



Naturally Healthy Publications  
[www.naturallyhealthypublications.com](http://www.naturallyhealthypublications.com)

# IMPROVING STROKE IN 30 DAYS

Noticeable Relief in 30 Days, Improved  
Monthly Staying with the Plan

By Robert Redfern

## About the Author

Your Personal Health Coach  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews, and his nutritional discoveries. His new series of books brings this work together in an easy-to-read format that everyone can follow to help resolve their chronic health problem – once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

*As well as good health, they feel and look younger and more energetic than all those years ago – before they started their plan. At the time of printing, Robert, aged 68, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.*



ROBERT REDFERN - YOUR PERSONAL HEALTH COACH  
tells you everything you need to know about:

## **Stroke: Prevention & Recovery**

Using the Science of  
Stroke Prevention & Recovery  
to Achieve and Maintain Healthy  
Arteries and Brain Function







**Publisher:**

**Naturally Healthy Publications. All rights reserved.**

Reader is not permitted to reproduce any part of this book without obtaining written permission from the author.

Publication printed in the United Kingdom.

**Publisher's Note:**

This book is not intended to diagnose any disease or offer medical advice. The intention of the book is only to provide information for the reader so that they can make healthy lifestyle choices.

**Warning:**

Some of the information in this book may contradict advice from your physician; nonetheless, content is based on the science of natural health.



# CONTENTS

What Is a Stroke?	7
What Are the Different Types of Strokes?	12
What Causes a Stroke, and Who Is at Risk?	13
Can I Reverse Stroke?	18
The Nutrients You Need	19
Why Doesn't My Doctor Tell Me I Can Get Better?	20
The Stroke Rehabilitation Plan	21
1. Clearing Inflammation, Balancing Brain Function, and Promoting Healing	22
2. Taking the Missing Nutrients	23
3. Immune Recovery and Strengthening	24
4. Drinking Enough Water	25
5. Avoiding Eating Unnatural Junk Foods	25
6. Eating Real Foods	26
7. Walking and Moving Daily	29
8. Breathing Properly	31
9. Stimulating the Acupressure Points	32
10. Getting Out into the Sun As Much As Possible	32
More About Clearing Inflammation, Balancing Brain Function, and Promoting Healing	33
More About Missing Nutrients	36
More About Immune Strengthening Formulations	37
More About Acupressure	37
In Conclusion	38
Sample Daily Stroke Rehabilitation Plan	39



## YOUR ACTION PLAN TO COMMIT TO HEALTHIER ARTERIES AND BRAIN FUNCTION

TODAY	I DID THIS	SIGNED	DATE
I Committed	To preventing, regaining and maintaining healthy arteries and brain function for the rest of my life		
I Committed	To drinking 6-8 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's Healthier Arteries and Brain Function Book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with <b>ReallyHealthyFoods.com</b>		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's Healthier Arteries and Brain Function Book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	Massaging the acupressure points		
I Recommitted	To preventing, regaining, and maintaining healthy arteries and brain function for the rest of my life		
I Recommitted	To Robert's Healthier Arteries and Brain Function Book		
I Recommitted	To taking the necessary supplements to facilitate the preservation or healing of my arteries and brain function		
I Recommitted	To my water intake		
I Recommitted	To following my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To life-giving sun exposure (except when contraindicated)		
I Recommitted	To massaging the acupressure points		



## What Is Stroke?

Our brain contains neurons (small nerve cells) that need a consistent blood supply in order to survive. This blood supply is crucial as it brings oxygen and nutrients to these nerve cells and transports toxins away from the brain.

*Both of these conditions, especially hypertension, can be signs of underlying health problems and are potentially dangerous to the body.*

A stroke, also called a cerebrovascular accident (CVA), is a disease of the blood vessels, particularly the arteries. It stems from the limited or complete lack of blood flowing to the brain. A stroke can occur unexpectedly or as the result of chronic illness.



## The Arteries

The arteries are elastic and responsible for carrying oxygenated blood away from the heart.

