

# Prevention, Symptoms and Treatment of Stroke

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## What is a Stroke?

A stroke or cardiovascular accident is a type of cardiovascular condition that affects the blood vessels in charge of supplying blood to the brain. A stroke occurs when a blood vessel, which carries vital oxygen and nutrients to the brain, is either blocked by a clot or ruptures.

The blood flow is interrupted, depriving that particular area of the brain of oxygen. Every stroke is different, with signs and symptoms that vary according to the type of stroke, the part of the brain affected, and the size of the damaged area.



## Differentiating Between the Types of Strokes

### Ischemic Stroke

An ischemic stroke is the most common type of stroke. It occurs when an artery or arteriole carrying blood to a part of the brain is obstructed. If this blood supply is blocked for a few minutes or more, lack of oxygen will cause that part of the brain to stop functioning properly and nerve cells can begin to die off. If blood flow is restored promptly the damage can be limited or even reversed.

### Hemorrhagic Stroke

A hemorrhagic stroke occurs when a blood vessel in the brain ruptures and bleeding into the surrounding tissue occurs. This type of stroke is usually severe and is less common, affecting approximately 10 percent of stroke sufferers.

One of the major risk factors of a hemorrhagic stroke is [High Blood Pressure \(Hypertension\)](#) which weakens the walls of the blood vessels which can then rupture under pressure.

There are two main subtypes of hemorrhagic stroke - subarachnoid hemorrhage and intracerebral hemorrhage. A subarachnoid hemorrhage occurs as a result of bleeding that takes place in the area around the brain.



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This is usually due to an aneurysm, a weak spot within a blood vessel's wall. An intracerebral hemorrhage is the more common form of hemorrhagic stroke and is associated with bleeding within the brain tissue itself.

### Transient Ischemic Attack (TIA)

Mini stroke is a term often used to describe a transient ischemic attack (TIA), often a warning of a possible impending stroke. A TIA is similar to an ischemic stroke because it results in the sudden loss of function of a particular part of the body which stems from the sudden lack of blood flow to that particular part of the brain.

However, the difference between a TIA and an ischemic stroke is that the TIA symptoms disappear quickly, usually within 24 hours. TIA's are strong indicators that a person is at increased risk of a future stroke.

### Diagnosing a Stroke

The diagnosis of a stroke is based on the physical symptoms of the patient as well as medical history. A physical and neurological examination will also be performed. Certain tests such as blood tests and imaging scans such as a CT scan will also be done to determine the area of the brain involved and the severity of the stroke.

### What are the Symptoms of a Stroke?

The symptoms of a stroke may come on suddenly, during sleep or progress gradually and vary depending on which part of the brain is affected and the size of the area affected. Injury to one side of the brain usually affects the opposite side of the body.

Symptoms may also vary from patient to patient and include the following:

- Sudden numbness or weakness of the face, arm or leg – particularly on one side of the body
- Trouble speaking or understanding
- Poor vision such as blurring, double vision, dimness or blindness in one or both eyes
- Difficulty walking or standing, dizziness, loss of balance or co-ordination
- A severe headache with no known cause
- Confusion and personality changes, problems with judgment
- Nausea or vomiting
- Drooling as a result of weakened facial muscles and difficulty swallowing

### What Causes a Stroke?

As mentioned previously, a stroke occurs when a blood vessel carrying oxygen and nutrients to the brain becomes blocked by a blood clot or some other mass or when it ruptures. As a result part of the brain does not get sufficient oxygen and blood.

The nerve cells in the affected area are unable to function and die almost immediately because they are deprived of oxygen. When the nerve cells cannot function, the parts of the body they control are also affected and cannot function correctly either.

The effects of a stroke can be devastating and the most common problems experienced are:

- Weakness or paralysis in the arms or legs
- Trouble swallowing



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- Perceptual problems – changes to the way things are seen
- Sensory problems – changes to way things are felt
- Cognitive problems – problems experienced when thinking or remembering
- Trouble speaking, reading or writing
- Depression
- Fatigue
- Incontinence



## Help for Stroke Sufferers

Ischemic and hemorrhagic strokes are treated differently and it is essential they be treated by a physician. Treatment of an ischemic stroke involves removing the blockage and restoring blood flow to the brain. In hemorrhagic strokes, treatment consists of introducing a blockage to prevent further rupture and bleeding.

