

# COMPLEMENTARY THERAPIES AND PARKINSON'S

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

**This information is for people interested in using complementary therapies, alongside their Parkinson's treatment, to help manage their symptoms. If you're a carer, family member or friend you may also find this information useful.**

Although there's little scientific evidence that complementary therapies slow, stop or reverse the development of Parkinson's, we have heard from many people with the condition who have had positive experiences of complementary therapies.

As with all treatments for Parkinson's, different therapies work for different people. So we encourage anyone affected by the condition who is interested in complementary medicine to explore the range of therapies available.

It's not possible to cover all the many complementary therapies available in this guide, but we've tried to bring together the most popular therapies, chosen by people with Parkinson's and their carers.

It's designed to give you the basic information you need to help you decide which complementary therapies, if any, are right for you. It also explains how people use each therapy and where you can go to find out more.

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# WHAT IS COMPLEMENTARY THERAPY?

For the purposes of this information, complementary therapy refers to treatment used alongside conventional medicine. It shouldn't be confused with:

- alternative medicine, which replaces evidence-based, conventional medicine with medicine based on historical or cultural traditions
- integrated medicine, a term which describes the combined use of conventional and complementary therapies

While conventional medicine focuses on the treatment of symptoms, complementary therapies adopt a more holistic approach. This means considering all aspects of how a condition may affect someone, rather than just focusing on medical symptoms.

## Are complementary therapies beneficial?

There's no simple answer to this. There are so many types of therapy that it's impossible to generalise. There's evidence of the beneficial

effect of some complementary therapies. For other therapies, there is no research to prove it has any benefits for people with Parkinson's. But we hear from many people affected who feel it helps them.

It will also depend on what you expect from complementary therapies. For example, you may feel a particular therapy is not having a positive effect on your Parkinson's symptoms, but you may enjoy the experience. For you, this might be enough of a reason to continue.

We've included comments from people affected by Parkinson's who have tried some of the therapies. We hope this will give you a better idea of what people are trying and how they found it. But remember that everyone will have a different experience.

Please remember these are people's personal opinions. Parkinson's UK doesn't endorse any particular therapy.



# WHY DO PEOPLE USE COMPLEMENTARY THERAPIES?

People may use complementary therapies alongside prescribed medication for many reasons, such as the following examples.

- Conventional medicine might not always control someone's symptoms.
- Complementary therapy is a way of taking control of your own health.
- Group therapy can be an opportunity to socialise. Equally, complementary therapies can be a time to enjoy your own company.
- Complementary therapies can be relaxing.

## The evidence about complementary therapies

Conventional medication goes through a thorough testing process before it becomes available. It's tested in clinical trials and needs to meet scientific standards to prove it works and is safe. Common side effects are also clearly stated on the patient information leaflet.

Complementary therapies are not as rigorously tested. Some therapies, for example aromatherapy, are not medicine-based. This means they don't need to go through this form of testing. Instead, researchers will look at a therapy and what practitioners say it can be used for. They then study it to see how effective it is when put into practice. Methods of testing can be varied. Some therapies work for some people and not for others.

## Which evidence should I trust?

There's a lot of information on complementary therapies, particularly on the internet, that claims to be based on scientific evidence. But it's not all reliable. To help make sure you're reading accurate and useful information – that's not misleading – you may find it helps to ask yourself the following questions.

- Where is the research published? Research should normally be 'peer-reviewed' in professional journals. This means that before

the details are released, it has been reviewed by other experts not involved in the study.

- How many patients were involved in the study? The higher the number, the more reliable the study usually is.
- Is the result of the study a 'one-off' or have other scientists confirmed it?

### Why have you included therapies with no scientific evidence?

The therapies in this information have all been chosen because they're popular with people affected by Parkinson's.

Just because a therapy can't be proven to work in a medical trial, or there hasn't been enough research about whether it helps people with Parkinson's, it doesn't mean you won't find it useful. In fact, we've heard from many people who tell us they have benefited from using these therapies.

Many of our local groups organise complementary therapy sessions at their meetings to encourage members to give them a try.

Throughout this information, we highlight what scientific evidence there is to support the use of each therapy.

## Can I use complementary therapies instead of taking Parkinson's medication?

Complementary therapies don't work as a replacement for Parkinson's medication. Stopping or making changes to your Parkinson's medication can be dangerous without the guidance of your specialist or Parkinson's nurse.

# ARE COMPLEMENTARY THERAPIES SAFE?

Generally speaking, the complementary therapies listed in this information are considered safe. But before taking tablets, pills or capsules, applying creams or drops or drinking teas, you should talk to your GP, specialist or Parkinson's nurse. This is because some herbs and remedies may have side effects or clash with medications you're already taking. Your healthcare professional may also be able to recommend a therapist, or advise you on other sources of information.

The Medicines and Healthcare products Regulatory Agency (MHRA) is the government agency responsible for making sure that medicines and medical devices work, and are safe. You can find out more at [www.mhra.gov.uk](http://www.mhra.gov.uk)

Some complementary therapies (for example herbal remedies) may not be safe during pregnancy. So it's essential that you tell not only your GP, specialist or Parkinson's nurse but also your complementary

therapist if you're trying for or expecting a baby.

It's not always easy to tell what is or isn't safe and many organisations offering therapy give the impression of being reliable even when they're not.

## Is a therapy unsafe if it's not statutorily regulated?

Not necessarily. Some complementary therapies are regulated by statutory law, including osteopaths, chiropractors and art therapists. This means that, in the same way GPs and specialists have to register with the General Medical Council, these therapists must register with a statutory regulator before they can practise.

One reason for statutory regulation is the level of risk linked to a particular therapy. For example, the government considered regulating acupuncture, but took the view that because acupuncturists were well self-regulated, it wasn't needed.



## The Complementary and Natural Healthcare Council

The Complementary and Natural Healthcare Council (CNHC) was established with government support to regulate some therapies.

Therapies regulated by the Council include:

- Alexander technique
- aromatherapy
- Bowen therapy
- massage therapy
- reflexology
- Reiki
- Shiatsu

The list of CNHC-regulated therapies discussed in this booklet is not exhaustive. Because registration of these therapies with CNHC is voluntary, not all the practitioners of the therapies are registered. To find out more and to see the full list of CNHC-regulated therapies, visit their website

**[www.cnhc.org.uk](http://www.cnhc.org.uk)**

Other complementary therapies are gradually moving towards a system of stricter self-regulation. See below for more information on professional associations.

