



SHAKING HANDS

HOW TO MANAGE TREMORS



DR. CHANDRIL CHUGH
AMERICAN BOARD CERTIFIED NEUROLOGIST

PREFACE

Welcome to this simple book on tremors or as everyone likes to say ...shaky hands. There have been times in my life where I have spent hours with my patients answering questions about tremors, why and how they happen and a whole lot of other queries, however invariably I find them getting entangled and confused in the entire web of information that is available online. Most of them end up confused frustrated and scared. There is no lack of information on the web, but it's scattered, disorganized, and worst of all false and misleading. When it comes to medicine everyone is a doctor on the web.

One fateful day one of my patients, let's call her Sally, landed up in the hospital because of severe bouts of vomiting and dehydration. She was diagnosed with liver damage due to a supplement she was trying to get rid of her tremors. Fortunately, she recovered but her tremors worsened. The liver plays an important role in controlling tremors you see. While talking to her in the clinic on a follow-up she asked me with tear-filled eyes... Why did this happen? I Just like her, all of us are prone to false and misleading medical information. This book although inspired by Sally, is my effort to provide verified medical information in simple language to patients so they can understand, manage, and deal with tremors. This book is not a medical book, rather, it touches upon important questions people ask about tremors and shaky hands. I have tried to keep it simple, easy, and as non-medical as possible. Do not think of this book as a replacement for your neurologist's opinion rather use this as a guide and discuss different approaches mentioned here with your doctors.

I hope, this book is useful to you.
Happy reading!

Dr. Chandril Chugh



ABOUT THE AUTHOR

Dr. Chandril Chugh is an American board-certified neurologist with additional certification in neurocritical care, interventional neurology, and neurosonology.

He has been in practice for over 15 years and has a rich experience treating patients in the USA and India. He has seen and treated more than 3000 tremor patients and has used this personal experience to create this book.

He is also a well-known social entrepreneur who works in the villages of rural India to provide care to patients who are poor and cannot afford to go to big cities. His organization, Dr. Good Deed runs healthcare clinics in Bihar in India. He has been actively running health awareness channels on social media under the same name.

www.drchandrilchugh.com



FAQS

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What are tremors?

Tremors are involuntary, rhythmic muscle movements that cause shaking in one or more parts of the body. They can occur in the hands, arms, head, legs, or voice.

What causes tremors?

Tremors can be caused by various factors including neurological disorders like Parkinson's disease, multiple sclerosis, and essential tremor, as well as certain medications, caffeine, stress, and anxiety.

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Are tremors always a sign of a serious disease?

Not always. Tremors can be harmless, such as those caused by caffeine or stress. However, persistent or severe tremors should be evaluated by a doctor to rule out any underlying conditions.

Can stress or anxiety cause tremors?

Yes, stress and anxiety can trigger or worsen tremors. Managing stress through relaxation techniques, exercise, and other methods can help reduce tremors.

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What is essential tremor?

Essential tremor is a common neurological disorder that causes shaking, usually in the hands and arms. It often runs in families and can worsen with age.

How are tremors diagnosed?

A doctor will review your medical history, conduct a physical examination, and may order tests such as blood tests, imaging studies, or a neurological exam to determine the cause of the tremors.

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Can medications cause tremors?

Yes, certain medications can cause tremors as a side effect. Common culprits include some antidepressants, antipsychotics, asthma medications, and stimulants.

How are tremors treated?

Treatment depends on the cause. Options include medications, lifestyle changes, physical therapy, and sometimes surgery. Managing underlying conditions, like anxiety or thyroid issues, can also help reduce tremors.

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Can diet affect tremors?

Yes, consuming too much caffeine or sugar can cause or worsen tremors. Ensuring a balanced diet with adequate vitamins and minerals, especially magnesium and vitamin B12, can help.

Are there any lifestyle changes that can help manage tremors?

Yes, reducing caffeine and sugar intake, managing stress, getting regular exercise, and ensuring good sleep can help manage tremors. Avoiding alcohol and smoking is also beneficial.

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Can physical therapy help with tremors?

Yes, physical therapy can help improve muscle control and coordination, which can reduce the impact of tremors on daily activities.

Is there a cure for tremors?