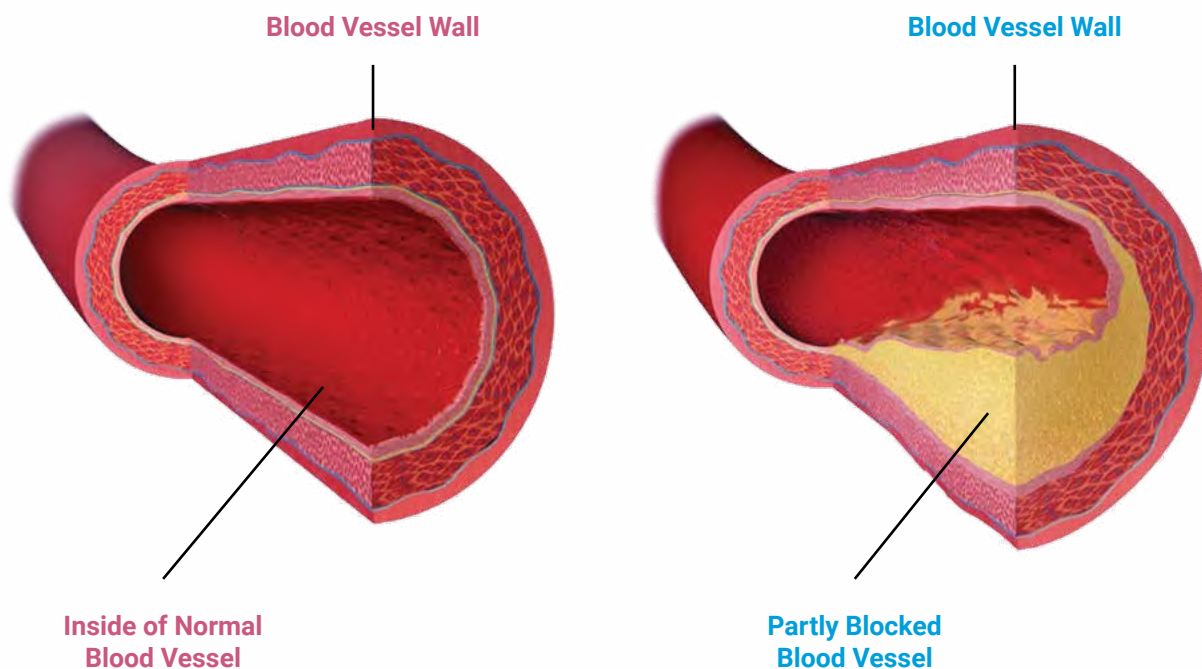
### There are two primary types of arteries:

1. **Pulmonary.** Carry oxygen-depleted blood from the heart to the lungs; this is where the blood becomes oxygenated.
2. **Systemic.** Responsible for delivering blood everywhere else in the body; the largest artery of the body, the aorta, is also the primary systemic artery.

## Arterial-Vascular Disease

*Stroke is an arterial-vascular disease that is characterized by the arteries closing or narrowing throughout the body.*

Atherosclerosis (hardening of the arteries) directly affects the brain through carotid artery disease and vertebrobasilar disease. As the brain is dependent upon only three major arteries for its blood supply, the health of these arteries is of the utmost importance.





## The Carotid Arteries

Each of the carotid arteries extends into internal and external arteries located close to the top of the thyroid:

- **The internal carotid artery provides blood to the eyes and brain.**
- **The external carotid artery provides blood to the neck, face, scalp, and the outermost layer of the meninges (membrane that protects the nervous system by providing a covering for the brain and spinal cord).**

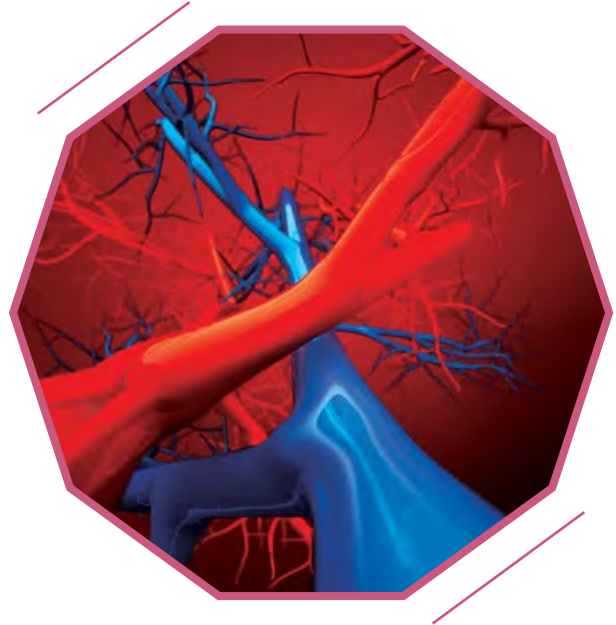
## What Is Carotid Artery Disease?