## How do I find a good therapist?

Before choosing a therapist it's important to find out if they're reputable, insured and, where relevant, belong to a regulatory body (see 'Professional associations').

You may find it helpful to ask:

- your GP, specialist, Parkinson's nurse or other healthcare professional. Many hospitals and GP surgeries now work together with complementary therapists

- someone else with Parkinson's, a friend or family member
- your Parkinson's local adviser (see 'More information and support' for how to find your nearest one)

Always check the therapist's credentials. Some complementary therapists use the 'Dr' title, but that doesn't necessarily mean they've studied conventional medicine. An honest, reliable practitioner won't mind you asking about their qualifications.



## Professional associations

Many therapists are members of reputable, professional organisations. These organisations can be useful sources of information. Be aware that some organisations may make claims that aren't backed up by good evidence (see 'Why do people use complementary therapies?').

We list a number of professional organisations for each complementary therapy. If you're doing your own research, bear in mind that a high quality professional association requires its members to:

- complete some kind of formal qualification, which will usually include a training programme and an exam
- stay up to date in their field by continuing their professional training and development
- follow a code of ethics and professional conduct
- have insurance
- report any side effects when they happen

When you find a therapist, here are a few questions you should ask.

- What, if any, risks are associated with the treatment you offer and what steps will you take to prevent problems?
- What professional organisations are you registered with?
- How much does the treatment cost and how long will it last?

Finally, it's important to find a therapist you feel comfortable with and who you like. This will help make your therapy more successful and enjoyable.

# ACCESSING COMPLEMENTARY THERAPIES

## Are complementary therapies available on the NHS or the HSC in Northern Ireland?

This will depend on the type of therapy you want and the policy in your area.

Some hospitals and GP practices offer a few complementary therapies like acupuncture, aromatherapy, massage, osteopathy and chiropractic treatments.

Speak to your GP, specialist or Parkinson's nurse about what's available locally. Your Parkinson's local adviser may also be able to help you.

Some GPs have training in complementary therapies. If they can't provide the treatment themselves, they may be able to refer you to a therapist on the NHS.

## How much does it cost?

If your chosen therapy isn't available on the NHS or HSC,

you may have to pay. Costs for complementary therapies will vary, depending on the type of therapy you want, the length of the treatment and where you live.

At your first session the therapist will usually take a medical history and get to know you a bit better. As a result the first session may cost more than any follow-up sessions.

Practitioners usually recommend several treatment sessions. Before committing yourself to a course of treatment, make sure you ask about the cost.

You may also find it useful to ask when you can expect to feel any improvement – and when to call it a day if you don't see the results you're hoping for.

Private health insurance may pay for some types of complementary therapy. Before you book a treatment session, ask your insurer if it's covered by your policy and how to arrange payment.

# I'M A CARER. WOULD I BENEFIT FROM COMPLEMENTARY THERAPIES?

We've heard from many carers who have tried complementary therapies, some with very positive experiences. Again, it's a personal choice.

If you care for someone with Parkinson's, it's important to look after your own physical and mental health. You may find that complementary therapies are a

good way to have time to yourself, reduce stress and do something you enjoy.

In some areas, the NHS, local councils and charities offer free or low-cost therapies to carers. Speak to your GP or a Parkinson's local adviser about what's available in your area.

## WHAT ARE THE MAIN COMPLEMENTARY THERAPIES USED BY PEOPLE WITH PARKINSON'S?







The rest of this information looks at some complementary therapies you may find helpful. Please remember that although we've included them here, we can't recommend any particular therapy.







Our forum is a great place to find out what people are trying and how they feel about different therapies. Visit [parkinsons.org.uk/forum](https://parkinsons.org.uk/forum)

On the next page you'll find a quick reference table setting out some of the reasons why people with Parkinson's use particular therapies.

**Please remember these are recommendations from people with Parkinson's, not those of Parkinson's UK, and there may not be any supporting scientific evidence.**

## Why people with Parkinson's use complementary therapies

Page		 Pain relief	 Relaxation	 Ease motor symptoms	 Improve mobility	 Improve speech	 Sense of wellbeing
17	Acupuncture	✓					✓
19	Alexander technique	✓	✓	✓	✓	✓	
21	Aromatherapy		✓				✓
23	Art therapy		✓				✓
25	Ayurveda						✓
26	Bowen technique	✓	✓	✓	✓		✓
28	Chiropractic	✓			✓		
30	Conductive education			✓	✓		
31	Feldenkrais method	✓	✓	✓	✓		✓
33	Herbal medicine	✓					✓
35	Homeopathy						✓

Page		 Pain relief	 Relaxation	 Ease motor symptoms	 Improve mobility	 Improve speech	 Sense of wellbeing
37	Kinesiology		✓				✓
38	Massage therapy	✓	✓	✓	✓		✓
40	Meditation and relaxation techniques		✓	✓	✓		✓
43	Music therapy		✓	✓	✓		✓
44	Osteopathy	✓			✓		
46	Reflexology		✓				✓
48	Reiki	✓	✓				✓
49	Shiatsu				✓		✓





# ACUPUNCTURE



## What is it?

Acupuncture is a form of ancient Chinese medicine. It involves a therapist inserting thin needles at particular points on your body.

Traditional practitioners believe that energy flows round the body through channels which, when blocked, can cause illness.

The role of acupuncture is to unblock the channels.

Some scientists believe the needles act to stimulate muscles and nerves, which is what causes the effects.

Acupuncture needles are very fine so shouldn't cause a lot of pain. Your therapist will stimulate them manually using heat, pressure, electrical currents or laser light.

## How might it help?

Acupuncture is used to control and relieve pain. This includes headaches, joint pain and neck pain. The National Institute for Clinical

Excellence (NICE), which provides guidelines to the NHS, only recommends using acupuncture to treat chronic, tension-type headaches and migraines.

However, some people have said it's helped them with depression, anxiety and insomnia too. Studies have found acupuncture has led to some improvement in Parkinson's symptoms. For example, studies in a rat model of Parkinson's suggested that acupuncture can promote the survival of dopamine-producing brain cells (the cells Parkinson's affects).

## What about safety?

When a qualified practitioner carries it out, acupuncture is generally very safe. It may have some minor side effects but these are short-lived. These may include slight pain, bleeding or bruising where the needle pierced the skin, and feeling sick, drowsy or faint after treatment.

