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| **Title** | |
| Shin JY, Habermann B. Initiation of medications for Parkinson's disease: a qualitative description. J Clin Nurs. 2016;25(1-2):127-33. | |
| Agreement |  |
| **Agreed** | |
| In addition, participants tried various types of exercises, including Tai Chi, yoga, tandem bike and motorised exercise bike. One participant said*, ‘I wanted to do it as naturally as possible.’ QPwP*  This participant has also tried several other modalities such as exercise, supplements and chemo Chelation prior to initiating any medication therapies. This participant also continued to take the following supplements along with antiparkinsonian medication:  Creatine, Coenzyme Q10 (CoQ10), vitamins including multivitamin, Biotin, Vitamin B12, C, D3, E, and K, Brazil nuts (Selenium), gingko, L-tyrosine, calcium pill, alphalipoic acid and Pyrroloquinoline quinone.  Another participant took various vitamins and supplements:  ‘*I take a whole load of vitamins, Rhodiola and Ashwaganda. I probably take 20 different supplements in the morning. It’s a lot of antioxidants*.’ *QPwP* | |