While there is no cure for some types of tremors, such as essential tremor and Parkinson's disease, treatments and lifestyle changes can help manage and reduce symptoms.

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Can children have tremors?

Yes, children can have tremors. They may be due to genetic conditions, anxiety, or other medical issues. It's important to have a child evaluated by a doctor if they exhibit tremors.

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Are tremors hereditary?

Some tremors, like essential tremor, can run in families. If you have a family history of tremors, you may be more likely to develop them.

Can tremors affect my ability to work?

Depending on the severity and the type of work you do, tremors can affect your ability to perform certain tasks. It's important to discuss your condition with your employer and explore possible accommodations.

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Can dehydration cause tremors?

Yes, dehydration can affect muscle function and lead to tremors. It's important to stay well-hydrated by drinking plenty of water throughout the day.

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Do tremors get worse with age?

Some tremors, like essential tremor, can worsen with age. Others, related to underlying conditions or medications, may change over time depending on treatment and management.

Is it safe to drive with tremors?

If tremors are mild and do not affect your ability to control the vehicle, you may be able to drive safely. However, severe tremors can impair driving. Consult with your doctor for personalized advice.

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Can alcohol help reduce tremors?

While alcohol can temporarily reduce essential tremor in some people, it is not a recommended treatment due to potential for dependence and other health risks.

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Are there surgical options for treating tremors?

Yes, in severe cases, surgical options like deep brain stimulation (DBS) or thalamotomy may be considered.

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Can anxiety medications help with tremors?

Yes, medications used to treat anxiety, such as beta-blockers and benzodiazepines, can help reduce tremors related to anxiety. Always consult a doctor before starting any medication.

Are there any alternative therapies for tremors?

Some people find relief from tremors through alternative therapies like acupuncture, biofeedback, and herbal supplements. However, the effectiveness of these treatments can vary, and it's important to consult with a healthcare provider.

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Can sleep affect tremors?

Yes, lack of sleep can worsen tremors. Ensuring you get enough restful sleep can help manage tremors.

Can emotional stress trigger tremors?

Yes, emotional stress can exacerbate tremors. Stress management techniques such as meditation, breathing exercises, and therapy can help.

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What is an intention tremor?

An intention tremor occurs during voluntary movement towards a target, such as touching your nose. It is often associated with cerebellar disorders.

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Are there any specific diets that help with tremors?

While there is no specific diet for tremors, a balanced diet rich in vitamins and minerals can support overall neurological health. Reducing caffeine and sugar intake can also help.

Can hormone imbalances cause tremors?

Yes, hormone imbalances, such as those seen in hyperthyroidism, can cause tremors. Addressing the underlying hormonal issue can help reduce tremors.

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Are there any support groups for people with tremors?

Yes, there are support groups and organizations that provide resources and support for people with tremors, such as the International Essential Tremor Foundation (IETF).

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Can physical trauma, especially head injuries, cause tremors?

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How can I explain my tremors to others?

Be honest and straightforward. Explain that tremors are involuntary movements that you cannot control and that they can be caused by various medical conditions or medications.

Can children outgrow tremors?

Some children may outgrow certain types of tremors, especially if they are related to developmental stages or temporary conditions. However, persistent tremors should be evaluated by a healthcare provider.

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ADDITIONAL RESOURCES

Common Medicines That Cause Tremors

1. Antidepressants

Selective Serotonin Reuptake Inhibitors (SSRIs): Medications like fluoxetine, sertraline, and paroxetine are commonly prescribed to treat depression and anxiety. These drugs can sometimes cause tremors as a side effect.

Tricyclic Antidepressants (TCAs): Older antidepressants such as amitriptyline and nortriptyline can also lead to tremors.

2. Antipsychotic Medications

Typical Antipsychotics: Drugs like haloperidol and chlorpromazine are used to treat schizophrenia and other severe mental health disorders. They can cause tremors and other movement disorders.

Atypical Antipsychotics: Newer antipsychotics such as risperidone and olanzapine can also result in tremors, although the risk is generally lower compared to typical antipsychotics.

3. Mood Stabilizers

Lithium: This is commonly used to treat bipolar disorder. While effective, it can cause tremors, especially at higher doses.

