

PISTA FOR PARKINSON'S



Parkinson's, a progressive neurological condition

Parkinson's disease is a neurological disorder that causes unintentional or uncontrollable movements such as shaking, stiffness, and difficulties with balance and coordination.

Symptoms usually appear gradually and progress over time. People may have difficulty walking and talking as the disease progresses. They may also experience mental and behavioral changes, sleep issues, depression, memory problems, and fatigue.

Parkinson's Symptoms and Causes

The most noticeable signs and symptoms of Parkinson's disease appear when nerve cells in the basal ganglia, a region of the brain that controls movement, become impaired or die. Normally, these nerve cells, or neurons, produce dopamine, a key brain chemical. When neurons die or become impaired, they produce less dopamine, resulting in the disease's movement problems. Scientists are still unsure what causes neurons to die.

Parkinson's disease patients also lose nerve endings that produce norepinephrine, the main chemical messenger of the sympathetic nervous system, which regulates many bodily functions such as heart rate and blood pressure. Some of the non-movement symptoms of Parkinson's disease, such as fatigue, irregular blood pressure, decreased movement of food through the digestive tract, and a sudden drop in blood pressure when a person stands up from a sitting or lying position, may be explained by the loss of norepinephrine.

Some Parkinson's disease cases appear to be inherited, and a few cases can be linked to specific genetic mutations. While genetics is thought to play a role in Parkinson's, the disease does not appear to run in families in most cases. Many researchers now believe that Parkinson's disease is caused by a combination of genetic and environmental factors, such as toxins.

Individuals experience different Parkinson's symptoms and progress at different rates. The first signs of this disease are subtle and appear gradually. People may experience mild tremors or difficulty getting out of a chair, for example. They might notice that they speak too softly, or that their handwriting is slow, cramped, or small. Friends and family members may be the first to notice changes in someone suffering from early Parkinson's disease. They might notice that the person's face is expressionless and animated, or that the person does not move an arm or leg normally.

Parkinson's disease patients frequently develop a parkinsonian gait, which includes a tendency to lean forward, take small, quick steps, and reduce swinging their arms. They may also have difficulty initiating or maintaining movement.

Symptoms frequently appear on one side of the body, or even in a single limb on one side of the body. The disease eventually affects both sides as it progresses. However, the symptoms may be worse on one side than the other.

Many people with Parkinson's disease report that they had sleep problems, constipation, loss of smell, and restless legs prior to experiencing stiffness and tremor. While some of these symptoms may be normal with aging, consult your doctor if they worsen or begin to interfere with daily living.

PISTA for Parkinson's

Many research studies have demonstrated that our brain, to a certain extent, is flexible to environmental demands and stimuli, mainly with regard to the process of learning new things due to its capacity for neuroplasticity: the capacity of the brain to change and grow

Thus, knowing about brain functions and how positive or negative changes in the brain affect our daily lives would be helpful in understanding about this neurological condition. And how Process Inner Stress Toward Actualization (PISTA) can help people with this age-related degenerative brain condition. Although PISTA cannot alter or stop natural brain changes, this method can help by focusing on managing the movement related symptoms. This may include ways to improve one's thinking and memory through brain training using a sound tool or other activities facilitated by a PISTA coach.

For example, one way to reduce the risk of Parkinson's is to stay physically active, what the PISTA therapy method can facilitate. PISTA therapy aims to encourage individuals to be involved in activities that will help them take a break from their routine through physical activity and exercise. Through this, the individual will learn to support their body and mind.

Increase brain power

Our brain is involved in every aspect and activity that we perform in our daily lives. It also allows us to control our actions and reactions, to think and feel, and gives us the privilege of having memories and emotions.

The complexity of our brain and its functions allows us to have what makes us human. However, as we age, our brains also age, and it is debilitating to know that part of our life is diminishing brain performance, primarily in cognitive functioning.

Neuroplasticity

Technically, neuroplasticity refers to the ability of neural networks in the brain to restructure and adapt to environmental changes.

Neuroplasticity illustrates the changes in the circuitry and network of the brain due to learning, environmental factors or influences, and psychological stress.

Neuro means the building blocks of the brain and nervous system, which are neurons, while plasticity is the ability of the brain to be shaped, trained or controlled.

The heart of the PISTA modalities facilitates the perspective of neuroplasticity. To achieve the desired outcome, Inner Strength Towards Actualization (PISTA) treatment uses brainwave feedback, brain

training, stimulation, self-regulation procedures, and coaching to alter the brain's mechanism and inefficient mental activities.

PISTA's daily brain training can cure many potential diseases. Additionally, the modalities are lifestyle-based, intend to change, maximize the benefits of brain stimulation, and guide the client's brain to master the different tasks required by dividing their daily life experiences into small portions.

PISTA SOUND TECHNOLOGY is a form of auditory cognitive neuroscience. Designed for brain training, transforming our brain waves to connect to a range of frequencies to improve our quality of life in learning and at work.

PISTA for Brain Training

Although brain training is useful, it is likely to be more effective for tasks identical to the training activity. It also suggests that extended brain may bring more favorable results.

On the other hand, PISTA also uses modalities that stimulate and train the brain to activate a new thought system by deactivating the unsuitable one.

PISTA facilitates a form of the concept of neuroplasticity and brain training to reverse cognitive decline. Although, in older people, reversal does not completely cure cognitive decline. The PISTA modality can help manage symptoms to help the individual maintain functioning.

In the younger age group, PISTA may help in the early prevention of cognitive decline or severe symptoms of cognitive decline in the elderly.

The PISTA institute emphasizes the philosophy of stimulating the mind as well as creating new neural pathways is crucial in brain training.