



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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Stroke Awareness



According to the American Heart Association, each year about 795,000 people experience a new or recurrent stroke. Approximately 610,000 of these are first attacks, and 185,000 are recurrent attacks. Strokes are the leading cause of long-term disability and reduce mobility in more than half of stroke survivors age 65 and over.

A stroke happens when the brain cells do not get enough blood. The most common type - an ischemic stroke - occurs

when an artery in the brain is blocked by a blood clot. Almost 90 percent of strokes are ischemic. In contrast, hemorrhagic strokes occur when an artery in the brain ruptures.

Reduce your risk of having a stroke by maintaining a healthy weight, getting more exercise, eating a healthy diet, lowering blood pressure, not smoking, drinking less alcohol and reducing stress. Adding natural supplements to your diet such as ginkgo biloba, omega-3's, magnesium, potassium, and vitamins C, D and E can also be of great benefit.

Recognizing the warning signs of a stroke can help save your life or the life of a loved one.

FAST is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and getting to a hospital rapidly will more likely lead to a better recovery.

F.A.S.T stands for:

Face: Smile and see if one side of the face droops.

Arms: Raise both arms. Does one arm drop down?

Speech: Say a short phrase and check for slurred or strange speech.

Time: If the answer to any of these is yes, call 911 right away and write down the time when symptoms started.



[Ginkgo Biloba Extract Improves Stroke Consequences](#)



[Omega-3 Polyunsaturated Acids for Treatment of Stroke](#)



[Magnesium and Potassium Found to Influence Stroke Risk](#)



[Blood Levels of Vitamin C Predict Stroke](#)



2018 Nutrition Conference

National University of Health Sciences Campus in Lombard, IL

March 24-25

The NHRI will be an exhibitor at the 2018 Nutrition Conference, which will be the first of its kind to provide health care practitioners, students, and patients with information about various food movements in nutrition, and specifically, how to implement these food diets or strategies with success. This conference will emphasize the role GMOs play in our food source, discuss Ketogenic, Paleo, Gluten, and Dairy free diets; and look at fasting and HCG (human chorionic gonadotropin).

[Click here for more information](#)

Recent Posts



Folic Acid Reduces Neuroinflammation and Improves Cognitive Function in Older Adults

Written by Angeline A. De Leon, Staff Writer. Twelve months of folic acid supplementation significantly improved cognitive impairment and reduced homocysteine, inflammatory cytokines, and amyloid in the participating subjects compared to the conventional treatment group. [Read more »](#)



Cashew Consumption Benefit Blood Pressure and Cholesterol Levels

Written by Greg Arnold, DC, CSCS. Diabetic Indian participants who supplemented their standard diabetic diet with 30 grams of cashews daily for 12 weeks had a significant increase in HDL cholesterol and a significant decrease in systolic blood pressure compared to the control group. [Read more »](#)



Vitamin B-12 (Methyl) for Children With Autism

Written by Jessica Patella, ND. Of the fifty-seven children with Autism Spectrum Disorder, those who received an intramuscular injection of vitamin B12 every three days for eight weeks showed a significantly greater improvement in B12 methylation than the placebo group. [Read more »](#)

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