Asthma Medications

Beta-2 Agonists: Inhalers like albuterol and salmeterol are used to treat asthma and other breathing disorders. They can sometimes lead to tremors, particularly if used in high doses.

4. Anti-Seizure Medications

Valproic Acid : Used to treat epilepsy and bipolar disorder, this medication can cause tremors as a side effect.

Lamotrigine: Another anti-seizure drug that can sometimes cause tremors.

Immunosuppressants

Cyclosporine: Used to prevent organ transplant rejection, this drug can cause tremors as a side effect.



Medications which cause tremor:

CERTAIN ANTIHYPERTENSIVES

amlodipine and aliskiren,

CERTAIN ANTIBIOTICS

glycopeptides (vancomycin), aminoglycosides (gentamicin), cephalosporins (cefuroxime), fluoroquinolones (ciprofloxacin), macrolides (erythromycin), carbapenems (imipenem), penicillins, folate synthesis inhibitors (trimethoprim-sulfamethoxazole), and tetracyclines (doxycycline).

ASTHMA MEDICINES

albuterol (Ventolin, Proventil, Proventil), theophylline (Theo-Dur), salmeterol (Serevent)

THYROID

levothyroxine (Cytrolin, Synthroid)

HEART MEDICINES

propranolol

STIMULANTS

stimulants

ANTI-SEIZURE MEDICINES

valproic acid (Depakote) and sodium valproate (Depakene)

ANTIVIRALS

zidovudine and zalcitabine

Antidepressants such as selective serotonin reuptake inhibitors (SSRIs), like fluoxetine (Prozac) and citalopram (Celexa), and serotonin and norepinephrine reuptake inhibitors (SNRIs), like venlafaxine (Effexor)

TRICYCLIC ANTIDEPRESSANTS.

First-generation antipsychotics

haloperidol, perphenazine, loxapine, and perphenazine.

Drugs for vomiting: metoclopramide and prochlorperazine

Mood stabilizers lithium carbonate

IMMUNOSUPPRESSANTS

Medications like cyclosporine and tacrolimus

ADHD MEDICATIONS

Central stimulants such as methylphenidate and dextroamphetamine, can cause tremor.

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Toxins which can cause tremors.

1. Heavy Metals

Lead: Found in old paints, batteries, and some plumbing materials. Exposure can cause neurological problems, including tremors.

Mercury: Present in certain fish, dental fillings, and industrial emissions. Mercury poisoning can lead to tremors.

Arsenic: Found in contaminated water, certain pesticides, and industrial processes. Arsenic exposure can result in tremors.

2. Organic Solvents

Toluene: Used in paint thinners, adhesives, and some industrial processes. Chronic exposure can lead to neurological symptoms, including tremors.

Benzene: Found in industrial solvents, gasoline, and some household products. Chronic exposure can cause neurological symptoms, including tremors.

3. Pesticides

Organophosphates: Common in agricultural pesticides. Chronic exposure can cause neurological symptoms, including tremors.

Carbamates: Used in various agricultural and household pesticides. Chronic exposure can cause neurological symptoms, including tremors.

4. Industrial Chemicals

Carbon Disulfide: Used in the manufacture of rubber and other chemicals. Exposure can cause tremors and other neurological issues.

Manganese: Used in steel production and welding. High levels of exposure can lead to neurological symptoms, including tremors.

5. Recreational Drugs

Methamphetamine: Abuse of this stimulant can lead to severe neurological symptoms, including tremors.

Cocaine: Can cause tremors and other neurological problems, especially with chronic use.

6. Alcohol

Chronic Alcohol Abuse: Long-term excessive consumption of alcohol can damage the nervous system and lead to tremors, often seen as "alcoholic tremors" or "the shakes."

7. Environmental Toxins

Polychlorinated Biphenyls (PCBs): Used in electrical equipment and other industrial applications. Exposure can lead to various neurological symptoms, including tremors.

8. Biological Toxins

Botulinum Toxin: Produced by the bacterium *Clostridium botulinum*, it can cause severe neurological symptoms, including paralysis.