Carotid artery disease is when plaque builds up in the inner lining of the carotid arteries, leading to narrowed or blocked arteries.

## Risk Factors

*The risk factors for carotid artery disease and stroke are almost identical. A small difference is due to age and sex:*

- **Men have a higher risk of carotid artery disease before age 75.**
- **Women have a higher risk after the age of 75.**



## Carotid Artery Disease Signs and Symptoms

*Carotid artery disease is difficult to spot as there are no specific symptoms.*

However, warning signs related to a stroke are a good indicator there is a blockage in the carotid arteries. The body gives fair warning when a stroke may occur in transient ischemic attacks (TIAs) or “mini-strokes.”

### Symptoms are temporary in the form of:

- Headache
- Light-headedness
- Tingling
- Numbness
- Blurred vision
- Mental confusion
- Paralysis

These episodes can last just a few minutes or as long as a couple of hours. A TIA can be caused by a temporary blood clot that manages to break free. The blood is then able to get through, and the symptoms disappear. Medical attention should be sought immediately.

### Additional signs or symptoms include:

- One arm, one leg, or one side of the face becoming weak or paralyzed.
- One arm, one leg, or one side of the face tingling or going numb.
- Difficulty swallowing.
- Inability to see or blurry vision in one eye.
- Passing out or going into a coma.



## The Vertebral and Basilar Arteries

The vertebral and basilar arteries are the three main blood vessels responsible for providing blood flow to the back of the brain. There are two vertebral arteries and one basilar artery. Together they are referred to as the vertebrobasilar system.

*Strokes that occur in this region of the brain are extremely dangerous and often fatal.*

## What Is Vertebrobasilar Disease?

Vertebrobasilar disease occurs from a lack of blood flow delivered to the brain by the vertebral and/or basilar arteries. This disease usually stems from the hardening of the vertebral or basilar arteries, often referred to as vertebrobasilar insufficiency (VBI) or vertebral basilar ischemia.

## Risk Factors

Vertebrobasilar disease and stroke share almost the same risk factors. However:

- Twice as many men have the disease.
- More often than not, vertebrobasilar disease affects the elderly population.

## Signs and Symptoms

### Symptoms of vertebrobasilar disease include:

- Dizziness
- Falling unexpectedly
- Tingling
- Numbness
- Affected speech
- Vision problems

An increased risk for a transient ischemic attack (TIA) and stroke come with vertebrobasilar disease.



# What Are the Different Types of Strokes?

**There are many different types of strokes, most of them rare. The two most common types are:**

1. Ischemic- blockage
2. Hemorrhagic (intracerebral) - bleeding

It's imperative to determine what type of stroke has occurred.

**These two types of stroke differ in their:**

- Causes
- Effects
- Treatment

*Over 80% of all strokes are ischemic strokes.*

**The three most common types of ischemic stroke are:**

1. **Thrombotic (Occlusive)** - Occurs because of hardening of the arteries.
2. **Lacunar** - Often a result of high blood pressure over a long period of time.
3. **Embolic** - Usually starts in the heart when an embolus (blood clot or mass) has traveled to and stopped in the heart muscle, eventually breaking up and traveling to the brain.

*An intracerebral hemorrhagic stroke accounts for about 13% of all strokes.*

It is usually a result of bleeding inside the brain resulting from long-term, untreated high blood pressure. These hemorrhages range in size; the damage created by the bleeding can be in the immediate vicinity of the hemorrhage or in distant regions of the brain.

**Other common hemorrhagic stroke types include:**

- Epidural hemorrhage
- Subdural hemorrhage
- Subarachnoid hemorrhage



# What Causes a Stroke, and Who Is at Risk?

*Stroke follows heart disease and cancer as the leading cause of death in the United States.*

Approximately 140,000 people a year lose their life to this mostly preventable disease. On an annual basis, almost 800,000 people are hit with a stroke. About 25% of these strokes are recurring episodes.

