


Four Ways to Prevent a Stroke

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 There's no question that even hearing the word stroke can be scary, but unfortunately it's a very real risk. Every year more than 750,000 Americans suffer a stroke (technically called a cerebrovascular accident), and strokes are the third-leading cause of death in this country.

For the majority of those who do survive these traumatic events, lingering speech, motor, and vision problems are common. What makes this such a huge tragedy is that ***up to 80 percent of all strokes can be prevented!***

Here's how you can prevent a stroke:

1. Control your blood pressure. High blood pressure is the single most significant risk factor for stroke. That's because chronically elevated blood pressure weakens blood vessels and contributes to atherosclerosis (narrowing of the arteries). This in turn increases the risk of a blood clot disrupting flow to the brain—in other words, a stroke. If you have high blood pressure, [here's how to lower it naturally](#).

2. Give your body stroke-preventing nutrients. Take a daily antioxidant-rich multivitamin and mineral supplement. Then, add folic acid (at least 800 mcg per day total), vitamin E (up to 1,200 IU total), vitamin D (2,000-5,000 IU per day) fish oil (2-8 g per day), and nattokinase (100 mg twice a day).

3. Eat a heart-healthy diet. Avoid sugars, starches, and salty or fatty processed foods. Replace them with a heart-healthy diet centered on lean protein, healthful fats, fruits, vegetables, and legumes. And don't forget to drink plenty of purified water.

4. [Exercise](#). Getting regular physical activity is one of the most important things you can do to improve health and increase longevity, and it is particularly beneficial for the cardiovascular system. Exercise conditions the heart muscle and stimulates the production of collateral blood vessels, which naturally bypass blocked arteries. It raises protective HDL cholesterol, lowers triglycerides, helps with weight loss, improves insulin sensitivity—and it reduces blood pressure. You want to strive for 30-45 minutes of exercise, such as brisk walking, four or five days a week.

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