Medication such as clot-busters (e.g. aspirin) and blood-thinners (e.g. Warfarin) are prescribed. These drugs are very potent but can have harmful side effects.

Procedures such as a carotid endarterectomy (in which a blood vessel blockage is surgically removed from the carotid artery) may also be performed. Sometimes balloon angioplasty and implantable steel screens called “stents” are used to treat cardiovascular disease to relieve blockages and widen the arteries.

Holistic and natural treatments offer numerous effective methods to reduce your risk of stroke. Treatments involving herbal and [Homeopathic Remedies](#) are gentle and safe to use while at the same time addressing the underlying causes of the condition.

These remedies contain carefully selected [Herbs](#) such as Crataegus oxyacantha (Hawthorn) well known for their cardiovascular properties and Passiflora incarnata which also relaxes blood vessels and reduces blood pressure.

In addition, Viburnum opulus (Guelder [Rose Bark](#)) is a very effective cardiac tonic and muscle relaxant while [Ginkgo Biloba](#) improves blood flow throughout the body.

Note: People with cardiovascular conditions should always consult their doctors before stopping or adding to their prescription drugs. Remember that it is important to source your natural medicines from a reputable company in order to ensure maximum safety and efficacy.

## How to Prevent a Stroke

Recovery and rehabilitation after a stroke is a gradual process. The effects of a stroke will vary from patient to patient. Physical and occupational therapy may be necessary to help the patient regain his or her ability to perform daily tasks.

The best medicine for strokes is prevention:

- Make significant changes to your lifestyle by consulting your doctor during regular check-ups. Your blood pressure and [Cholesterol](#) levels should be kept under control.
- If you suffer from [Diabetes](#) or have an irregular beat, you may also be at risk of having another stroke so it is important to make sure that these conditions are well managed.
- Eat a diet that is low in red meat, fat, and salt, and high in fiber, with plenty of fresh fruits and vegetables.
- Limit your intake of alcohol, although one glass of red wine at night especially

## Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health](#)

[Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Avatrim - Natural Weight](#)

[Loss w/Green Tea](#)

[Melatrol Insomnia Relief](#)

[Breast Actives](#)

[Cellulite Solution](#)

[Cushy Lips Lip Plumper](#)

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[NicoCure Stop Smoking Aid](#)

[Prostacet for Prostate Health](#)

[ReloraMax - Stress, Anxiety](#)

[and Weight Loss](#)

[Thyromine for Thyroid](#)

[Health](#)

[Venapro Hemorrhoids](#)

[Treatment](#)

[ZetaClear Nal Fungus Relief](#)

[VirilityEx](#)

[Hair No More Removal](#)

[Cream](#)

[Hoodia Diet Review](#)

[Acnezine Acne Treatment](#)

with food may help to lower [Cholesterol](#) levels.

- Introduce exercise into your daily routine to regulate your weight and improve [Circulation](#) - walking, running, cycling or joining a gym.
- Always consult your doctor before beginning a new exercise regimen.
- Avoid smoking as it increases blood pressure levels and narrows the arteries.
- Learn to manage your stress levels by practicing various relaxation techniques such as meditation and learn stress management techniques.

#### Related Products

- [High-Rite](#) - Helps maintain healthy blood pressure, artery clarity and functioning and heart health
- [Cardio-Klenz](#) - a newly developed micro-nutrient designed to help artery and heart health.
- [Total Balance](#) - provides a broad spectrum of around 80 of the nutrients that your body needs...including [Vitamins](#), [Minerals](#), trace elements, [Antioxidants](#), [Amino Acids](#), neuronutrients, bioflavonoids, carotenoids, herbal extracts, enzymes and other complementary co-factor ingredients.

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#### [Colostrum Plus Immune](#)

Symbiotics Multi-Nutrient Immune Formula provides extra support when your body is under stress.



# Keeping Your Heart Healthy

## Learning about hypertension

Hypertension, or high blood pressure, is a condition **caused when constricted arteries decrease blood flow** and makes it more difficult for the heart to pump blood and nutrients throughout the body.

