

## **Moving Forward with a Movement Disorder - Being Inspired to Create Your Plan to Live the Highest Quality of Life Possible**

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Our inspiring Keynote Speaker, John Baumann, was an Ivy-League educated attorney who practiced law for 25 years, wrote a book on success, taught at the University of Louisville for 8 years and was diagnosed with Parkinson's almost 20 years ago when he was a mere 41 years old.

Forget everything in the Introduction.

We are ALL on a journey. Some of us are starting the journey while others are far along into our journey. What we have in common is that we are where we are and we can't change the past.

We can only influence what we experience going forward. And you can influence your future going forward.

You have a choice.

Do you do all the things necessary to have the highest quality of life possible?

Or do you do some of the things necessary to have a higher quality of life?

Or do you keep doing what you are doing at the expense of your long-term health.

The choice is yours.

And the cool thing about "moving forward" is that it does not matter whether you, for example, exercised not one single day of your life up to now, you get to start fresh, a clean slate.

This program is designed to motivate you to choose the long-term approach, not only effectuating, but then maintaining, a lifestyle change.

I will use myself as an example of someone who has re-invented myself. Twice.

I know that You can draw inspiration from my story.

I will provide you with an outline of the "necessary" steps.

Now, I am not a doctor so don't consider any of these techniques as medical advice.

They just worked for me. There may not be research yet to back up all that I present to you.

You can adopt my approach, or not, the choice is yours.

You may be hearing some of this for the first time.

Who am I?

I have been on my journey with Parkinson's for 2 decades, that's 20 years, that's 7,300 days, that's 175,000 minutes. Do you want to know the seconds?

**What has PD taken from me:**

- Absolute control of my body,
- Some non-motor function,
- Practicing my profession (attorney),
- Playing my favorite sport (softball),
- And so much more.

What has PD given me: my blinders have been removed.

**What do I have now:**

- Elevated compassion,
- Increased empathy,
- Humility,
- Resourcefulness,
- Patience,
- Deeper love,
- A simpler life,
- The ability to inspire others to possibly reach heights that they never thought possible,
- A purpose.

These cannot be discounted.

Of all things, I spend my free time.

Davis Phinney: "Every Victory Counts".

Movie quote quiz time. Winner gets a book.

What We Do In Life... Echoes In Eternity.

So how do you do it. IMPOSSIBLE. Believe that anything is possible.

The initial step is to commit to it.

I believe that everyone has displayed discipline at some point in their lives.

Time to turn that gene on again. CAN YOU DO IT?

Someone recently asked me what are the five changes that will make the most difference in the quality of life for someone with PD and their care partners?

One: Buy only organic including lots of vegetables and fruit - have as one meal each day organic mixed green and spinach salad including cucumbers, tomatoes, broccoli, balsamic vinaigrette (reduction) and any other veggies that you can think of. Clean Fifteen/Dirty Dozen.

Two: You may have heard this before. But not really.

To make a difference you Exercise beyond your comfort zone. MARY/ALI/Trevor Berbick (book):

- Suitable,
- Stretch,
- Sweat,
- Strengthen,
- Socialize.

**Three: Stay engaged:**

- Be active,
- Involved,
- Socialize,
- Discover new interests,
- Uncover your purpose.

**Four: Healthier diet:**

- Drink water not soda, diet soda, sweet drinks, etc.
- No junk food,
- No fast food (not lovin it),
- No fried food,
- Cut down on the sugar, dairy, beef, pork ... even chicken and turkey (YouTubes).

**Five: Lifestyle improvements:**

- Get enough rest,
- Reduce stress wherever possible,
- Burn the ticks off,
- Seek out positive people,
- Keep your sense of humor.

Now that you have my blueprint - time to be motivated, empowered.

I lost my self-confidence, self-image, self-esteem.

How did I get it back?

I took direction from sports figures. (Sorry those who don't like sports) Ted Williams, Muhammad Ali, and Jim Valvano.

Regain your Shout. Courage. Lost 40 pounds.

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