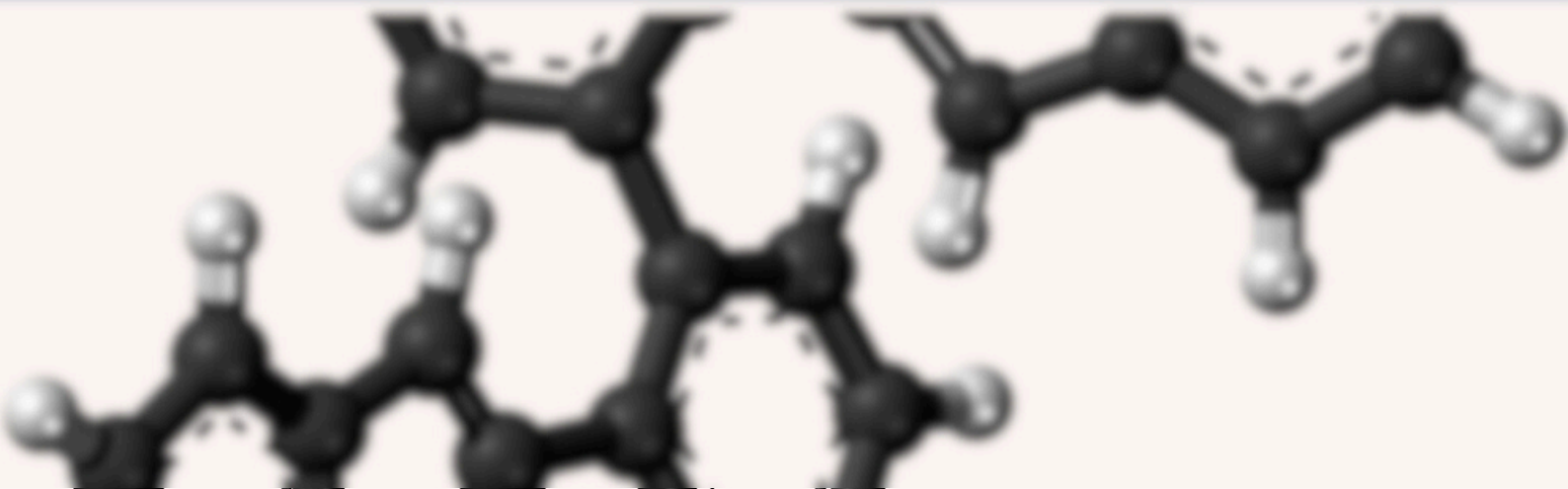
9. Food Contaminants

Brominated Vegetable Oil (BVO): Used in some soft drinks and sports drinks, BVO can accumulate in the body and cause tremors.

Contaminated Fish: Fish contaminated with mercury or other heavy metals can lead to neurological symptoms, including tremors.

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Common dietary foods which cause tremors.

1. Caffeine

- **Coffee:** High caffeine intake can stimulate the nervous system and lead to tremors, especially if consumed in large quantities.
- **Tea:** Both black and green tea contain caffeine, which can cause tremors if consumed in excess.

- **Energy Drinks:** These beverages often contain high levels of caffeine and other stimulants that can lead to tremors.
- **Soft Drinks:** Some sodas contain caffeine, which can contribute to tremors if consumed in large amounts.

2. Sugar

- **Sugar:** High intake of refined sugars can sometimes cause tremors.
- **Sugary Drinks:** Beverages high in sugar, such as sodas and fruit juices, can contribute to tremors.

3. Alcohol

- **Alcoholic Beverages:** Chronic alcohol consumption can lead to tremors, especially during withdrawal periods.

4. Food Additives

- **Monosodium Glutamate (MSG):** Commonly used in processed foods and Asian cuisine, MSG can sometimes cause neurological symptoms, including tremors, in sensitive individuals.

- **Aspartame:** An artificial sweetener found in many diet sodas and sugar-free products, aspartame can cause tremors in some people.

5. Processed Foods

- **High Sodium Foods:** Excessive salt intake can affect blood pressure and lead to tremors.
- **Preservatives:** Certain preservatives found in processed foods can contribute to neurological symptoms, including tremors.

6. Artificial Colors and Flavors

- **Artificial Food Coloring:** Some people are sensitive to artificial food dyes, which can cause a range of symptoms, including tremors.
- **Artificial Flavors:** Similar to artificial colors, some artificial flavors can cause neurological symptoms.

