 easy to follow exercises.

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