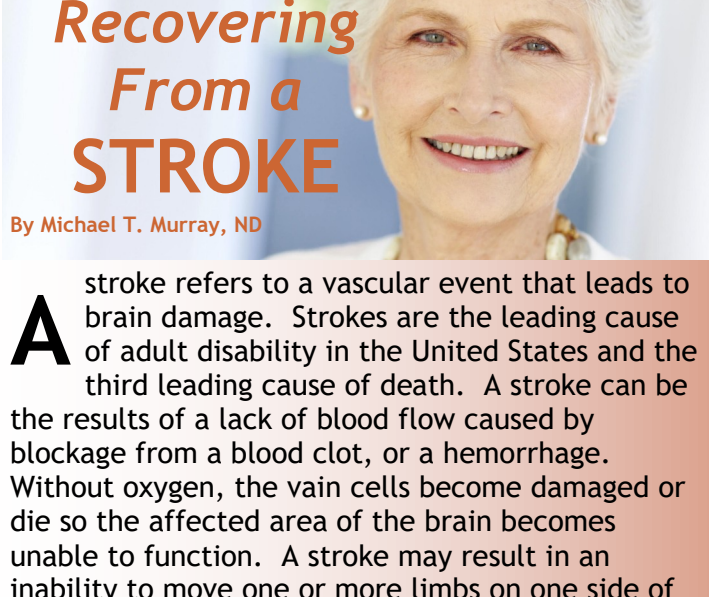


PLANET HEALTH'S NEWSLETTER



Recovering From a STROKE

By Michael T. Murray, ND

A stroke refers to a vascular event that leads to brain damage. Strokes are the leading cause of adult disability in the United States and the third leading cause of death. A stroke can be the results of a lack of blood flow caused by blockage from a blood clot, or a hemorrhage. Without oxygen, the brain cells become damaged or die so the affected area of the brain becomes unable to function. A stroke may result in an inability to move one or more limbs on one side of the body, inability to understand or formulate speech, or an inability to see one side of the visual field. If the stroke is severe enough or occurs in a certain location such as parts of the brainstem, it can result in coma or death.

In most cases, a stroke is a consequence of atherosclerosis—hardening of the arteries. Risk factors for stroke include: hypertension (high blood pressure), previous stroke or transient ischemic attack (TIA), diabetes, high cholesterol, cigarette smoking and atrial fibrillation (heart abnormality). High blood pressure is by far the most important risk factor for a stroke.

Aiding Stroke Recovery

One of the key factors in limiting the damage to the brain caused by a stroke is how quickly a person receives medical treatment. The conventional medical treatment uses the drug from of the naturally occurring compound tissue plasminogen activator (tPA). It must be administered within a few hours of a stroke to produce significant benefit. Unfortunately, only 1 to 3 percent of stroke patients receive tPA treatment.

The results of stroke can affect patients physically, mentally, emotionally, or a combination of the three and vary widely depending on size and location of the lesion. Disability corresponds to areas in the brain that have been damaged.

For most stroke patients who suffer from post-stroke disability, recovery is a concerted effort that involves physical therapy (PT), occupational therapy (OT) and speech-language pathology (SLP). It is important to take advantage of all these services as they can greatly aid the rehabilitation process.

Resource: vitaminrealtier magazine

3RD QUARTER 2018



Natural Approaches in Recovery

- **Nattokinase: Nature's Clot Buster**

Nattokinase is a protein digesting enzyme isolated from natto—a traditional Japanese food prepared from fermented soybeans—that has potent “clot busting.” It has shown significant potential in improving stroke recovery.

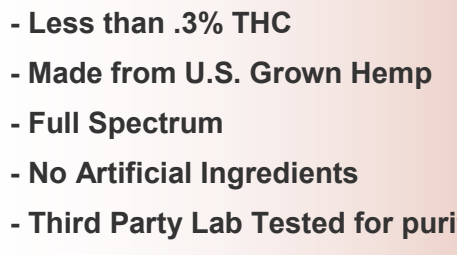
- **Ginkgo biloba extract (GBE):** Increases blood flow to the brain, improves the production of energy within nerve cells, and favorably affects blood viscosity (thickness) resulting in improved blood flow.
- **Omega 3 Fatty Acids:** Taking fish oil helped to normalize brain prostaglandins, boosted cerebral blood flow and decreased swelling.
- **Phosphatidyl Choline:** Increases acetylcholine levels in the brain.

What's New?



Terry Naturally
Vitamins

- *Supports the Endocannabinoid System**
- *Clinically Studied Curcumin Enhanced with Turmeric Essential Oil*
- *Supercritical CO₂ Extracted Hemp Oil*



Extra Strength Ideal CBD Hemp

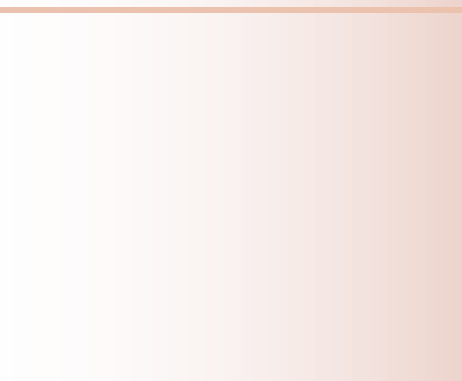
Cannabidiol (CBD) is a compound that comes from the hemp plant. It is one of more than 85 unique compounds found in hemp, known as cannabinoids. Cannabinoids are known to promote health and keep people resilient to changes in their environment.

- 25 mg CBD per serving
- Less than .3% THC
- Made from U.S. Grown Hemp
- Full Spectrum
- No Artificial Ingredients
- Third Party Lab Tested for purity and potency
- Gluten Free
- Vegan
- Natural Mint Flavor



NOTICE

NUTRITIONAL BLOOD ANALYSIS



WHEN: Saturday, July 7, 2018

Saturday August 4 2018

Saturday, Sept 8, 2018

TIME: 9:00 AM - 5:00 PM

HOLIDAY HOURS

Planet Health will be **OPEN** from 9:00am-5:00pm

Wednesday July 4th, 2018

Monday September 3rd, 2018

Wishing you a very Happy 4th of July & a Restful Labor Day!

JOIN OUR NETWORK



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HOURS:

Mon-Fri: 9:00AM-7:00PM

Saturday: 9:00AM-5:00PM

Sundays-CLOSED



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Questions or comments? E-mail us at planethealthstl@yahoo.com or call 636-527-8888