STROKE

How do you know if someone is having a stroke? Here are some simple tests to use:

1. **Ask the person to smile. (if they can't, it may be an indicator)**

2. **Ask the person to speak a simple sentence coherently (eg. 'this is going to be a good day'). f they can't, it may be indication of stroke.**

3. **Ask the person to raise both arms (if they can't, it may be an indicator).**

4. **Ask the person to stick out their tongue. (if the tongue leans to one side or the other it is an indication).**

You will want to get to a hospital quickly. If it is a blood vessel leak, they can usually stop it quickly. If it is a clot, they will do other drugs to help. If you can't get to medical help, here are a few things to consider.

- **If it is caused by a blood clot, there may be other areas of the body that can be damaged by clots. Consider changing the diet, and using Nattinokinase daily to help prevent future clotting.**

- **If it is from a blood leakage, consider taking bioflavonoids and vitamin C to strengthen the capillary walls. If you are taking blood thinners, you may be taking too many.**

Homeopathy:

- **Arnica: given immediately, it can dramatically after the outcome. Stimulates the absorption of blood clots. Left or right sided paralysis, but more on left. The head and face are hot, but the body is cool. Afraid to be touched. Pulse strong. If conscious, the patient says bed feels too hard.**

- **Aconite: extreme fear. Strong pulse, face red, skin hot and dry. One cheek red, the other pale. Burning headache.**

- **Lachesis: left sided paralysis. Face may be pale, or purple and puffy. Convulsive movements. Sense of suffocation. Cannot stand to have anything tight around neck. Worse after sleep and from heat.**

- **Opium: coma with constricted pupils. Face bloated and dark with hot sweat. Eyes bloodshot. Labored breathing, deep snoring, pulse full but slow, body rigid. Unresponsive to pain, light and noise. If conscious, the patient says the bed feels too hot.**

- **Belladonna: Right sided symptoms, face bright red and bloated, pupils dilated,**

eyes red and bulging, mouth drawn to one side. Strokes caused by high blood pressure and/or emotional excitement.

- **Phosphorus: suddenly becomes unconscious, pulse and respiration almost gone. Face red but cool to the touch. Mouth drawn to left. Totally unresponsive. One sided paralysis (right or left). If conscious, has great thirst for cold drinks. Fear of being alone and of the dark. Worse lying on the left side.**

- **Gelsemium: nausea, headache, limbs feel heavy, eyes droop, stupor, coma, or general paralysis (not one-sided).**

- **Nux vomica: left sided paralysis (lachesis, arnica also has). Sensitive to light and noise. Worse in morning. When mental symptoms or speech impairment occur after a stroke. Strokes caused by the abuse of alcohol, coffee, drugs, food.**

- **Cocculus: with dizziness, nausea, or vomiting. Can't bear the thought or odor of food.**

- **Nux moschata: long standing coma. Totally unresponsive. Cold extremities, mucous membranes dry. Tongue sticks to the roof of the mouth.**

- **Baryta carbonica: in the elderly with loss of speech, trembling limbs, high blood pressure and foul foot sweats.**

- **Zincum: when there are no reflexes.**