In most cases, hypertension has no known cause, though it may be triggered by factors such as obesity, excess alcohol consumption, high sodium intake or stress. In about **5% of cases**, high blood pressure is caused by **kidney or liver diseases or as a side effect of certain medications**.

### Blood Pressure

Blood pressure is measured by taking the pressure in the arteries when the heart contracts (**systolic blood pressure**) and the pressure in the arteries when the heart relaxes (**diastolic blood pressure**).

**Normal blood pressure** is below 120 (systolic)/80 (diastolic). Blood pressure between 120/80 and 139/89 is considered borderline high (known as pre-hypertension), and **high blood pressure** is any measure greater than 140/90.

### Hypertension Symptoms

Initially, there are almost no hypertension symptoms. In some cases, **symptoms such as dizziness, headaches or blurred vision may signal hypertension**, but usually it is only discovered when blood pressure is measured. Over time, hypertension can cause the heart and kidneys to become damaged.

People with high blood pressure are also at higher risk for developing **hardening of the arteries, eye damage and stroke**. Hypertension remedies include **medications, diet**

## **modifications and lifestyle changes.**

**ACE inhibitors** are medications used to regulate blood pressure by blocking enzymes that take part in chemical reactions that constrict blood vessels. **Beta-blockers** are used to slow heart rate and lessen the impact on constricted arteries.

**Diuretics** are medications used to **remove salt and fluid from the body** in order to reduce swelling which can put pressure on blood vessels. Calcium channel blockers and alpha-blockers are other hypertension medications that prevent the contraction of blood vessels by preventing parts of the chemical reactions that control this process.

Changes in diet and lifestyle are also effective hypertension remedies. **Lowering salt intake** can lower blood pressure in sodium sensitive people. **Decreasing caffeine** intake is effective as well, since caffeine constricts blood vessels.

**Lowering fat intake** can help people with hypertension lose weight, which is linked to a decrease in blood pressure.

## **Relaxation Techniques**

Relaxation techniques, such as **yoga and meditation** can reduce stress-related hypertension. People with stress-related hypertension can also learn **stress management techniques** that may help lower blood pressure.

A variety of **nutritional and herbal supplements** have been found useful for treating hypertension as well. In particular, **garlic, hawthorn, and coenzyme Q-10 supplements** are widely used by herbalists to treat hypertension.

Antioxidant vitamins, the minerals **calcium, magnesium and potassium, and omega-3 fatty acids** are also linked to lower blood pressure. These nutrients should be abundant in a healthy diet, especially for people with hypertension.

## **Help for Hypertension**

We have discovered a natural remedy to help with Hypertension.

[High-Rite](#) contains herbs which have been carefully selected to balance and regulate blood pressure.

Some of the ingredients in **High-Rite** specifically target blood vessels which have become constricted and others improve the heart's ability to **pump blood effectively**, while also treating and **preventing plaque build up** in the arteries.

Try [High-Rite](#) today and increase your energy, calm and soothe stress and nervous tension and improve overall feelings of well being.

High cholesterol can present a dangerous situation, as cholesterol buildup could lead to **heart disease**, which affects nearly 61 million Americans.

As we mentioned on our Lower Cholesterol Naturally page, it is important to note that over 75% of the body's cholesterol is produced internally by the liver.

## High Cholesterol - What is LDL & HDL cholesterol?

Despite all the negative press, **cholesterol is an important part of proper bodily function**. Cholesterol is a non-soluble waxy substance which your body needs to make hormones, cell walls and nerve sheaths.

There are two types of cholesterol, one is bad, one is good. Following is a brief description of each.

**1) Bad Cholesterol (LDL)** - LDL cholesterol attaches itself to artery walls, creating plaque that can build up and **eventually block your arteries**, which could result in a **heart attack** or stroke. If you have high cholesterol you should try to lower LDL cholesterol.

**2) Good Cholesterol (HDL)** - HDL cholesterol travels around in your bloodstream, picks up excess LDL cholesterol and brings it back to your liver to be reprocessed. Therefore, **HDL cholesterol is cleaning out your body**...high HDL cholesterol is good.

In summary, when you are considering a diet for lowering high cholesterol, you should only be **avoiding food with high LDL cholesterol, not HDL cholesterol**.