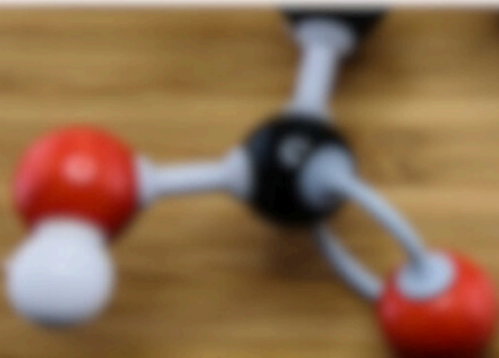
7. Foods Containing Theanine

- **Tea and Coffee:** These beverages contain theanine, which can help reduce stress and anxiety, potentially alleviating tremors.
- **Water:** Staying hydrated is essential for overall health. Dehydration can lead to tremors.

8. Nicotine

- **Tobacco Products:** Nicotine in cigarettes and other tobacco products can stimulate the nervous system and cause tremors, especially in high doses.

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MSG

Common diseases that can cause tremors:

1. Parkinson's Disease

Parkinson's disease is a progressive neurological disorder that affects movement. One of the hallmark symptoms is a resting tremor, which usually begins in one hand but can spread to other parts of the body.

2. Essential Tremor

Essential tremor is a neurological disorder that causes rhythmic shaking. It is one of the most common movement disorders and typically affects the hands, but it can also involve the head, voice, and other body parts.

3. Multiple Sclerosis (MS)

Multiple sclerosis is an autoimmune disease that affects the central nervous system. Tremors can occur in people with MS due to the demyelination of nerve fibers in the brain and spinal cord.

4. Stroke

A stroke occurs when blood flow to a part of the brain is interrupted, causing brain cells to die. Depending on the area of the brain affected, a stroke can result in tremors and other movement disorders.

5. Traumatic Brain Injury (TBI)

Traumatic brain injury (TBI) is a head injury that affects the brain that can result in tremors. The location and type of tremor depend on the location and extent of the injury.

6. Hyperthyroidism

Hyperthyroidism is a condition where the thyroid gland produces too much thyroid hormone. Symptoms include tremors, especially in the hands.

7. Cerebellar Disorders

The cerebellum is the part of the brain that coordinates movement. Disorders affecting the cerebellum, such as cerebellar ataxia, can lead to tremors and other movement problems.

8. Huntington's Disease

Huntington's disease is a genetic disorder that causes the progressive breakdown of nerve cells in the brain. Tremors and other involuntary movements are common symptoms.

9. Wilson's Disease

Wilson's disease is a rare genetic disorder that causes copper to accumulate in the liver, brain, and other vital organs. Neurological symptoms, including tremors, can occur if the condition is not treated.

10. Dystonia

Dystonia is a movement disorder that causes muscles to contract uncontrollably, leading to repetitive or twisting movements. Tremors can be a symptom of dystonia.

11. Peripheral Neuropathy

Peripheral neuropathy involves damage to the peripheral nerves, often causing weakness, numbness, and tremors. It can result from various conditions, including diabetes and chronic alcoholism.

12. Alcohol Withdrawal

Chronic alcohol use followed by sudden cessation can lead to alcohol withdrawal syndrome, which often includes tremors as one of its symptoms.

13. Anxiety Disorders

Anxiety disorders, such as panic disorder, can affect the brain and cause tremors.

