



PISTA FOR PARKINSON

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.

Causes and Factors Contributing to Parkinson's Disease:

- Impaired or dying nerve cells in the basal ganglia
- Reduced production of dopamine by neurons in the basal ganglia
- Loss of nerve endings that produce norepinephrine
- Inherited cases and specific genetic mutations
- Potential combination of genetic and environmental factors, such as toxins



Symptoms of Parkinson's Disease:



Tremors



Parkinsonian Gait



Dystonia



Slowness of Movement



HOW CAN PISTA HELP PEOPLE WITH 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

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

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



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.

The heart of the PISTA modalities facilitates the perspective of neuroplasticity. To achieve the desired outcome, Processing 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 lifestylebased, 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.

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.