## High Cholesterol - What should you eat to lower cholesterol?

A healthy diet for high cholesterol should follow the following tips:

1. Limit your intake of **trans fats**, found commonly in margarine, even the so-called "healthy" varieties.
2. Reduce your intake of **hydrogenated oils** and unsaturated fat, found commonly in refined and processed foods. The saturated fat in eggs and butter is actually essential for the body, so no need to avoid them.
3. A low fat, low cholesterol diet can be dangerous because it can lower HDL (good) cholesterol, and have minimal impact on LDL levels. So a **low fat diet can actually make matters worse**.
4. Take **Omega 3 essential fatty acids**, found commonly in organic flax oil and cod liver oil. Omega 3's are necessary for proper function of your heart.

4. Use **Extra Virgin Olive Oil** when you cook if possible, as it has been shown to help lower LDL cholesterol and raise HDL cholesterol.

5. Add **garlic** to your cooking and dishes. It has been shown to lower LDL cholesterol as well.

### **High Cholesterol - How can you lower your body's cholesterol levels?**

As we mention above, **only 25% of your body's cholesterol comes from your diet**. So along with following a healthy diet to lower high cholesterol, it is also necessary to maintain cholesterol levels within the body itself.

There are **prescription medications** called statins that can lower LDL cholesterol levels, but there are often **dangerous side effects** that can occur. You can read about the side effects of statin medications on our site.

**Fortunately, there are natural herbs, vitamins and minerals that can help lower LDL cholesterol and raise HDL cholesterol in the body**. They have been shown to be safer than prescription medications. These nutrients can be helpful along with a diet to lower high cholesterol.

***For a special nutritional product that can help significantly decrease high cholesterol safely and naturally, just click the link and find out more.***

### **Best Herbs to Lower High Cholesterol**

**Guggulipid - an ancient Indian herb that has been shown to lower high cholesterol and triglyceride levels. Guggulipid reduces LDL (bad cholesterol) levels and has performed better than modern drugs in several trials.**

**Turmeric - a powerful herb used in curry dishes, turmeric contains curcumin which lowers LDL levels and improves blood circulation.**

**Green Tea - among its many therapeutic benefits green tea has been shown to lower the amount of LDL's in the blood stream, and aids in the prevention of blood vessel constriction.**

**Olive Leaf - native to the Mediterranean region, studies have shown that olive leaf extract may lower high cholesterol levels, as well as facilitate blood flow and lower blood pressure.**

**Ginger - according to a study in the New England Journal of medicine, ginger helps reduce high cholesterol in the body. This powerful herb used often in Chinese cooking also helps lower blood pressure and thins the blood.**

### **Other Important Nutrients to Lower High Cholesterol Naturally**

**Policosanol - a powerful extract from sugar cane wax that has been widely studied. Policosanol has been shown to lower bad cholesterol (LDL) and increase good cholesterol (HDL).**

**Chromium Polyniconate - this organic version of chromium can help lower LDL cholesterol and triglycerides, as well as raise HDL (good) cholesterol.**

**Niacin (Vitamin B3) - in high dosages niacin has been shown to help reduce total cholesterol levels.**

### **An Ideal Supplement for Lowering High Cholesterol**

**We have found a comprehensive cholesterol lowering product that we believe is ideal. It contains all of the natural cholesterol lowering herbs and nutrients we mention above in a perfectly balanced formula.**

**We thoroughly researched the company that makes this natural formula and have found that they adhere to strict GMP compliance, which is the highest manufacturing standards in the world. This ensures the quality and effectiveness of the ingredients.**

**Also, they only use standardized herbal extracts, the purest herbal extracts with the highest potency and therapeutic benefits.**

**It contains a synergistic blend of cholesterol lowering herbs and minerals along with essential vitamins, minerals and nutrients to help lower cholesterol naturally as well as promote general well-being and health.**

**The product is a special cholesterol lowering formula with ingredients that can lower LDL cholesterol levels and raise good HDL cholesterol levels.**

**We also found a product that works in conjunction with the cholesterol lowering formula called Total Balance which acts to improve heart health as well as promote general well-being.**

**Some of our editors as well as our visitors have experienced success with the Cholesterol Lowering Formula as well as Total Balance to lower cholesterol naturally and other therapeutic benefits. They have taken these products in addition to following an exercise program and a low cholesterol diet.**