TOUCHPOINTS AND PARKINSONS TREMOR

TouchPoints are neuroscientific wearables that provide fast relief from stress at the push of a button and may reduce the the symptoms associated with Parkinson's Disorder and Essential Tremor. Using TouchPoints may also help reduce the anger/agitation and anxiety associated with PD & ET, and the "rebound" effect of medication.

How to use TouchPoints to reduce common PD/ET symptoms

If you are using TouchPoints to mitigate the effects of the stress and anxiety that often comes with PD/ET, the devices are used on-the-spot for 15 minutes.

If you are on medication that wears down during the day and you experience a comedown period, then TouchPoints can also be used during this time "on-the-spot" for 15-30 minutes to help smooth out the comedown from the medication's effects.

Some users have reported that TouchPoints helps to reduce tremor activity. TouchPoints can be worn for long periods of time (up to 4 hours) during periods of tremor activity. All tremor related benefits have been self-reported to TouchPoint Solution by other PD and ET users.

**BLUE
(SLEEP/MEDITATION)**

**YELLOW
(CALM/FOCUS)**

**PURPLE
(ANGERAGITATION)**

If you are using the devices to mitigate the effects of stress and anxiety, then it's a good idea to start out on the medium level (yellow; calm/focus) and switch to the highest level (purple; anger/agitation) if need be.

If you are using TouchPoints for reducing tremor activity, it's a good idea to start out on the lowest level (blue; sleep/meditation) and work your way up to whichever setting results in a tremor reduction.
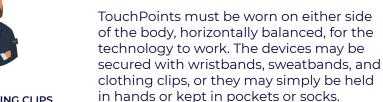
Where to wear:

**WITH
WRISTBANDS**

**IN ZIPPER
SWEATBANDS**

**WITH
CLOTHING CLIPS**

TouchPoints must be worn on either side of the body, horizontally balanced, for the technology to work. The devices may be secured with wristbands, sweatbands, and clothing clips, or they may simply be held in hands or kept in pockets or socks.

**IN
HANDS**

**IN
SOCKS**

**IN
POCKETS**

TOUCHPOINT

For more helpful resources on using TouchPoints with Parkinson's, please visit https://thetouchpointsolution.com/pages/parkinsons.