



Jacqueline Klein

jacqueline@meetingyourmind.com

812-807-1558

www.MeetingYourMind.com

VIDEOS relating to neuroplasticity

Riding Bike Backwards Destin Sandler, Engineer appx. 7 mins

<https://youtu.be/MFzDaBzBIL0>

Neuroplasticity Video 2 mins

<https://www.youtube.com/watch?v=ELpfYCZa87g&feature=youtu.be>

Neuroplasticity

<https://www.bbc.com/news/health-16086233>

Neural Connections appx 3.5 mins” What the Bleep Do We Know” movie clip

<https://www.youtube.com/watch?v=jibikFphyl8&feature=youtu.be>

Dr. Bruce Lipton explaining how to retrain brain 15 mins

<https://youtu.be/Scu5ILB04tk>



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VIDEOS relating to the power of the mind

Placebo effect video with one of the Dr Alberto Espay

<https://youtu.be/RtN4oTpcyCl>

Napoleon Hill (what the mind can conceive and believe it can achieve)

“Think and Grow Rich” by Napoleon Hill

<https://youtu.be/TQacs5tS5eg>

Roger Bannister 4 minute mile/glass ceiling article- what the mind can conceive it can achieve

https://www.internationalultrarunning.com/2hourmarathon?gclid=EAlaIQobChMIoJKv_pLT5AIVUb7ACh2MIQkSEAAYASABEgKYufD_BwE

The Gorilla experiment-Where we hold our focus and attention matters!

https://www.youtube.com/watch?v=IGQmdoK_ZfY

Videos Surrounding tremors and releasing them

Dr Spiegel Parkinson’s Disease- Appx minute 1:30 in of a 12 minute video

https://youtu.be/SUIWSb_VDGA

Dr Spiegel Parkinson’s Disease- Appx minute 1:30 in of a 12 minute video

https://youtu.be/SUIWSb_VDGA

Billy Tee Quick Hypnosis Induction recite goal 5 times

<https://youtu.be/lcHtHglPIIk>



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Articles, Studies and Papers on Parkinson's

Dr David Spiegel Stanford information

<https://scopeblog.stanford.edu/2015/03/10/tranceformation-david-spiegel-on-how-hypnosis-can-change-your-brains-perception-of-your-body/>

Dr Amen Abstract that hypnosis assists with tremors

<https://www.ncbi.nlm.nih.gov/pubmed/2270842>

Case Study of 51 yr old man 94% reduction in tremor Baylor U

<https://www.ncbi.nlm.nih.gov/pubmed/23427841>

Med Study in Haifa Israel Rambam Neurology center

<https://www.ncbi.nlm.nih.gov/pubmed/19768725>

20 clients Mod- severe. All reported dramatic reduction. 15 reported abolish tremor 1-13 mins. Most significantly reduced tremor activity 2-14 hours afterward

2010 Study of Placebo in PD- increase dopamine output 16% mean

<https://science.sciencemag.org/content/sci/293/5532/1164.full.pdf>

Placebo effect video with one of the Dr Alberto Espay

<https://youtu.be/RtN4oTpcyCI>

Neuroplasticity and Mindfulness- focusing on the joy instead of the negative predisposed

https://www.huffpost.com/entry/how-tiny-joyful-moments-c_n_4108363?guccounter=1

DIRECT LINK TO FOLDER WITH RESEARCH PAPERS PARKINSON STUDIES

<https://drive.google.com/drive/folders/1NILJIIJp4ROQ16bq1hw0iBAY7sv4Oz5?usp=sharing>



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BOOKS about the Mind/Body connection and healing from within

[“You are the Placebo”](#) by Dr. Joe Dispenza

[“Becoming Supernatural”](#) by Dr. Joe Dispenza

[“The Seat of the Soul”](#) by Gary Zukov

[“When the Body Says No: The Cost of Hidden Stress”](#) by Dr. Gabor Mate



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Information on the Vagus Nerve and Hormones/Endorphins

Hacking your Vagus Nerve

<https://www.psychologytoday.com/au/blog/the-athletes-way/201905/longer-exhalations-are-easy-way-hack-your-vagus-nerve>

Vegas nerve stimulation techniques:

<https://drarielleschwartz.com/natural-vagus-nerve-stimulation-dr-arielle-schwartz/#.XPutUbopCEc>

Stimulation explained:

<https://drarielleschwartz.com/vagus-nerve-stimulation-explained/>

Vagus Nerve

https://en.m.wikipedia.org/wiki/Vagus_nerve

<https://selfhacked.com/blog/32-ways-to-stimulate-your-vagus-nerve-and-all-you-need-to-know-about-it/>

Face to Face and other stimulations:

<https://www.psychologytoday.com/us/blog/the-athletes-way/201705/face-face-connectiveness-oxytocin-and-your-vagus-nerve?amp>



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Information on the Vagus Nerve and Hormones/Endorphins- Continued

Other stimulations & oxytocin release:

<https://selfhacked.com/blog/32-ways-to-stimulate-your-vagus-nerve-and-all-you-need-to-know-about-it/>

DOSE: Dopamine, Oxytocin, Serotonin, endorphins

<https://blog.daftmobile.com/short-story-about-the-brain-chemicals-and-how-they-affect-players-d078792139ec>

How release Oxytocin

https://www.medicalnewstoday.com/articles/275795.php#what_is_oxytocin

Serotonin

<https://selfhacked.com/blog/how-to-increase-serotonin/>



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MEDITATION INFO- Videos and Articles

Parkinson's and Mindfulness a YouTube Channel devoted to mindfulness meditations specific to PD

<https://www.youtube.com/playlist?list=PL1ixQpbHed3ZqY33yg0G96OlyF9ojTscJ>

How To do Mindfulness Meditation Step By Step WITH a link to 5 Minute guide

https://ggia.berkeley.edu/practice/mindful_breathing

Quick Silent Video stating power of Guided Imagery with PD

<https://youtu.be/l1Hp5Hy7eU8>

Articles

Parkinson's News Today regarding effects of Meditation and guided imagery

<https://parkinsonsnewstoday.com/meditation-and-relaxation-techniques-for-parkinsons-disease/>