Make sure your acupuncturist is fully qualified and that they use disposable needles at every treatment session.

Acupuncture isn't regulated by the government. In 2009, the Department of Health ran a consultation about whether to introduce regulation, but concluded that the voluntary regulation already in place was robust enough.

As acupuncture involves piercing the skin, all acupuncturists must register with their local authority for health and safety reasons.

Acupuncturists may also voluntarily register with a number of regulatory bodies (see below) all of which have guidelines and codes of conduct. If you decide to use acupuncture, check that your chosen practitioner is qualified and registered with one of the listed bodies.

Some healthcare professionals, including doctors and physiotherapists, offer acupuncture alongside regular medical treatment.

## Where can I learn more?

### Acupuncture Association of Chartered Physiotherapists

A professional network for physiotherapists who offer acupuncture as part of their physiotherapy treatment.

**01733 390007**

**manager@aacp.org.uk**

**www.aacp.org.uk**

### British Acupuncture Council

A self-regulating body for the practice of traditional acupuncture in the UK.

**020 8735 0400**

**info@acupuncture.org.uk**

**www.acupuncture.org.uk**

### British Medical Acupuncture Society

A registered charity which encourages the use and scientific understanding of acupuncture within medicine. Members are regulated healthcare professionals who offer acupuncture as part of their practice.

**01606 786 782**

**london@thebmas.com**

**www.medical-acupuncture.co.uk**

# ALEXANDER TECHNIQUE



## What is it?

The Alexander technique teaches improved posture and movement. During a number of lessons you're taught to be more aware of your body, how to improve poor posture and move more efficiently.

Teachers of the Alexander technique believe this helps get rid of tension in your body and relieves problems including back pain, neck ache, sore shoulders and other musculoskeletal problems.

During a class, your teacher will probably ask you to perform some simple movements before guiding your body as you move to relieve tension. Sessions can be one-to-one or in groups.

## How might it help?

There's evidence from one scientific study of fewer than 100 people that the Alexander technique may help to relieve symptoms of Parkinson's, including pain, speech, tremor, depression and balance.

NICE clinical guidelines recommend that people with Parkinson's consider the Alexander technique to help with balance or motor problems.

## What about safety?

Alexander technique lessons shouldn't be painful.

Alexander technique teachers aren't statutorily regulated but may register with the Complementary and Natural Healthcare Council.

## Where can I learn more?

[The Society of Teachers of the Alexander Technique \(STAT\)](#)

Aims to ensure the highest standards of teacher training and professional practice, promote public awareness and understanding of the Alexander technique, and encourage research.

**020 8885 6524**

**office@stat.org.uk**

**www.stat.org.uk**

## The Complementary and Natural Healthcare Council (CNHC)

Alexander technique teachers are able to register with the Complementary and Natural Healthcare Council. You can check the Council's website to find a CNHC-registered Alexander technique teacher in your area, or to find out if your teacher is registered.

**020 3668 0406**

**info@cnhc.org.uk**

**www.cnhc.org.uk**

## Interactive Teaching Method Association

Promotes the Alexander technique, act as a point of contact between teachers and the public, maintains teaching standards and provides support and continuing professional development for teachers.

**www.alexandertechnique-itm.org**

“ I was getting a lot of pain in my neck and shoulders, made worse by working at a computer keyboard as part of my working week.

I have since learned more about the Alexander technique and how to use my posture differently, which helps to reduce the stress I put on my neck. ”

**Anna**

# AROMATHERAPY



## What is it?

Aromatherapists use essential oils from plants to treat symptoms such as anxiety, stress, insomnia and depression. The oils are diluted and can be massaged into the skin, inhaled or used in creams or in the bath. The oils are said to have chemical properties that can positively affect your physical and mental health.

## How might it help?

Many people use aromatherapy to help them relax. There hasn't been much research on how aromatherapy may help with Parkinson's. Research suggests it can have a mild, temporary calming effect on anxiety, but another study said the evidence available wasn't good enough to prove aromatherapy could effectively treat any condition.

Aromatherapy is one of the more commonly offered therapies in NHS hospitals with complementary medicine programmes. Speak to

your GP, specialist or Parkinson's nurse about availability in your area.

## What about safety?

Aromatherapy is generally very safe. However essential oils are highly concentrated and shouldn't be swallowed. They should be diluted before being applied to the skin to avoid irritation. Some people may have an allergic reaction to some essential oils.

Speak to your GP, specialist or Parkinson's nurse before you use essential oils, especially if you're pregnant or have epilepsy, heart problems, high blood pressure, asthma or diabetes.

Aromatherapists aren't statutorily regulated but can register with the Complementary and Natural Healthcare Council.

## Where can I learn more?

### Complementary and Natural Healthcare Council (CNHC)

Aromatherapists can register with the Complementary and Natural Healthcare Council. You can check the Council's website to find a CNHC-registered aromatherapist in your area, or to find out if your practitioner is registered.

**020 3668 0406**

**info@cnhc.org.uk**

**www.cnhc.org.uk**

### The International Federation of Aromatherapists

There's no single professional association for aromatherapy. However, the International Federation of Aromatherapists can help you find a reliable, registered and qualified aromatherapist.

**0208 567 2243**

**www.ifaroma.org**



# ART THERAPY



## What is it?

Art therapy is a form of psychotherapy that uses art as a way of communicating feelings and thoughts. Practitioners believe it is an effective way to express specific emotional and physical issues. You can do sessions with qualified art therapists in groups or individually.

## How might it help?

While there's evidence that art therapy can be effective for people with depression or stress, there's no evidence in the case of people with Parkinson's.

However, many people with Parkinson's have told us that being creative helps them to focus their mind, relax and express their emotions in a positive way.

## What about safety?

Art therapy is regulated by the Health and Care Professions Council and is available through the NHS. The Council is a government body which regulates health

professionals just as the General Medical Council regulates GPs and specialists. Art therapists must be registered to practise.

## Where can I learn more?

### Art classes

Some local Parkinson's UK groups offer regular creative sessions, including art classes. Find your local group at [parkinsons.org.uk/localgroups](https://parkinsons.org.uk/localgroups) or call our helpline on **0808 800 0303** for details of your nearest meeting.

You can also make the most of creative activities by speaking to an occupational therapist. In some areas, you can contact an occupational therapist directly through your local social services or social work department. Otherwise, your GP, specialist or Parkinson's nurse should be able to refer you.