**While some risk factors for ischemic and hemorrhagic stroke are different, the following risk factors are applicable to 90% of strokes:**

- **High blood pressure**
- **Smoking**
- **Waist-to-hip ratio**
- **Unhealthy diet (grains, cereals, and high-sugar foods)**
- **Consuming too much alcohol**

**High Blood Pressure** is only secondary to a previous stroke experience as the number one risk factor for both types of stroke. High blood pressure is of great concern as 1 in 3 (68 million) Americans have this life-threatening disease. Also called hypertension, it increases the risk of stroke by 4-6 times.

**Smoking** doubles the risk for ischemic stroke. Smoking is also a significant risk factor for an intracerebral hemorrhagic stroke. Almost 20% of the population (45 million people) smoke. Smoking increases blood pressure, and the carbon monoxide in cigarette smoke decreases the level of oxygen in the blood, thus decreasing the amount transported to the brain. Blood becomes thicker and has a higher risk of clotting.

**Waist-to-Hip Ratio** is a simple tool used to measure fat distribution. This ratio is indicative of overall health and brings to light the possibility of other risk factors. Extra fatty tissue in the abdominal area is associated with many chronic diseases, including stroke.





## More Stroke Risk Factors

**Lack of Exercise** - A sedentary lifestyle is an often overlooked risk factor for any disease. By forcing the body to work harder and create a demand for more oxygen, we are training it to work more efficiently. Over time, exercise increases blood flow and reduces blood pressure and atherosclerosis.

**Diabetes** - Uncontrolled diabetes leads to consistently high blood sugar, resulting in damaged blood vessels. Damaged blood vessels can affect the brain, tripling the risk of stroke.

**Alcohol** - Excessive alcohol consumption (more than one drink a day for women and more than two drinks a day for men) increases the risk for stroke.

**Chronic Stress** - We all experience some level of stress, sometimes on a daily basis; however, chronic stress is dangerous and compromising to health. Chronic stress results in consistently high blood pressure and elevated levels of sugar in the bloodstream. It contributes to the stickiness of platelets, possibly leading to a blood clot or plaque in the arteries.

**Heart Disease** - Those with heart disease, especially an atrial fibrillation, have five times the risk of experiencing a stroke because they are more susceptible to blood clots. Blood clots can also form when the build-up of plaque in the arteries, contributed to by oxidized cholesterol, progresses and narrows the arteries to the point that blood flow is cut off.

## Other overlooked stroke risk factors include:

**Illegal Drugs** - Cocaine can cause a hemorrhagic stroke; marijuana use over a long period of time can increase the risk of stroke.

**Pregnancy** - Due to the increased blood pressure that comes with being pregnant, blood clots are more likely.

**Hormones for Birth Control** - Risky when combined with smoking.

**Hormone Replacement Therapy (HRT)** - Increases the risk of stroke as the dosage and age of the recipient increases.

**Aneurysms** - Can break open, resulting in a subarachnoid hemorrhage.

**Migraines with Aura** - Risky when combined with the birth control pill.

**High C-Reactive Protein** - Indication of inflammation.

**Hyperlipidemia (Elevated Fats in the Blood)** - Can be genetic or caused by too much of a good thing. A certain amount of fats are necessary for good health; however, a diet high in any fat, especially processed and oxidized fats, increases the risk of stroke.



## Stroke Risk Factors Related to Age, Sex, and Ethnicity

### These stroke risk factors accompany life and can't be avoided:

**Age** - After the age of 55, your risk of stroke doubles every ten years; however, anyone can have a stroke at any age. Approximately 25% of strokes attack those younger than 65.

**Sex** - Men are more susceptible after age 65; women are more susceptible from ages 45-64.

**Post-Menopausal Women** - Have a higher risk of stroke due to the loss of the protective hormone estrogen.

**Ethnicity** - Increases stroke risk in members of the black population.

**Family History** - Due to genetics; lifestyle habits handed down from generation to generation can be changed.



## Endothelial Dysfunction and Inflammation: The Silent Risk Factor

A stroke is associated with the very often, very quiet inflammation and degeneration of the endothelium, the innermost lining of every blood vessel and lymph vessel in the body, including the arteries. Quiet meaning - there may be no symptoms until a major cardiac event or, worse yet, death occurs.

