

Stroke - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Stroke is a disease characterized by impaired blood circulation in the brain, leading to damage to brain tissue and disruption of its functions.

Key words: Stroke, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Types of stroke:

- Hemorrhagic.
- Ischemic.

Causes of stroke:

The main cause of stroke is impaired blood flow to areas of the brain as a result of damage or blockage of a cerebral artery. This can happen in the following cases:

1. detachment of a blood clot from the site of formation and its entry into the artery; brain, (embolism);
2. thrombus formation in the vessels of the brain (thrombosis). Usually occurs with atherosclerosis [1] ;
3. arterial hypertension;
4. arteries have congenital weak walls, for example, with an aneurysm;
5. injury as a result of an accident, a blow to the head, etc.

Symptoms of a stroke

- unexpected weakness, numbness or paralysis of the muscles of the arms, legs or face, usually on one side of the body;
- speech impairment, difficulties with correct pronunciation of words;
- sudden loss of vision in one or both eyes;
- loss of coordination of movement, up to loss of balance, severe unexpected dizziness;
- severe headaches of unknown nature and origin;

- an ischemic attack [2] is the same microstroke, with similar symptoms and a duration of several seconds.

Useful products for stroke

The diet after a stroke should be maintained throughout your life. Relaxations in it are undesirable. It is also recommended to adhere to the diet for people at risk of stroke.

- lean meat, boiled chicken, duck, goose, olive oil [3] (safe in terms of cholesterol content [4] and contains healthy fats [5]);
- oranges [6], broccoli [7,8], lentils [9], asparagus [10] (contain heart-healthy folic acid [11], fiber [12] and potassium [13]);
- herring, tuna, sardine, salmon (contain fatty acids and phosphorus [14], which activate the metabolic process in the brain);
- cereals, low-fat dairy products (optimal content of proteins [15], fats and carbohydrates [16]);
- cabbage [17], spinach [18], beets [19] with the addition of sunflower oil or sour cream (optimize brain biochemistry);
- cranberries and blueberries (they contain antioxidants [20]).

Traditional medicine for stroke:

- a collection of plantain leaves [21], walnut [22], calendula flowers [23], strawberries [24], yarrow flowers and leaves [25], St. John's wort, agrimony, eyebright;
- mumiyo with aloe juice (take two weeks later, during the break drink propolis tincture);
- tincture of Caucasian diacorea in vodka (you can add drops of tincture to tea, water, compote, juice, hawthorn decoction);
- a collection containing St. John's wort, arnica, horse chestnut, skullcap (drink a third of a spoon three times before meals for two months, then take a break of two months and take again according to the same regimen);
- a collection of Tibetan lofant (crushed flowers), hawthorn (fruits or flowers), motherwort herb, rose hips [26]. The course of administration is thirty days, half a glass three times a day before meals, then a week break and repeat the course;

An approximate sample menu for a stroke:

Breakfast – warm milk with honey [27], some white bread.

Second breakfast - weak tea, black bread with butter, green salad.

Lunch – vegetable soup with lean beef, mashed potatoes, fruit salad with honey and lemon juice [28].

Before dinner – a couple of tomatoes [29] with crackers.

Dinner – some black bread with butter and chopped parsley [30] or dill [31], kefir.

Dangerous and harmful products for stroke

- fatty, spicy foods (contain sodium [32], increase blood sugar [33] and cholesterol [34]);
- salt should be greatly limited or eliminated altogether (it increases blood pressure);
- marinades, pickled vegetables, mushrooms, pasta, legumes, chocolate, broth sauces, coffee, soda.

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