

- Hallucinations
- Delusions

Dr. Dash will also touch on Anticipatory Grief (tied into anxiety) as it pertains to persons with Parkinson's and their carepartners.

## Naturopathy approaches those with PD and Mental Health

Naturopathy approaches those with Parkinson's disease and mental health in a holistic manner that would encompass the underlying causes and use individualized treatments. Naturopathic methods would optimize nutrition, improve digestion, resolve environmental toxicity, target exercises and enhance lifestyle changes. Therapies include the use of acupuncture, homeopathy and herbal remedies. Using a mind-body approach, naturopathy treats mental health concerns such as stress, insomnia, anxiety, depression and addiction by restoring normal functioning to the body's biological processes.

## Meet our Speakers



**Dr. Deepa Dash** is a Neurologist and Movement disorder specialist and clinical researcher at Western University. She has expertise in the diagnosis and clinical management of patients with Parkinson's disease, complex movement disorders, and the implementation of advanced therapies such as Deep Brain Stimulation (DBS), and continuous infusion of levodopa/carbidopa intestinal gel. Dr. Dash is actively involved in the International Parkinson and Movement Disorder Society's evidence-based medical reviews on treatments for movement disorders. Her research focuses on patient-oriented approaches to meeting the unmet needs of people with Parkinson's disease and developing innovative solutions by shared decision-making.



**Dr. Reina Persaud, BSc, ND** has been successfully practicing for over 25 years in London, ON while embracing the naturopathic principle of treating the root cause of disease. Believing firmly in living a balanced and positive lifestyle, she strives to help her patients attain their optimal health. She has taken part in studies concerning rehabilitation for stroke patients as well as neuromuscular research. Dr. Persaud lectures widely to corporations, health organizations and academic institutions on naturopathic therapies intertwined with evidence based research. She is proud of her children, and her oldest, Cadence is the President of the Western University Students Fight Parkinson's Club.

**REGISTER TODAY!**

## Conference registration is open at 9AM

Come meet our vendors, grab a muffin, tea or coffee, and find a seat

Looking forward to seeing you on April 4th,

**Stephen Owen** | Community Engagement Coordinator

Parkinson Society Southwestern Ontario | 1-888-851-7376 | [www.pssso.ca](http://www.pssso.ca)  
t: 519-652-9437 ext. 205 | f: 519-652-9267 | [stephen.owen@pssso.ca](mailto:stephen.owen@pssso.ca)

Charitable Number 83130 2708 RR001

**Very Important note:** The way our database works, clicking/tapping 'Unsubscribe' below will unfortunately unsubscribe you from **all** email contact from PSSO. If you'd like to be removed from this particular email list, please contact [stephen.owen@pssso.ca](mailto:stephen.owen@pssso.ca).

[Privacy Policy](#) | [Unsubscribe](#)

Parkinson Society Southwestern Ontario  
123-4096 Meadowbrook Drive London, ON N6L 1G4