### *How does chronic inflammation increase the risk of having a stroke?*

Over time, chronic inflammation weakens and can eventually lead to arterial plaques breaking open, resulting in a heart attack or stroke. The arterial walls are damaged and the diameter of the vessels become smaller and smaller. Damage can also occur quite rapidly, even in a matter of months.



## Stroke and Your Mental Health

You may already be familiar with the fact that your emotional health can affect your brain health, especially related to stress. One new study confirms this link by suggesting that stress, hostility, and depression may increase the risk of stroke.

A Multi-Ethnic Study of Atherosclerosis was conducted on 6749 adults from ages 45 to 84, gathered from six different locations in the US. Study volunteers were asked to complete questionnaires to collect data about depressive symptoms, chronic stress, anger, and hostility. At the onset of the study, none of the participants had a history of stroke or heart disease.

During a study follow-up roughly 8 years later, just under 3% of the study group had experienced a stroke or mini-stroke. Researchers observed that study participants with the highest levels of emotional problems had the greatest risk of stroke or mini-stroke, compared to patients with the lowest levels of hostility, depression, and stress.

While anger did not appear to have an impact, depression increased the risk of stroke or TIA (transient ischemic attack or mini-stroke) by 86%. Stress increased risk by 59%. Hostility nearly doubled the risk of stroke or mini-stroke. Researchers concluded that chronic stress and negative emotions cannot be overlooked when it comes to brain health.

If stress or negative emotions are affecting your health, it's time to ask for help—before it's too late. Dr. Jeffrey Borenstein, president and CEO of the Brain & Behavior Research Foundation in New York, New York, is an advocate of professional mental health intervention for stress and depression. He recommends professional help to manage negative emotions and reduce the risk of stroke.

Source: *Stroke*. 2014 Aug;45(8):2318-23. doi: 10.1161/STROKEAHA.114.004815. Epub 2014 Jul 10.



***Lifestyle changes and mental health support are critical to support long-term, balanced health.***



## Stroke Recovery

The severity and consequences of a stroke will dictate the intensity and length of recovery, as well as the forms of therapy involved. Fatigue and tiredness go hand-in-hand with recovery from a stroke; the body is healing, and the brain may be replacing old pathways with new ones. *This can be exhausting!*

*Living in an emotional state for some time after experiencing a stroke is normal.*

You may not feel like yourself. Feelings of depression are common. You may need the professional guidance of an occupational therapist, a physical therapist, and a speech therapist. Other healthcare professionals that may be of assistance are a mental health therapist and a dietician.

**It is beyond the scope of this book to touch on every aspect of recovery.** The part of the brain that was affected, as well as how large an area of the brain was compromised, will lay the foundation for your treatment plan.

Recovery from a stroke is difficult without a good plan. However, after getting through the first period of transition, it is a much easier journey. While there can be many health complications to deal with in the initial aftermath, recovering from a stroke as fast as possible entails a plan that includes lifestyle changes that are also effective for preventing a stroke in the first place.



# Can I Reverse Stroke?

I do not believe it is appropriate to use the term “cure” for stroke since most cases are brought on by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to repair itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body {6-8 x 500ml (16oz) glasses a day} with pure, clean water and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, the repair and healing of the body can start to take place.

*Nutritional therapy supports healing.*

*The initial detox can be uncomfortable but only temporarily.*

*Eating right can minimize the effects.*



*...regenerate with healthy  
lifestyle and nutrients...*





# The Nutrients You Need

**Studies show the following nutrients will help prevent or support stroke recovery in most people:**

- **Serrapeptase, Curcumin, Ecklonia Cava Extract, and Vitamin D3** - Can help to relieve inflammation in the arteries and promote healing.
- **L-Arginine** - An amino acid that can support blood flow and the cardiovascular system.
- **Vinpocetine** - An alkaloid derived from the periwinkle plant can enhance memory and mental function by maintaining a healthy blood supply to the brain.
- **24 Sublingual Nutrients for Eye Health** - Including Vitamin A, D, E, B6, B12, Thiamin, Riboflavin, Niacin, Folic Acid, Magnesium, Zinc, Selenium, Copper, Chromium, Lutein, L-Taurine, Bilberry Extract, and Gingko Biloba Extract (amongst others) to support a healthy brain and body.
- **Microcurrent Stimulation** - Using an electroacupressure device can accurately locate acupuncture points and, when stimulated effectively, can help to provide relief for stroke symptoms.
- **Vitamin E with Mixed Tocotrienols** - Can help support stroke-induced injuries and also provide cardiovascular protection.
- **Soil Based Probiotic Containing Leonardite Prebiotic and Class 1 Beneficial Microorganisms** - Can support a healthy immune system and normal assimilation of nutrients in the gut.



