

STROKE

What is a Stroke?

A disruption in the blood supply to part of the brain, a stroke causes oxygen deprivation in the brain. Within mere minutes of the onset, brain cells begin to die, which causes a number of symptoms and side effects. Trouble walking, speaking difficulty, confusion, paralysis of the face or appendages, trouble seeing and headache are all common.

The result of an interruption in the blood supply to the brain is a medical emergency that requires medical expertise. Following initial treatment, however, a variety of home treatments can be used to reverse damage and promote recovery. These methods can also be used to help prevent a stroke and other related issues.

Types of Strokes

There are two major kinds of stroke, ischemic and hemorrhagic.

In an ischemic stroke a blood vessel becomes blocked, usually by a blood clot and a portion of the brain becomes deprived of oxygen and will stop functioning.

Ischemic strokes account for 80% of all strokes. Rapid diagnosis and treatment of acute ischemic strokes is essential to reduce death and disability from stroke. That's why learning the FAST acronym is so important:

- **F = Face:** Is one side of the face drooping down?
- **A = Arm:** Can the person raise both arms, or is one arm weak?
- **S = Speech:** Is speech slurred or confusing?
- **T = Time: Time is critical!!** Call 9-1-1 immediately!

Hemorrhagic Stroke:

A hemorrhagic stroke occurs when a blood vessel that carries oxygen and nutrients to the brain burst and spills blood into the brain. When this happens, a portion of the brain becomes deprived of oxygen and will stop functioning.

Hemorrhagic stroke accounts for about 20% of strokes. The most common signs of a hemorrhagic stroke are:

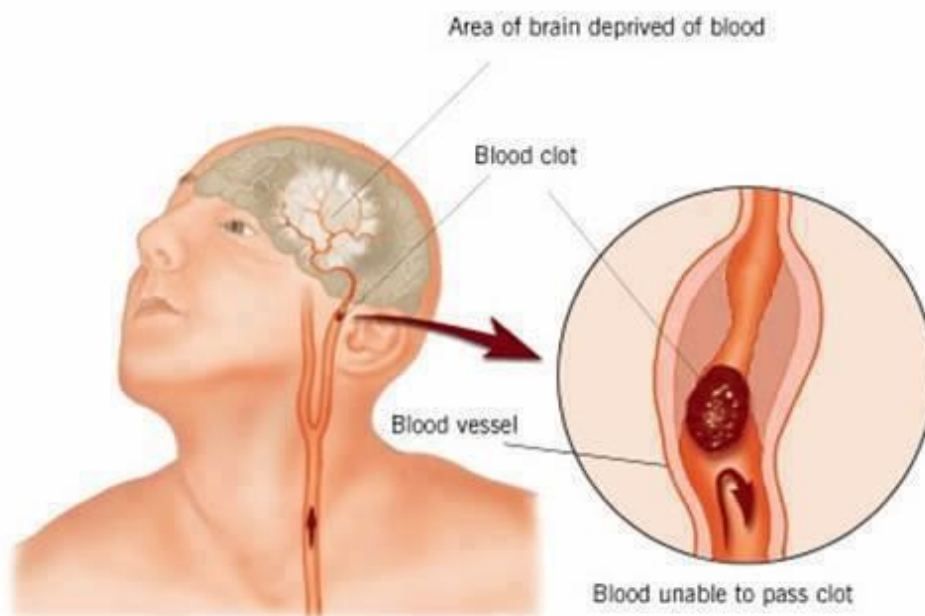
- Sudden severe headache with no known cause, often described as "the worst headache of my life"
- Partial or total loss of consciousness
- Vomiting or severe nausea, when combined with other symptoms
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Transient Ischemic Attacks:

Transient Ischemic Attacks (TIAs) are often called mini-strokes. The symptoms are the same as for a major stroke.

In a TIA, the blood clot that is blocking the flow of blood in the brain breaks up on its own and the symptoms disappear after a short period of time.

TIAs generally don't cause severe brain damage, but they are a warning sign of a future stroke and should be taken seriously. Even if symptoms disappear quickly, it is important to seek medical care immediately to prevent a future major stroke.



Angie Kassabie

Stroke Identification

STROKE: Remember The 1st Three Letters... S.T.R ...

If everyone can remember something this simple, we could save some folks.

During a party, a friend stumbled and took a little fall - she assured everyone that she was fine and just tripped over a brick because of her new shoes. (they offered to call ambulance)

They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening.. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm , Ingrid passed away.)

She had suffered a stroke at the party . Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today.

Some don't die. They end up in a helpless, hopeless condition instead. It only takes a minute to read this...

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Remember the '3' steps, STR. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster.

The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE ..

T * = TALK. Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (eg 'It is sunny out today').

R * Ask him or her to RAISE BOTH ARMS .