**Find out more:** see our [information sheet \*Occupational therapy and Parkinson's\*](#).

## The British Association of Art Therapists

The professional organisation  
for art therapists in the UK,  
with its own Code of Ethics  
of Professional Practice.

**020 7686 4216**

**Info@baat.org.uk**

**www.baat.org**

## Health and Care Professions Council

You can contact this organisation to  
check an art therapist's registration.

**020 7582 0866**

**registration@hcpc-uk.org**

**www.hcpc-uk.org**







## What is it?

Ayurveda is a traditional Indian medical system. It's called a system because more than one technique is involved. What technique is used depends on the person being treated.

Ayurveda can combine treatments such as diet and lifestyle advice, herb supplements, and physical treatments such as full-body massage and meditation.

The aim is to cleanse the body, reduce symptoms, increase resistance to disease and promote mental calm.

## How might it help?

People may use Ayurveda to build and maintain an overall sense of good health and wellbeing.

Although there have been some small studies of Ayurveda, none have been of a good enough quality to prove its effectiveness. Larger, better-designed studies are needed before we can be sure how effective Ayurveda is.

## What about safety?

Some therapies used in Ayurveda may react with certain medications. It's essential that you talk to your GP, specialist or Parkinson's nurse before you start treatment.

In the past the UK Medicines and Healthcare products Regulatory Agency has issued warnings about dangerous or contaminated supplies of Ayurvedic medicines. Look online at [www.mhra.gov.uk](http://www.mhra.gov.uk) if you have any concerns.

Ayurveda practitioners aren't regulated by law. Check that your therapist is registered with a professional body and is insured.

## Where can I learn more?

### [Ayurvedic Practitioners Association](#)

An independent, professional association of Ayurvedic practitioners. You can contact them to find out more about Ayurveda and find therapists local to you.

**01273 500 492**

**[info@apa.uk.com](mailto:info@apa.uk.com)**

**[www.apa.uk.com](http://www.apa.uk.com)**

# BOWEN TECHNIQUE



## What is it?

Bowen technique is a very gentle, touch-based therapy. Practitioners aim to restore balance in the body by softly manipulating muscles and soft tissue. They use their fingers and thumbs to make small, rolling movements over precise points on your body.

## How might it help?

Bowen technique may be used for a range of physical and emotional conditions, including pain, muscular problems, stress and difficulties sleeping. There have been some small studies for its use in pain relief and stress, but a recent review of the evidence showed that more detailed studies were needed.

There have been no scientific studies to support the use of Bowen therapy in Parkinson's. However, people with Parkinson's have found it helpful.

## What about safety?

Bowen therapists aren't regulated by law, but they can register with the Complementary and Natural Healthcare Council.

## Where can I learn more?

[The Complementary and Natural Healthcare Council \(CNHC\)](#)

Bowen therapists can register with the Complementary and Natural Healthcare Council. You can check the Council's website to find a CNHC-registered Bowen therapist in your area, or to find out if your practitioner is registered.

**020 3668 0406**

**[info@cnhc.org.uk](mailto:info@cnhc.org.uk)**

**[www.cnhc.org.uk](http://www.cnhc.org.uk)**

## Bowen Therapy Professional Association

An independent, professional association of Bowen therapy practitioners. You can contact them to find out more about the Bowen technique, find qualified teachers and read about how they assess their members.

**0844 561 7173**

**[ask@bowentherapy.org.uk](mailto:ask@bowentherapy.org.uk)**

**[www.bowentherapy.org.uk](http://www.bowentherapy.org.uk)**

## The Bowen Association UK

Provides technical and practical support for Bowen therapists and their clients, and a practitioner referral service for the general public.

**01205 319100**

**[office@bowen-technique.co.uk](mailto:office@bowen-technique.co.uk)**

**[www.bowen-technique.co.uk](http://www.bowen-technique.co.uk)**

# CHIROPRACTIC



## What is it?

Chiropractors believe the spine influences all aspects of our health, so chiropractic treatment focuses on bringing bones, joints, muscles and the nervous system into balance. Chiropractors tend to focus on the area around the spine, using spine manipulation.

Typically, the first session will involve an assessment of your health, medical history and a physical examination. The chiropractor will then use manual techniques to manipulate the spine and may also work on joints, muscles and soft tissue.

Chiropractors may also give advice on health, diet, exercise and lifestyle.

## How might it help?

Chiropractic is commonly used for conditions affecting the muscles, bones and joints. Most people use chiropractic to relieve pain, especially back and neck pain. There's some evidence that chiropractic can help with this.

Chiropractic can also be used to treat mental health conditions, such as phobias, depression and anxiety, but there is little evidence of its effectiveness.

There are no studies on the effects of chiropractic on people with Parkinson's.

## What about safety?

There's statutory regulation for chiropractic in the UK. This means it's illegal for anyone to practise or to call themselves a chiropractor unless they're registered with the General Chiropractic Council.

Chiropractic isn't usually painful, but some people may experience mild side effects up to 24 hours after a chiropractic session, including stiffness, fatigue and pain.

There's a risk of more serious problems, such as stroke, from spinal manipulation, but the risk is extremely small.



### Where can I learn more?

Chiropractic is available on the NHS in some areas. Ask your GP, specialist or Parkinson's nurse about availability. Be aware that funding is limited and most people pay for chiropractic if they choose it as a treatment option.

### General Chiropractic Council

Regulates the chiropractic profession. You can contact them to find out more about chiropractic, find a chiropractor near you, or to check if a chiropractor is registered.

**020 7713 5155**

**[enquiries@gcc-uk.org](mailto:enquiries@gcc-uk.org)**

**[www.gcc-uk.org](http://www.gcc-uk.org)**

# CONDUCTIVE EDUCATION



## What is it?

Conductive education is a rehabilitation system. As the name suggests, its approach is educational rather than therapeutic. It aims to teach adults and children with neurological conditions that affect movement, like Parkinson's, how to overcome everyday problems.

## How might it help?

Some people find that conductive education helps to control the physical symptoms of Parkinson's, including tremor, rigidity and slowness of movement. By learning strategies which help overcome movement and other everyday problems, conductive education can increase feelings of confidence and independence.

Although conductive education is well established as a treatment for Parkinson's, there is little supporting medical evidence for its effectiveness.

## What about safety?

Always check that the conductor is registered with a professional body and is insured.