## Why Doesn't My Doctor Tell Me I Can Get Better?

In most cases, the Stroke Prevention and Recovery Program can help you get better even when doctors have given up on you! Your doctor is obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA has over all things connected with the health of individuals.

*These industries are not designed to get anyone healthy, ever!*

*When carefully followed, the Stroke Prevention and Recovery Program will show results within 30 days.*



# The Stroke Rehabilitation Plan

## Your 10 Steps to a Healthy Future

The following protocol works for any type of stroke recovery, to some extent.

	<p>1 Clearing inflammation, balancing brain function, and promoting healing.</p>	<p>Eating really healthy foods.</p>	
	<p>2 Taking nutrients missing from food in supplement form.</p>	<p>Walking and moving daily.</p>	
	<p>3 Strengthening your immune system.</p>	<p>Breathing properly.</p>	
	<p>4 Drinking enough water.</p>	<p>Stimulating acupressure points.</p>	
	<p>5 Avoiding unnatural/junk foods.</p>	<p>Getting out into the sun as much as possible.</p>	

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their stroke symptoms to some extent, and in many cases completely.



For details of the following suggested formulas, turn to **page 33**.

## 1. Clearing Inflammation, Balancing Brain Function, and Promoting Healing

### Basic Plan

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava Extract (Seanol), and Vitamin D3. Take 1 capsule x 3 times per day.
- **HealthyFlow** - Contains L-Arginine, L-Lysine, and L-Citrulline to support healthy blood and arteries. Take 2 teaspoons, 2 times a day in water or food.
- **Re-Focus** - Reduces abnormal coagulation of the blood, aids in stroke recovery, and improves blood supply to the brain and other parts of the body. Take 1 x 3 times per day.
- **MaxiFocus™** - Contains nutrients that support healthy blood flow around the body. Take 12 oral sprays per day (e.g., 6 x 2 or 3 x 4).
- **Naturally Better Vitamin E** - Supports stroke induced injuries and provides cholesterol reduction and cardio protection. Take 1 capsule x 3 times per day.



## 2. Taking the Missing Nutrients

### Advanced Plan

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava Extract (Seanol), and Vitamin D3. Take 1 capsule x 3 times per day.
- **HealthyFlow** - Contains L-Arginine, L-Lysine, and L-Citrulline to support healthy blood and arteries. Take 2 teaspoons, 2 times a day in water or food.
- **Re-Focus** - Reduces abnormal coagulation of the blood, aids in stroke recovery, and improves blood supply to the brain and other parts of the body. Take 1 x 3 times per day.
- **MaxiFocus™** - Contains nutrients that support healthy blood flow around the body. Take 12 oral sprays per day (e.g., 6 x 2 or 3 x 4).
- **Naturally Better Vitamin E** - Supports stroke induced injuries and provides cholesterol reduction and cardio protection. Take 1 capsule x 3 times per day.
- **Prescript-Assist®** - A soil-based probiotic containing Leonardite prebiotic and Class 1 beneficial microorganisms to support a healthy immune system and normal assimilation of nutrients in the gut. Take 1 capsule x 2 times per day.





### 3. Immune Recovery and Strengthening

## Ultimate Plan

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava Extract (Seanol), and Vitamin D3. Take 1 capsule x 3 times per day.
- **HealthyFlow** - Contains L-Arginine, L-Lysine, and L-Citrulline to support healthy blood and arteries. Take 2 teaspoons, 2 times a day in water or food.
- **Re-Focus** - Reduces abnormal coagulation of the blood, aids in stroke recovery, and improves blood supply to the brain and other parts of the body. Take 1 x 3 times per day.
- **MaxiFocus™** - Contains nutrients that support healthy blood flow around the body. Take 12 oral sprays per day (e.g., 6 x 2 or 3 x 4).
- **Naturally Better Vitamin E** - Supports stroke induced injuries and provides cholesterol reduction and cardio protection. Take 1 capsule x 3 times per day.
- **Prescript-Assist®** - A soil-based probiotic containing Leonardite prebiotic and Class 1 beneficial microorganisms to support a healthy immune system and normal assimilation of nutrients in the gut. Take 1 capsule x 2 times per day.
- **HealthPoint™** - Microcurrent stimulator designed to work the acupuncture points on the SR points. Use daily to stimulate acupressure points.



