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## Big Points

### Neurotango® for Parkinson's disease

1. The Neurotango® concept works with brain training which is based on scientific studies. Right on the spot where the disease starts.
2. Neurotango® includes all physical basics of movements and frequencies:  
**Size, Speed, and Intensity.**  
This combination of all three movement characteristics creates fast results and secure movement control.
3. The training of the 2-Axis system produces a fluent gait. This exercise is meant to be a fall prevention and brings standability on each single leg. That creates a postural stability and make a weight shift possible (from one leg to the other). This is a necessary technique in cases of dizziness, giddiness, tremor, stiffness, rigor, or problems with blood circulation.
4. Training with a loved one or in a group as long-term therapy is way more motivating and effective than single therapy forms like e.g., physiotherapy or occupational therapy.
5. Harmonization of heartbeat, blood circulation, breathing and brainwaves can be created by the rhythm of the music in combination with motion. All inner and outer (movement) frequencies follow the same pattern (intensity and speed of the music).
6. Pre-exercises in a sitting position optimize the conditions for neuro-motor and neuro-cognitive functions. These three pre-exercises are called #NT-NeuroTools. They are indispensable for the work of Tango Therapy with neurological diseases. Without these pre-exercises the achievements would be much more limited. They bring attention, concentration, kinesiological functionality, increase neuro-motor reactions, improve neuro-cognitive abilities, and prepare for the main tools with circulation improvement and muscle relaxation movement exercises (all in combination with music).
7. Biochemical processes will be activated: Production of dopamine, endorphins, and opioids.
8. Exercises with dissociation, counting, music, coordination, and dialog create a “High Potential Brain Training”. (dissociation = Contra Body Movement, including both brain parts)
9. Neurotango® provides an immediate feeling of lightness on a physical and psychological level.

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10. Fun-factor and feeling of satisfaction. The experience of learning, improving, and re-learning a lot of programs which were already lost.
  11. Effect on the general condition: better sleep, a feeling of inner wakefulness and liveliness, more pleasure to live and to experience new situations.  
Effect on social activities: more active, encouraged to go outside, observed changes are made e.g.: buying a pet, new sports, change of nutrition, restaurant visits, use of public transports or own car, new job perspectives, success.