## Where can I learn more?

Some Parkinson's UK local groups offer conductive education sessions. Find your local group at [parkinsons.org.uk/localgroups](https://parkinsons.org.uk/localgroups) or call our helpline on **0808 800 0303** for details of your nearest meeting.

## National Institute of Conductive Education

A UK charity based in Birmingham.  
**0121 449 1569**  
[foundation@conductive-education.org.uk](mailto:foundation@conductive-education.org.uk)  
[www.conductive-education.org.uk](http://www.conductive-education.org.uk)

# FELDENKRAIS METHOD



## What is it?

The idea of Feldenkrais is that by becoming more aware of your own movements, you can improve your mobility and general well-being. The method is based on martial-arts theory and has been developed to help people with everyday problems, like difficulties with balance or turning over in bed.

It's regarded as educational rather than therapeutic. Lessons may involve doing a sequence of movements that involve thinking, sensing, moving and imagining.

## How might it help?

Studies show that Feldenkrais helps with balance and mobility. People also use it to find relief from tension and pain, to improve breathing and performance, and for general wellbeing. As yet, there have been few studies of the method specifically for the treatment of Parkinson's, but there are some indications that the method improves quality of life.

## What about safety?

Feldenkrais is generally safe for everyone. But check your teacher is registered with a professional body and is insured.

## Where can I learn more?

### [The Feldenkrais Guild UK](#)

This organisation can help you find Feldenkrais teachers and classes across the UK.

**07000 785 506**

**[enq@feldenkrais.co.uk](mailto:enq@feldenkrais.co.uk)**

**[www.feldenkrais.co.uk](http://www.feldenkrais.co.uk)**





# HERBAL MEDICINE



## What is it?

Herbal medicine is the use of plants and plant extracts to treat illnesses. They are often taken as drops, capsules or tea. Herbal medicines can be quite powerful. Many of today's common drugs come from plants or are based on chemicals found in them.

Herbalists, who prescribe complex herbal mixtures, can offer professional advice and will also recommend diet, exercise and lifestyle measures. Some herbal medicines are sold in health food shops and pharmacies.

## How might it help?

Herbs are used for a wide variety of conditions. There is some evidence that certain herbs, like St John's Wort, may help with depression and some skin conditions. But be aware that the St John's Wort, which can be used for depression, is not recommended for people with Parkinson's. This is because St John's Wort can interact with your Parkinson's drugs.

St John's Wort is also often mixed with other components to create different brands of the herbal remedy. This could increase the possibility of side effects and interactions.

Small trials have been carried out with plants commonly used in Ayurvedic medicine to relieve Parkinson's symptoms (see the section on Ayurveda on page X). More research is needed to establish conclusively whether herbs are helpful in the treatment of Parkinson's symptoms.

## What about safety?

You should always talk to your GP, specialist or Parkinson's nurse before taking herbal medicines or supplements in case they have serious side effects or interfere with your usual medication.

Some herbal medicines shouldn't be taken during pregnancy – again, check with your GP.

Make sure your herbal medicine comes from a reliable source. In the past the UK Medicines and Healthcare products Regulatory Agency has found supplies of contaminated herbs. (Check at [www.mhra.gov.uk](http://www.mhra.gov.uk) or ask your GP about any recent alerts).

### Where can I learn more?

Herbalists aren't regulated by law. Contact any of the following organisations to find out more about herbal medicine, find qualified practitioners and read about how they regulate their members.

#### International Register of Consultant Herbalists and Homeopaths

01594 368 443  
[office@irch.org](mailto:office@irch.org)  
[www.irch.org](http://www.irch.org)

#### National Institute of Medical Herbalists

01392 426 022  
[info@nimh.org.uk](mailto:info@nimh.org.uk)  
[www.nimh.org.uk](http://www.nimh.org.uk)

#### Register of Chinese Herbal Medicine

01603 623 994  
[herbmed@rchm.co.uk](mailto:herbmed@rchm.co.uk)  
[www.rchm.co.uk](http://www.rchm.co.uk)

#### Unified Register of Herbal Practitioners

07539 528 857  
[www.urhp.com](http://www.urhp.com)

#### British Herbal Medicine Association

0845 680 1134  
[secretary@bhma.info](mailto:secretary@bhma.info)  
[www.bhma.info](http://www.bhma.info)



# HOMEOPATHY



## What is it?

Homeopaths believe conditions can be cured by giving someone an extremely diluted dose of a remedy that, in large doses, would trigger the symptoms.

Homeopaths believe this 'like for like' principle stimulates the body's own healing power so it clears itself of any imbalance. The remedies come from various sources, including plants, animals and minerals.

Homeopaths will discuss your medical history, symptoms and how these affect you. They may also ask about your lifestyle, eating habits and preferences, and your personality.

At the end of the consultation the homeopath may give you a prescription and advise you on how often you should take the medicine. Homeopathic remedies are usually taken in pill form, but are also available as a liquid or powder. You may be prescribed a homeopathic

gel or cream for use on the skin as well.

## How might it help?

Homeopaths believe homeopathy can help with any condition in which the body has the potential to self-repair. As a result, they suggest homeopathy can be used to treat a wide range of acute and chronic medical conditions.

Homeopathy is popular. However, despite extensive research, there's no good quality evidence that homeopathy is effective as a treatment for any health condition. There are no studies on homeopathy for Parkinson's.

Homeopathy isn't widely available on the NHS. In 2017, NHS England recommended that GPs and other prescribers should stop providing it. It is available privately.

## Practitioners

Some health professionals, including doctors, nurses and pharmacists, are trained in

homeopathy and use it alongside conventional medical treatment. They're all regulated by their relevant professional body – for example, GPs are regulated by the General Medical Council.

Some homeopaths aren't medically qualified. Currently, there are no national standards of training and accreditation for these practitioners. If you decide to see a homeopath who isn't medically qualified, you should check they're insured and registered with a professional body.

## What about safety?

Homeopathic remedies are generally safe, and the risk of a serious adverse side effect from taking them is thought to be small.

There's no research to suggest homeopathic medicines react negatively with Parkinson's medication, but you should always speak to your GP, Parkinson's nurse or specialist before taking any kind of medication.

## Where can I learn more?

Contact any of the following organisations to find out more about homeopathic medicine, find qualified practitioners and read about how they regulate their members.