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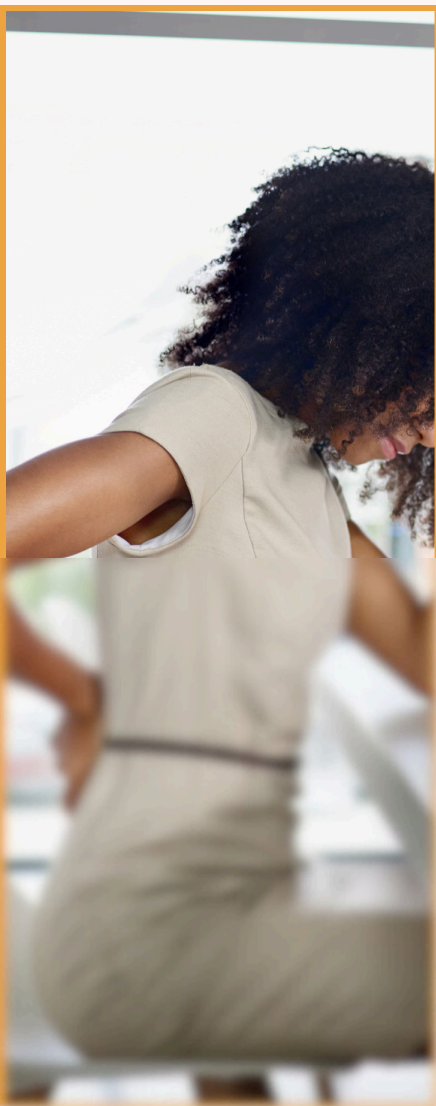
15. Drug Withdrawal

Withdrawal from certain drugs, such as benzodiazepines or opioids, can cause tremors as the body reacts to the absence of the substance.

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Common deficiencies that can lead to tremors:

1. Vitamin B12 Deficiency

Vitamin B12 is essential for maintaining healthy nerve cells and producing DNA. A deficiency in vitamin B12 can lead to neurological symptoms, including tremors, numbness, and tingling in the hands and feet. This deficiency is more common in older adults, vegetarians, and people with certain medical conditions that affect nutrient absorption.

2. Magnesium Deficiency

Magnesium plays a crucial role in muscle and nerve function. A deficiency in magnesium can lead to muscle cramps, spasms, and tremors. People with gastrointestinal diseases, diabetes, or chronic alcoholism are at higher risk for magnesium deficiency.

3. Calcium Deficiency

Calcium is vital for proper muscle function, and a deficiency can lead to muscle spasms and tremors. Hypocalcemia, or low calcium levels in the blood, can cause these symptoms and is often seen in people with vitamin D deficiency, kidney disease, or parathyroid gland disorders.

4. Vitamin D Deficiency

Vitamin D helps regulate calcium levels in the body. A deficiency in vitamin D can lead to hypocalcemia, which in turn can cause tremors. This deficiency is common in people with limited sun exposure, certain chronic diseases, or those who do not consume enough vitamin D-rich foods.

5. Potassium Deficiency

Potassium is essential for proper muscle and nerve function. A deficiency in potassium, known as hypokalemia, can cause muscle weakness, cramping, and tremors. This deficiency can occur due to prolonged vomiting, diarrhea, excessive sweating, or the use of diuretics.

6. Thiamine (Vitamin B1) Deficiency

Thiamine is important for nerve function and energy metabolism. A deficiency in thiamine can lead to beriberi, a condition that affects the nervous system and can cause tremors. This deficiency is common in people with poor dietary intake, certain medical conditions, or those taking specific medications.

7. Nicotinamide (Vitamin B3) Deficiency

Nicotinamide is important for cellular metabolism and nerve function. A deficiency in nicotinamide can lead to pellagra, a condition characterized by skin rashes, diarrhea, and dementia. This deficiency is common in people with poor dietary intake, certain medical conditions, or those taking specific medications.

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Some Ayurvedic preparations contain herbs and minerals that might lead to neurological symptoms.

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Ayurvedic medicines and ingredients that could potentially cause tremors:

1. Bhasma Preparations

Bhasma refers to calcined preparations of metals and minerals used in Ayurvedic treatments. Some bhasmas, like those made from heavy metals, can be toxic if not properly purified and can lead to neurological symptoms, including tremors. Examples include:

- **Swarna Bhasma (Gold Ash)**
- **Rajat Bhasma (Silver Ash)**
- **Vanga Bhasma (Tin Ash)**
- **Tamra Bhasma (Copper Ash)**

2. Herbal Preparations with Alkaloids

Certain herbs used in Ayurvedic medicine contain alkaloids that can affect the nervous system. Overuse or improper preparation of these herbs can lead to side effects such as tremors. Examples include:

- **Aśoka (Viburnum)**: Contains toxic alkaloids that can cause severe neurological symptoms.
- **Bala (Sida)**: Contains tropane alkaloids that can cause tremors, delirium, and other severe side effects if used improperly.

