

Week 24 (2016)

7 Ways to Prevent a Stroke

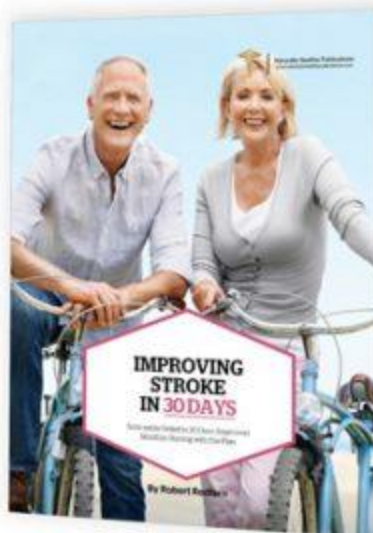
I was talking to an old friend recently who told me her father is in a nursing home suffering from a stroke that left him paralyzed on the left side. Nursing homes in the UK are generally not very nice places and dramatically expensive.

She goes nearly every day after work to make sure he is tucked up in bed properly and to have a chat about everything that is happening. Having a stroke which leaves us paralyzed on the left from the right side of the brain normally means that speech is not affected.

Apparently he had led a healthy life (with diet and exercise) compared to most people and she felt it was unfair that he was afflicted by this stroke, while others with much healthier lifestyles avoid this problem.

In this newsletter there are two things I want to make clear:

- There are about 7 reasons why we are susceptible to a stroke and I will detail these below.
- If you or someone close has a stroke the sooner you act with the plan in my [Stroke Recovery Book](#), the faster a recovery can be accomplished. The fastest recovery is possible within only a couple of weeks of the stroke. I have had success with clients even 12 months after the stroke before they started the plan but it can take much longer. **To be clear** – it can take many months and lots of dedication.



7 reasons why we may get a stroke (and how to avoid one whatever your family history or age):

1. High Blood Pressure

High blood pressure may double or even quadruple your stroke risk if it is not resolved. Self-monitoring of your blood pressure is easy and if it is elevated, self-treating it is probably the easiest difference you can make to vascular health.

Your ideal goal: Achieve and maintain a healthy blood pressure of less than 120/80.

How to achieve it:

- Download my Blood Pressure book and follow the plan (with the help of my Health Coaches)
- Reduce or eliminate all starchy carbs and high sugar foods in your diet as much as possible. Change to lentils, beans and [Really Healthy Pasta](#)

- Drink 6 glasses of water over each day
- Avoid processed junk foods and processed junk salt as much as possible
- Eat 4 to 5 cups of fruits and vegetables every meal, one serving of fish two to three times a week, and start the day with a beetroot/vegetable smoothie.
- Walk — at least 30-60 mins every day, and more, if possible.
- Quit smoking, if you smoke.

If your blood pressure is not responding within a couple of weeks then visit a doctor.

2. Unhealthy Weight

Everyone knows that obesity, as well as the complications linked to it (including high blood pressure and diabetes), raises your odds of having a stroke. Eating starchy carbs and other high sugar foods are directly linked to weight problems as well as stroke risk (shown in studies). Following my Really Healthy Foods diet can have a real impact on your stroke risk.

Your ideal goal: Keep your body mass index (BMI) at 25 or less.

How to achieve it:

- Try to eat the Really Healthy diet shown in my book.
- Keep up the daily walking (at least).
- Get help from my Health Coaches.

3. Not Exercising

Exercise contributes to good health and lowering blood pressure, but it also stands on its own as an independent stroke reducer.

Your goal: As well as walking consider other exercise such as Kettlebells at least 3-5 times a week.

How to achieve it:

- Join a gym and get expert tuition.
- Start a home fitness club with family or friends and use YouTube for tuition.

4. Alcohol Intake

What you've heard is likely true – up to a point. Studies may show that if you keep to under one alcoholic drink per day, your risk of a stroke may be lower. The studies also show drinking more than two drinks per day increases your risk.

Your goal: Drink alcohol in moderation.

How to achieve it:

- Have one glass of alcohol a day or if two glasses then none the next day.
- Make red wine your first choice as its safer as shown in the studies.

5. Atrial Fibrillation

Atrial Fibrillation is an irregular heartbeat that may cause clots to form in the heart. Those clots cause a stroke. Atrial Fibrillation can increase your stroke risk by a factor of five.

Your goal: Deal with the causes of Atrial Fibrillation.

How to achieve it:

- [BlockBuster AllClear](#)
- [Taurine](#)
- [Magnesium Oil Ultra](#)
- A Really Healthy Diet
- Get help from my Health Coaches

6. Unhealthy Blood Sugar Levels

Having high blood sugar: damages blood vessels, weakens our immune system, causes inflammation in our blood vessels, making clots more likely to form inside them.

Your goal: Keep your blood sugar under control.

How to achieve it:

- Monitor your blood sugar with one of the many monitors available.
- Use the low sugar/starchy carb diet to keep healthy blood sugar levels.
- Take [Cinnamon27](#) before any high carb/sugar foods.

7. Smoking

Smoking can cause: clot formation, sticky blood and plaque buildup in the arteries. Along with a really healthy diet (stopping starchy carbs and high sugar foods) and exercise, giving up smoking is one of the most powerful lifestyle changes that will help you reduce your stroke risk significantly.

Your goal: Stop smoking.

How to achieve it:

- Ask your doctor for advice on the most appropriate way for you to quit.
- Quit smoking or use hypnosis. Don't give up.
- Most smokers need several tries to quit. Don't quit trying.

I have written many articles on Strokes that you can find by searching for Stroke at www.NaturallyHealthyNews.com

Don't miss this important article on Strokes in Young people: [Young People More At Risk Of Stroke](#)