### Alliance of Registered Homeopaths

**01825 714 506**  
**info@a-r-h.org**  
**www.a-r-h.org**

### British Homeopathic Association

**01582 408 675**  
**info@britishhomeopathic.org**  
**www.britishhomeopathic.org**

### Faculty of Homeopathy

**01582 408 680**  
**www.facultyofhomeopathy.org**  
**Homeopathic Medical Association**  
**www.the-hma.org**

### International Register of Consultant Herbalists and Homeopaths

**01594 368 443**  
**office@irch.org**  
**www.irch.org**

### Scottish Association of Professional Homoeopaths

**0141 954 7350**  
**www.scottish-homeopath.org.uk**

### Society of Homeopaths

**0845 450 6611**  
**info@homeopathy-soh.org**  
**www.homeopathy-soh.org**

# KINESIOLOGY



## What is it?

Kinesiology means ‘the study of body movement’. The treatment you receive will depend on your kinesiology practitioner.

Kinesiologists believe each muscle is connected to an organ. Therapists apply pressure to different parts of the body to see how the muscle responds (sometimes known as muscle testing). If the muscle’s weak, they believe it means there’s a problem with the organ. How muscles respond to gentle pressure reveals how the whole body is functioning and helps locate any imbalance.

At the end of the session you may be advised on lifestyle changes (particularly dietary changes), given specific exercises to do or recommendations on supplements.

## How might it help?

Kinesiology is used to diagnose and treat a variety of health problems. There are no good quality studies demonstrating that kinesiology is effective.

## What about safety?

Kinesiologists aren’t currently regulated by law. Check that your therapist is registered with a professional body and is insured.

## Where can I learn more?

### [Kinesiology Federation](#)

Contact this organisation to find out more about kinesiology and to find practitioners local to you.

**0845 260 1094**

**admin@kinesiologyfederation.co.uk**

**www.kinesiologyfederation.co.uk**

# MASSAGE THERAPY



## What is it?

People have used massage for thousands of years to heal injuries, promote relaxation and encourage better movement. There are many different types of massage from traditions around the world.

A massage therapist may use various techniques including stroking, kneading and rubbing to manipulate the body using pressure. Massage may be gentle or vigorous and may focus on one area or the whole body.

## How might it help?

Research suggests that massage may help to reduce pain and anxiety and depression, although there's no conclusive evidence. Abdominal massage may also help with constipation.

Many people with Parkinson's and their carers have told us they find massage therapy useful as a way to relax and to have time to themselves.

## What about safety?

Massage therapy shouldn't hurt, although there may be some discomfort if pressure is applied to injured areas, or where your body is very tense.

Massage may not be suitable for people with certain medical conditions, a history of blood clots, or weak or broken bones.

If you have wounds or bruises you should wait until these are healed before booking a massage appointment.

Massage therapists aren't regulated by law, but they may register with the Complementary and Natural Healthcare Council.



### Where can I learn more?

#### The Complementary and Natural Healthcare Council

Massage therapists can register with the Complementary and Natural Healthcare Council. You can check the Council's website to find a CNHC registered massage therapist in your area, or to find out if your practitioner is registered.

**020 3668 0406**

**info@cnhc.org.uk**

**www.cnhc.org.uk**

#### General Council for Massage Therapies

The governing body for massage therapies and all body work and soft tissue techniques in the UK. Contact them to find a massage therapist local to you or visit the website to find links to other professional organisations for massage therapy.

**0870 850 4452**

**gcmt@btconnect.com**

**www.gcmt.org.uk**

# MEDITATION AND RELAXATION TECHNIQUES



## What is it?

Meditation has been used worldwide for thousands of years. Although often associated with religion and spirituality, it's increasingly used for health reasons.

There are many forms of meditation but they all aim to create a sense of calm. During meditation, the mind is in a state of restful alertness while the body becomes more relaxed. You can meditate in a group or alone.

Guided imagery or visualisation (forming pictures in your mind) are related techniques which are sometimes combined with muscle relaxation. Tai chi, mindfulness and yoga all incorporate elements of meditation.

## How might it help?

People use meditation to relieve pain, stress, depression and insomnia, and to achieve a general sense of wellbeing.

There is some evidence that meditation and related techniques can help with stress and anxiety.

## What about safety?

Meditation is generally considered to be safe. Currently, meditation teachers are not regulated by law. Check that your therapist is registered with a professional body and is insured.

## Where can I learn more?

Because there are many different types of meditation and relaxation classes, it isn't possible to list them all, or suggest which is best for you.

Relaxation and meditation are offered in hospitals and community centres that provide complementary therapies. Your GP, specialist, Parkinson's nurse, local council or library may be able to tell you about nearby classes. Some Parkinson's UK local groups offer relaxation therapies. Visit [parkinsons.org.uk/localgroups](https://www.parkinsons.org.uk/localgroups) or call our helpline on **0808 800 0303** for details.



“ I am a long term meditator (Transcendental Meditation) and love the benefits it gives me. During my 20-minute meditation my tremor subsides and stops completely. I feel great calm afterwards. It feels like prior to meditation a current of electricity is flowing through my arms, which is switched off by the meditation and I feel calm.

This quiet time meditating gives me a sense of control over the tremor. Knowing that I can ‘switch it off’ with meditation, gives me the belief that I can switch it off inbetween meditations.”

**Keith**





ZIG ZAG  
THE CALLER'S CHOICE

# MUSIC THERAPY



## What is it?

Music therapy is the use of music by trained professionals as a treatment for some physical and mental conditions. You don't need to know anything about music to enjoy music therapy.

## How might it help?

It's been suggested that music can improve movement and speech and help people to relax or talk about their feelings or ideas.

Some people with Parkinson's find that listening to strong rhythmic music can improve their walking, prevent hesitations and overcome freezing episodes.

In general, research indicates that music seems to help people with conditions such as Parkinson's improve their emotional sense of wellbeing.

## What about safety?

Music therapists are regulated by the Health and Care Professions Council and must be registered to practise.

## Where can I learn more?

Music therapy is available in some areas on the NHS. Ask your GP, specialist or Parkinson's nurse about availability in your area.

### British Association for Music Therapy

This organisation has information about music therapy and how to find a music therapist in your area.

**020 7837 6100**

**info@bamt.org**

**www.bamt.org**

# OSTEOPATHY



## What is it?

Osteopaths stretch, move and massage muscles and joints to treat health problems. They'll use their hands to find areas of tenderness, restriction or strain in your body.

## How might it help?

Osteopathy is commonly used for conditions caused by problems with the nerves, joints and muscles, such as back and neck problems, joint pain or injuries. NICE guidelines recommend that osteopathy be considered as a treatment for back pain.