Click  
for more  
details



## 4. Drinking Enough Water

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda) for internal organ support.



## 5. Avoiding Eating Unnatural Junk Foods

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and milk products.



Note: Do not eat potatoes, parsnips, turnips, and rice (except for small amount of wild or brown rice and yams/sweet potatoes).



## 6. Eating Really Healthy Foods

**\*\*Include some of the following foods every 2 hours for the first few months:**



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fries, steamed, etc.); 50% raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant rich, dark skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All stroke-related issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega 3, or Krill oil and other healthy oils like Olive oil and Coconut oil.



As healthy alternatives to carbs, consider Quinoa, Chia Seeds, Amaranth, Buckwheat, and Millet Seeds. Cous Cous can be used, except for those who are allergic to gluten proteins (celiacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine so add Nascent Iodine to your daily dose.



## Recommended Vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian Vegetables Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Broad Beans
- Cabbage (various types)
- Dandelion Leaves
- Dried Peas
- Fennel
- Garden Peas
- Garlic
- Kale
- Lettuce (Kos and various types)
- Mangetout Peas
- Mushrooms
- Petit Pois Peas
- Runner Beans
- Seaweed all types (Kelp, Wakame, Noni, etc.)
- Sugar Snap Peas
- Beetroot
- Broccoli
- Brussel Sprouts
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Eggplant (Aubergine) Kale
- Kohlrabi
- Kumara
- Okra
- Onions (Red and White)
- Radishes
- Silver Beet
- Spinach
- Squash
- Zucchini (Courgettes)

