



# LIBRACIN

NATURAL MEDICINE IND. LTD.

*enriching lives for better*

# STROKE

**- CAUSES & NATURAL REMEDY -**

*Dr. Bestman Anyatonwu*

## MEANING

A stroke is a medical emergency that happens when the blood flow to your brain is interrupted. Without blood, your brain cells start to die. This can cause serious symptoms, lasting disability, and even death.

## TYPES

There are three main types of stroke: Transient ischemic attack, Ischemic stroke, and Haemorrhagic stroke. It's estimated that 87 percent of strokes are ischemic.

1. **Transient Ischemic attack:** Doctors also call a transient ischemic attack (TIA) a warning or mini-stroke. Anything that temporarily blocks blood flow to your brain causes a TIA. The blood clot and TIA symptoms last for a short period of time.
2. **Ischemic Stroke:** An ischemic stroke occurs when a blood clot keeps blood from flowing to your brain. The blood clot is often due to atherosclerosis, which is a build-up of fatty deposits on the inner lining of a blood vessel. A portion of these fatty deposits can break off and block blood flow in your brain. The concept is similar to that of a heart attack, where a blood clot blocks blood flow to a portion of your heart. An ischemic stroke can be embolic, meaning the blood clot travels from another part of your body to your brain. An estimated 15 percent of embolic strokes are due to a condition called atrial fibrillation, where your heart beats irregularly.
3. **Thrombotic Stroke:** A thrombotic stroke is an ischemic stroke caused by a clot forming in a blood vessel in your brain. Unlike a TIA, the blood clot that causes an ischemic stroke won't go away without treatment.
4. **Haemorrhagic Stroke:** A haemorrhagic stroke results when a blood vessel in the brain ruptures or breaks, spilling blood into the surrounding tissues. There are three main types of haemorrhagic strokes:

- **Aneurysm:** Causes a portion of the weakened blood vessel to balloon outward and sometimes rupture.
- **Arteriovenous malformation:** Involves abnormally formed blood vessels. If such a blood vessel ruptures, it can cause a haemorrhagic stroke. Lastly, very high blood pressure can cause weakening of the small blood vessels in the brain and result in bleeding into the brain as well.

The different stroke types cause similar symptoms because each affects blood flow in your brain. The only way to determine what type of stroke you may be having is to seek medical attention.

## **SYMPTOMS**

The National Stroke Association recommends the FAST method to help identify the warning signs of a stroke:

- **Face:** When you smile, does one side of your face droop?
- **Arms:** When you raise both arms, does one arm drift down?
- **Speech:** Is your speech slurred? Are you having trouble talking?
- **Time:** If you experience any of these symptoms, call 911 immediately.

Additional symptoms that don't fit in the FAST description include:

- sudden confusion, such as difficulty understanding what a person is saying
- difficulty walking, sudden dizziness, or loss of coordination
- sudden, severe headache that doesn't have any other known cause
- difficulty seeing in one or both eyes

A TIA will cause these symptoms for a short amount of time, usually anywhere from one to five minutes. However, you shouldn't ignore stroke symptoms, even if they go away quickly.

A stroke is a medical emergency for a reason — it can have life-threatening consequences.

The brain controls the major functions of human life. Without blood flow, your brain can't manage breathing, blood pressure, and much more. Complications can vary according to the stroke type and if you are able to successfully receive treatment. Examples of complications include:

- **Behaviour changes:** Having a stroke can contribute to depression or anxiety. You also may experience changes in your behaviour, such as being more impulsive or more withdrawn from socializing with others.
- **Speech difficulties:** A stroke can impact areas of your brain having to do with speech and swallowing. As a result, you may have difficulty reading, writing, or understanding other people when they're speaking.
- **Numbness or pain:** A stroke can cause numbness and decreased sensation in parts of your body. This can be painful. Sometimes injury to the brain can also affect your ability to sense temperature. This condition is known as central stroke pain and can be difficult to treat.
- **Paralysis:** Because of the way your brain works to direct movement, a stroke in the right side of your brain can affect movement on the left side of your body and vice-versa. Those who've had a stroke may not be able to use facial muscles or move an arm on one side.

You may be able to regain lost motor function, speech, or swallowing abilities after a stroke through rehabilitation. However, these can take time to regain.

## HERBAL REMEDY

Libracin detoxification herbal alternative is the answer:

- a) Multi Herbal Tea: <http://libracin.com/product/multi-herbal-tea/>
- b) Phyto Bliss: <http://libracin.com/product/phyto-bliss-herbal-tea/>
- c) Bounty Herbal Tea: <http://libracin.com/product/bounty-herbal-tea/>
- d) Phyl Fresh: <http://libracin.com/product/phyil-fresh-herbal/>
- e) Stage-A: <http://libracin.com/product/stage-a-herbal-tea/>
- f) Nutrishield: <http://libracin.com/product/nutri-shield/>
- g) Mascum Herbal Pride: <http://libracin.com/product/mascum-herbal-pride-sp/>



## CONTACT US



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[www.libracin.com](http://www.libracin.com)

## BRANCHES

### LAGOS:

#### OSHODI:

447, 2nd Floor (back) Agege Motor way,  
Bolade Bus stop, Oshodi Lagos State.  
09065409970, 08035258845.

#### SURULERE:

1B Adeniyi Adefioye Street,  
Marsha -Kilo Link Road,  
Car Wash, Ikate Surulere, Lagos State.  
09067687536, 08156811248  
09079852695, 08170715107

### ABUJA FCT:

#### KUBWA:

Hadza Plaza,  
Opposite Channel 8 Junction,  
Kubwa Abuja, FCT.  
08104248293, 08060738106

#### ZUBA:

Shop No B4, Zuba Plaza,  
Zuba, Abuja FCT.  
09094061768, 09060823886

#### DUTSEN:

Shop 60/61 MMG Shopping Complex,  
1st Gate, Dutsen Alhaji, Abuja FCT.  
07068259254, 09060732488

#### BWARI:

Atanu Plaza, Beside Peace Park,  
Opposite Bwari Market, Bwari Abuja FCT.  
08138622678, 09065450205

#### MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,  
Abuja/Kiffi Exp. Way, Sharp Corner,  
Mararaba, Abuja FCT.  
08100784750, 09060942743

#### MPAPE:

Ansar Plaza,  
Sult No. 109 By Oceanic/Begger Junction,  
Mpape, Abuja FCT.  
08066745186, 09064999439

#### KURUDU:

De-Bright Plaza, Kurudu Junction,  
By Orozo/Karshi Road, Abuja FCT.  
09036188267, 09068730968