Some osteopaths believe they can also help relieve general health problems such as asthma, jaw problems and painful periods.

However there is no good evidence that this is true.

## What about safety?

Generally, osteopathy is classed as safe. There are some reports that manipulation techniques have caused serious complications like spinal injury or stroke, but these are rare. Some osteopathic manipulations are unsuitable for people with bone problems, bleeding disorders or other conditions. They are also not recommended for people on blood-thinning medication, such as warfarin.

You should check that your osteopath is qualified and also let them know about any health problems and medications you're taking. After treatment, you may feel some mild side effects, such as stiffness, discomfort or tiredness.

All UK osteopaths must be qualified and registered with the General Osteopathic Council.

## Where can I learn more?

Osteopathy is available on the NHS in some areas, though most people will have to pay for private treatment. Ask your GP, specialist or Parkinson's nurse about what's available in your area.

### General Osteopathic Council

The General Osteopathic Council regulates the practice of osteopathy in the UK. The website features information about osteopathy, how to find qualified practitioners and what to expect from a treatment session.

**020 7357 6655**

**[www.osteopathy.org.uk](http://www.osteopathy.org.uk)**

# REFLEXOLOGY



## What is it?

Reflexology is based on the theory that different points on the feet and hands correspond with different areas of the body. By massaging chosen areas of the feet and hands, the corresponding area of the body can be treated.

## How might it help?

Reflexology is often used to promote relaxation, and to help with a wide range of problems, including digestive and hormonal issues, stiffness in the back and neck, and insomnia.

There's no conclusive evidence that reflexology works for any medical condition. A very small study has shown that reflexology may help with the well-being of people with Parkinson's. However, a larger study is needed to confirm this.

## What about safety?

Reflexologists aren't regulated by law, but they may register with the Complementary and Natural Healthcare Council .

Check that your therapist is registered with a professional body and is insured.

Reflexology may not be suitable if you have diabetes, epilepsy, thyroid or foot problems or a blood disorder.

During treatment, some areas of your feet may feel tender. Some people experience a reaction to their first treatment, such as feeling emotional or needing to pass urine.

## Where can I learn more?

### British Reflexology Association

A professional association that aims to promote reflexology in Great Britain and abroad.

**[www.britreflex.co.uk](http://www.britreflex.co.uk)**

### The Complementary and Natural Healthcare Council

Reflexologists may register with the Complementary and Natural Healthcare Council. Check the website to find a CNHC-registered reflexologist in your area, or to find out if your practitioner is registered.

**020 3668 0406**

**[info@cnhc.org.uk](mailto:info@cnhc.org.uk)**

**[www.cnhc.org.uk](http://www.cnhc.org.uk)**

### Reflexology Forum

This is a developing regulatory body in the UK for reflexology. Contact the organisation to find out more about reflexology and to find a therapist in your area.

**0800 037 0130**

**[renee.tanner@](mailto:renee.tanner@intfedreflexologists.org)**

**[intfedreflexologists.org](http://intfedreflexologists.org)**

**[www.reflexologyforum.org.uk](http://www.reflexologyforum.org.uk)**





## What is it?

Reiki was originally developed in Japan. In Japanese, 'Reiki' means universal life energy.

Practitioners believe that Reiki promotes healing by bringing you into harmony and balance.

During treatment, the practitioner channels healing energy by placing their hands on or near your body. The whole person is treated, rather than specific symptoms.

## How might it help?

Practitioners use Reiki to bring comfort and to support healing for a range of conditions. A study showed that Reiki may have some benefits for pain relief.

Reiki is also used to treat anxiety and depression, although a study concluded it didn't have a significant effect.

## What about safety?

Reiki therapists aren't regulated by law, but may register with the Complementary and Natural Healthcare Council.

## Where can I learn more?

### The Complementary and Natural Healthcare Council

Reiki therapists can register with the Complementary and Natural Healthcare Council. You can check the Council's website to find a CNHC-registered Reiki therapist in your area, or to find out if your practitioner is registered.

**020 3668 0406**

**info@cnhc.org.uk**

**www.cnhc.org.uk**

### Reiki Council

This organisation has links to several professional Reiki organisations.

**info@reikicouncil.org.uk**

**www.reikicouncil.org.uk**



# SHIATSU



## What is it?

Shiatsu is a Japanese form of massage therapy. A practitioner uses touch, pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It's designed to support and strengthen the body's natural ability to heal itself.

## How might it help?

Shiatsu is often used to help with relaxation. Shiatsu is sometimes used to treat frozen shoulder, a symptom associated with Parkinson's. However, there's no clinical evidence to prove its effectiveness.

## What about safety?

Shiatsu is generally safe. After the first few treatments, some people can experience side effects including headaches, stiffness, stomach upsets, diarrhoea, the desire to urinate frequently or lethargy. Speak to your practitioner before starting treatment if you have any concerns.

Shiatsu therapists aren't regulated by law but they may register with the Complementary and Natural Healthcare Council.

## Where can I learn more?

### The Complementary and Natural Healthcare Council

Shiatsu practitioners can register with the Complementary and Natural Healthcare Council. You can use the Council's website to find a CNHC-registered Shiatsu practitioner in your area or to check if your practitioner is registered.

**020 3668 0406**

**info@cnhc.org.uk**

**www.cnhc.org.uk**

### Shiatsu Society

This is a non-profit organisation which represents all styles and the majority of Shiatsu practitioners, schools and students in the UK. Contact them to find out more about Shiatsu, how they regulate their members and find qualified practitioners.

**0845 130 4560**

**www.shiatusociety.org**

# MORE INFORMATION AND SUPPORT

## Useful contacts

The Complementary and Natural  
Healthcare Council

**020 3668 0406**

**info@cnhc.org.uk**

**www.cnhc.org.uk**

Health and Care Professions  
Council

**020 7582 0866**

**www.hpc-uk.org**

National Center for  
Complementary and Alternative  
Medicine (USA)

This American website is a rich source of high quality information on many different complementary therapies.

**www.nccam.nih.gov**

NHS Choices website

**www.nhs.uk**

There is a good library of online information about complementary therapies. There are also links to professional organisations, so you can learn more and find a qualified therapist.

NHS National Library for Health

**www.library.nhs.uk**

Designed for NHS health professionals, it's also freely accessible to the public and is an excellent resource for information about the latest research.

