



Reverse Parkinson's Disease

John Pepper

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John Pepper was diagnosed with Parkinson's disease in 1992. After only six years of regular, energetic exercise, which has since been proven to slow down or even reverse Pd, and taking medication, which has also since been proven to slow down or reverse Pd, he no longer appears to have Pd, although he still has many of the symptoms.

During the first ten years, if he stopped either the exercise or the medication, his symptoms soon returned. He does not claim to be cured, but he is able to lead a normal life today. His positive attitude and determination to stay ahead of this terrifying condition highlight a new approach to dealing with Pd.

John's story is a portrayal of courage, showing the power of focusing on and being committed to one's beliefs. One can greatly admire his determination and self-motivation, as seen in his conscious efforts to correct and adjust his movements, which in itself is no small achievement. His positive attitude has been further enhanced by the warm and encouraging support of his wife, Shirley, and family. This close family relationship has been a positive factor in helping John cope with his disability.

-Dr Colin Kahanovitz M.B Bch (Wits)

John Pepper is an extraordinary person! I soon learned this, watching him attempt his goal to overcome Parkinson's disease to the best of his ability. By making an effort to overcome the neuro-degenerative disorder of Parkinson's, John has improved the quality of his life to the point where he no longer appears to require drug therapy.

-Shirley Soll, (Ex Manager of Run/Walk For Life, Wendywood)

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