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3. Ayurvedic Medicines Containing Mercury

Mercury is a toxic element that, when used in Ayurvedic medicines, can be highly harmful. Improperly processed and purified, mercury can be highly toxic and lead to neurological issues, including tremors.

4. Ayurvedic Medicines Containing Lead

Lead is a toxic element that, when used in Ayurvedic medicines, can be highly harmful. Improperly processed and purified, lead can be highly toxic and lead to neurological issues, including tremors.

- **Aśwagandha (Withania somnifera)**: While generally safe, high doses can cause overstimulation and tremors in sensitive individuals.
- **Shilajit**: This mineral-rich substance can sometimes lead to overstimulation of the nervous system if taken in large amounts.

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Supplements that may help with tremors:

1. Magnesium

- Role: Magnesium is essential for muscle and nerve function. A deficiency can cause muscle cramps, spasms, and tremors.
- Sources: Magnesium supplements, green leafy vegetables, nuts, seeds, and whole.

2. Vitamin B12

- Role: Vitamin B12 is crucial for maintaining healthy nerve cells. A deficiency can lead to neurological symptoms, including tremors.
- Sources: Vitamin B12 supplements, animal products like meat, fish, dairy, and fortified cereals.

3. Vitamin D

- Role: Vitamin D helps regulate calcium levels and supports nerve function. A deficiency can contribute to tremors.
- Sources: Vitamin D supplements, sunlight exposure, fatty fish, fortified dairy products, and egg yolks.

4. Vitamin B1 (Thiamine)

- Role: Thiamine is essential for energy production and nerve health. A deficiency can lead to neurological symptoms, including tremors.
- Sources: Thiamine supplements, whole grains, legumes, and leafy greens.

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5. Vitamin B6

- Role: Vitamin B6 is involved in neurotransmitter synthesis and nerve function. A deficiency may help
- Sources: Vitamin B6 supplements, fish, poultry, and fortified cereals.

6. Vitamin E

- Role: Vitamin E is an antioxidant that may help reduce tremors.
- Sources: Vitamin E supplements, nuts, seeds, spinach, and broccoli.

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7. Omega-3 Fatty Acids

- Role: Omega-3s have anti-inflammatory properties and support brain health. They may help reduce tremors in some cases.
- Sources: Fish oil supplements, fatty fish (salmon, mackerel), flaxseeds, and chia seeds.

8. Coenzyme Q10 (CoQ10)

- Role: CoQ10 is an antioxidant that supports mitochondrial function and may help reduce tremors.
- Sources: CoQ10 supplements, organ meats, fatty fish, and whole grains.

9. GABA (Gamma-Aminobutyric Acid)

- Role: GABA is a neurotransmitter that helps calm the nervous system. Supplementing with GABA may help reduce anxiety-related tremors.
- Sources: GABA supplements, though GABA is also produced naturally in the brain.

10. L-Theanine

- Role: An amino acid found in green tea, L-theanine promotes relaxation and can help reduce stress-related tremors.
- Sources: L-theanine supplements, green tea.

11. Passionflower

- Role: An herb with sedative properties, passionflower can help reduce anxiety and associated tremors.
- Sources: Passionflower supplements, teas, and extracts.

12. Ashwagandha

- Role: An adaptogenic herb, ashwagandha may be beneficial for stress management and tremor reduction.
- Sources: Ashwagandha supplements, teas, and extracts.

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Organizations and Support Groups:

Tremor Action Network (TAN)

Description: TAN is an organization dedicated to raising awareness and providing support for individuals with essential tremors. It offers educational resources, advocacy opportunities, and support groups.

Benefits: Promotes advocacy and provides a sense of community and support.

Essential Tremor Support Group (ETSG)

Description: ETSG is an online support group that connects individuals with essential tremors from around the world. It offers a platform for sharing experiences, asking questions, and providing support.

Benefits: Provides emotional support and practical advice from others who understand the challenges of living with essential tremors.

Local Support Groups:

Description: Many communities have local support groups for individuals with essential tremors. These groups offer a chance to connect with others, share

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Thank You for Downloading!

For a deeper dive into managing tremors, check out our full guide:

Book Title: Shaking Hands: How to Manage Tremors
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