The Research Council for  
Complementary Medicine

**www.rccm.org.uk**

For anyone interested in the scientific evidence supporting complementary therapies. The website is based at the Royal London Hospital for Integrated Medicine (part of the NHS).

## Your public library

Increasingly, health information is available on the internet. If you do not have access to the internet, you may be able to use it free of charge at your local public library. Your library may also offer training on how to use the internet. Sometimes the librarian can help you find information online.

Many public libraries now have links to the NHS and other services, so feel free to ask for local information.

Your local public library may have a good selection books on complementary therapies.

## Parkinson's nurses

Parkinson's nurses provide expert advice and support to people with Parkinson's and those who care for them. They can also act as a liaison between other health and social care professionals to make sure your needs are met.

Parkinson's nurses may not be available in every area, but your GP or specialist can tell you about local services. You can find out more at [parkinsons.org.uk/nurses](https://parkinsons.org.uk/nurses)

## Information and support from Parkinson's UK

You can call our free confidential helpline for general support and information. Call **0808 800 0303** (calls are free from UK landlines and most mobile networks) or email [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

Our helpline can also put you in touch with one of our local advisers, who provide one-to-one information and support to anyone affected by Parkinson's. They can also provide links to local groups and services.

Our website has information about your local support team and how to contact them at [parkinsons.org.uk/localtoyou](https://parkinsons.org.uk/localtoyou)

You can find details of our local groups and your nearest meeting at [parkinsons.org.uk/localgroups](https://parkinsons.org.uk/localgroups)

You can also visit [parkinsons.org.uk/forum](https://parkinsons.org.uk/forum) to chat to other people with similar experiences on our online discussion forum.

Thank you to everyone who contributed to or reviewed this booklet:

**The late George Lewith, Professor of Health Research in the Department of Primary Care at the University of Southampton and a director of the International Society for Complementary Medicine Research**

**Hazel Russo, Complementary and Natural Healthcare Council (CNHC)**

Thanks also to our information review group and other people affected by Parkinson's who provided feedback.

### Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's.

If you would like to get involved, please contact our Supporter Services team on **0800 138 6593** or visit our website at **[parkinsons.org.uk/donate](https://parkinsons.org.uk/donate)**. Thank you.

### Our information

All of our most up-to-date information is available at **[parkinsons.org.uk/information-support](https://parkinsons.org.uk/information-support)**

If you'd prefer to read one of our printed leaflets or booklets, find out how to place an order at **[parkinsons.org.uk/ordering-resources](https://parkinsons.org.uk/ordering-resources)** or by calling **0300 123 3689**.

We make every effort to ensure that our services provide current, unbiased and accurate information. We hope that this will add to any professional advice you receive and help you to make any decisions you may face. Please do continue to talk to your health and social care team if you are worried about any aspect of living with Parkinson's.

If you'd like to find out more about how we put our information together, including references and the sources of evidence we use, please contact us at **[publications@parkinsons.org.uk](mailto:publications@parkinsons.org.uk)**

### Image credits:

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## Complementary therapies (PKB102/2018)

Do you have any feedback about this information? Your comments will help us ensure our resources are as useful and easy to understand as possible. Please return to [Information Content team, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ](#), or email [publications@parkinsons.org.uk](mailto:publications@parkinsons.org.uk). Thank you!

### 1. Please choose the option that best fits you.

- I have Parkinson's and was diagnosed in
  - I care for someone with Parkinson's
  - I have a friend or family member with Parkinson's
  - I'm a professional working with people with Parkinson's
  - Other (please specify)
- 
- 

### 2. Where did you get this information from?

- GP
  - Specialist
  - Parkinson's nurse
  - Parkinson's UK local group
  - Parkinson's UK local adviser
  - Ordered directly from us
  - Call to the helpline
  - Other (please specify)
- 
- 

### 3. Has it answered all your questions?

- Yes, completely
- Not sure
- Yes, mostly
- Not at all
- Partly

### 4. How easy was it to understand?

- Very easy
- Quite difficult
- Easy
- Very difficult
- Not sure



## 5. Has it helped you manage your condition better, or make choices that have improved your life in some way?

- |   |   |
|---|---|
| <input type="checkbox"/> It helped a lot    | <input type="checkbox"/> It didn't help       |
| <input type="checkbox"/> It helped a little | <input type="checkbox"/> It made things worse |
| <input type="checkbox"/> No change          |   |

## 6. What is your ethnic background?\*

- |   |  |
|---|--|
| <input type="checkbox"/> Asian or Asian British | <input type="checkbox"/> Mixed         |
| <input type="checkbox"/> Black or Black British | <input type="checkbox"/> White British |
| <input type="checkbox"/> Chinese                | <input type="checkbox"/> White other   |
| <input type="checkbox"/> Other (please specify) |  |
- 

\*We ask about your ethnicity to ensure our information is reaching a broad range of people. However, this question is optional.

## Want to hear more from us?

- I would like a response to my feedback
- I would like to be a member of Parkinson's UK
- I'm interested in joining the Information review group, to offer feedback on Parkinson's UK information

## If you've answered yes to any of these options, please complete your details below.

Name

---

Address

---

Email

---

Telephone

---

## How would you prefer us to contact you?

- Email    Post    Phone

We will not pass on your details to any other organisation or third party. To find out more, read our privacy policy at [parkinsons.org.uk/termsandconditions](https://parkinsons.org.uk/termsandconditions)





Every hour, two people in the UK are told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty.

Parkinson's UK is here to make sure people have whatever they need to take back control – from information to inspiration.

We want everyone to get the best health and social care. So we bring professionals together to drive improvements that enable people to live life to the full.

Ultimately, we want to end Parkinson's. That's why we inspire and support the international research community to develop life-changing treatments, faster. And we won't stop until we find a cure.

**Together we can bring forward the day  
when no one fears Parkinson's.**

Parkinson's UK  
215 Vauxhall Bridge Road  
London SW1V 1EJ

Free confidential helpline **0808 800 0303**  
(Monday to Friday 9am–7pm, Saturday 10am–2pm).

Interpreting available.

NGT Relay **18001 0808 800 0303** (for use with smart phones, tablets, PCs and other devices). For more information see **[www.ngts.org.uk](http://www.ngts.org.uk)**

**[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)**  
**[parkinsons.org.uk](http://parkinsons.org.uk)**

Order code: PKB102

Last updated November 2018. We review our information within three years. Please check our website for the most up-to-date versions of all our information.

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