If he or she has trouble with ANY ONE of these tasks, call the ambulance and describe the symptoms to the dispatcher.**

NOTE : Another 'sign' of a stroke is:

1. Ask the person to 'stick' out their tongue.
2. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Possible Alternative Treatments to Strokes

Medical attention is needed if a stroke has occurred. If, however, medical attention is not available, here are some options:

Cayenne Pepper:

Cayenne pepper could possibly stop a stroke in its tracks. In treating patients in the middle of a heart attack, Dr. Christopher would add a teaspoon of Cayenne to hot water. He would then prop the patient up and pour the warm-hot Cayenne tea down. The attack will stop immediately. This could also benefit strokes.

If you are using Cayenne tincture, just squirt a dropper or two of the tincture into their mouth to stop the attack.

If you don't have Cayenne on hand, but need an immediate solution, you can use 3x the amount of black pepper.

Dr Schulze used cayenne and fresh ginkgo biloba for his stroke patients, and the stroke victims show a big time improvement in 24 hours. Ginkgo biloba is used to prevent and treat stroke. It increases the blood flow to the brain and helps to prevent the blood clots. Ginkgo biloba inhibits free radical formation.

According to Dr. Schulze, cayenne pepper should not be taken in capsule form, because "cayenne's healing action occurs right in your mouth. As cayenne touches your tongue, the cayenne absorbs in seconds and nerve endings send signals throughout the body – sending waves of fresh blood to wherever you are sick. New healing begins in seconds. These surges of fresh blood do not occur when you bypass the mouth by taking capsules."

Adding Ginkgo Biloba to the cayenne is also something Dr. Schulz recommends. Ginkgo biloba (standardized extract of Ginkgo leaves) is used all over the world to increase circulation, particularly to the brain. Because of this action, Ginkgo is widely used to promote long and short-term memory capacity. It does this by dilating cerebral blood vessels.

Yarrow:

Achillea millefolium (Yarrow) is great, in tea or tincture form, for thrombotic conditions with hypertension, including cerebral and coronary thromboses. 3-4 cups of tea or 30-45 drops of a yarrow tincture, in water or juice, 3-4 times a day, can help alleviate the symptoms that come with having had a stroke.

One great website I recommend everyone goes to and prints off can be found at this link:

<http://www.healthy.net/Health/Article/Stroke/853/2>

Other Alternative Treatments for Strokes

****If medical help is not available due to a disaster situation, here are some options for helping a person recover after they have had a stroke:**

Apple Cider Vinegar

Apple cider is beneficial to stroke patients in a variety of ways. Apple cider vinegar is a natural detoxifier and purifier, so it functions to cleanse the blood and body of any toxins that may contribute to the condition. This vinegar also thins the blood and oxidizes it, making it flow easier throughout the body and being more effective as it does flow.

Coconut Oil

Coconut oil is rich in a specific strain of medium fatty acids. These fats function to improve nutrient absorption, which improves recovery. The unique composition of coconut oil also enhances the neural passageways to improve brain functioning and recovery.

Vitamin C

Vitamin C is a natural antioxidant. As such, this vitamin eliminates free radicals from the body that may contribute to the condition. The vitamin also supports the replenishment of tissues and immune function.

A stroke can be a life-threatening condition; however, it is a condition that can be treated and prevented. With the appropriate nutritional supplements and treatment considerations, individuals can experience nearly a full recovery from such a condition.

Steps for Stroke Prevention

- Vitamin D. Insufficient levels of Vitamin D **doubles** ones risk of having a stroke.
- Lowering high blood pressure (drinking mineral salt water has been known to help with this).
- Increasing good (LDL) cholesterol levels and lowering bad cholesterol levels (eat healthy fats and lower bad cholesterol by doing something like drinking Diatomaceous Earth in water a few times a day or by drinking activated charcoal in water 2-3 times a day. Check with your doctor before doing either of these. Do not take if using a prescription medication.)
- Don't smoke.
- Eat healthy and exercise – getting adequate amounts of nutrition and oxygen (via exercising) into your body creates healthy blood vessels, less inflammation, and decreases the chance of getting a blood clot (and heart attack).

Extra Side Notes:

There has been irrefutable evidence shown that it's possible to have a complete and quick turnaround after having had a stroke when oxygen IV therapies / oxygen chamber treatments are done within 24-48 hours after having had a stroke.

Although this may not be an option during a disaster – one thing I'd consider doing is using food grade hydrogen peroxide (start with 2-3 drops, in water, a few times a day, at a time) and work my way up to 20+ drops, in water, until full improvement has possibly occurred. Food grade hydrogen peroxide can be purchased from Amazon. I would also take bath containing hydrogen peroxide – enough to make a difference but little enough that it won't harm the skin.

Turmeric, although it is said that it does not pass the blood-brain barrier, is another solution I'd take internally, in generous amounts throughout the day. 1 tsp in water/food a few times a day.

Cayenne would be another must-have after a stroke has occurred. (As much as one can tolerate for the first week. Take less 4-6 weeks after.)

Garlic would be another remedy I'd take but **ONLY IF** the stroke **WAS NOT** caused by a hemorrhage. Garlic will help thin the blood – we **DO NOT** want to thin the blood if a hemorrhagic stroke has occurred. Only tests done within the hospital (or guidance given by the Spirit) would let one know what type of stroke has occurred.

Yarrow tea every day, 3 x day, for 3-4 weeks.