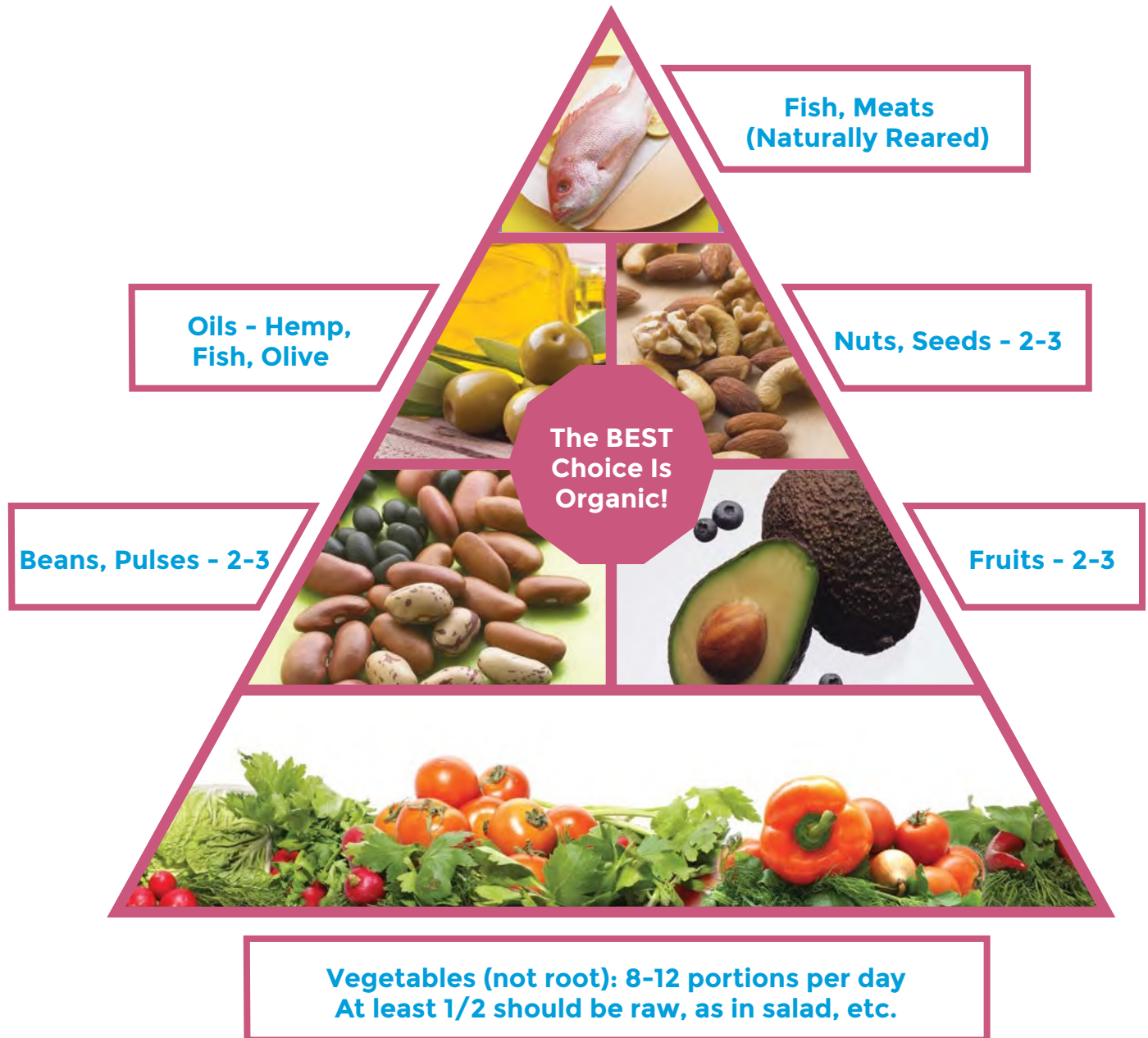
## Recommended Fruits

Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Blackberries
- Blackcurrants
- Bilberries
- Blueberries
- Cherries
- Cherimoya
- Dates
- Damsons
- Durian
- Figs
- Gooseberries
- Grapes
- Grapefruit
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Plum/Prune (dried Plum)
- Pineapple
- Pomegranate
- Raspberries
- Western raspberry (blackcap)
- Rambutan
- Salal berry
- Satsuma
- Strawberries
- Tangerine



# The Garden of Eden Pyramid





## 7. Walking and Moving Daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

*One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.*

*Use weights or wrist weights as you improve.*

*If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.*



Lie down in a comfortable place. On your bed (if it's firm enough) when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity.

By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and brain health will balance perfectly.



# Movement is a vital part of your recovery plan.



## 8. Breathing Properly

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

### There are two ways to breathe:

1. The first way is an anxious breath in the chest.
2. The second way is a relaxed breath in the diaphragm, or more precisely, in the tummy area.

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with unhealthy lungs.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called hemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.



### HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.



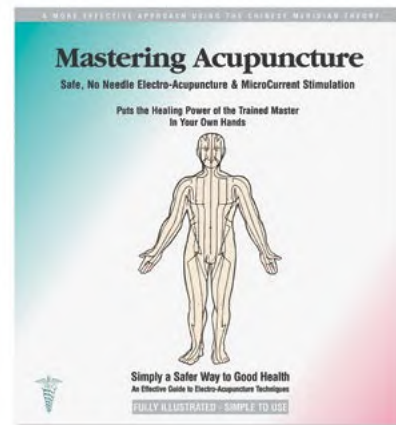
*Practice over and again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practice this every spare minute you have. You can access more resources on breathing lessons [here](#).*





## 9. Stimulating the Acupressure Points

Another part of your recovery plan is to stimulate acupressure points connected to your health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 37**.



## 10. Getting Out into the Sun As Much As Possible

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 33**, but it is still important to still get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



### Recommendations:

- A. Get as much skin exposed to the sun as you can every day, e.g. on your daily walk.
- B. Build up slowly from the spring to summer time.
- C. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.
- D. If you do use a sun cream, get an organic one rather than chemical ones with well-known names.
- E. Remember, the sun is your friend, and as with friends, try not to get too much in one go!



## More About Clearing Inflammation, Balancing Brain Health, and Promoting Healing

### Super Nutrient Serranol™

**Serrapeptidase (technically Serriatia Peptidase)** is a diverse proteolytic enzyme that will dissolve non-living tissue, including blood clots, cysts, scarring, plaque, fibrin, and all types of inflammation, without causing harm to living tissue in the body. Serrapeptidase can be used to enhance your overall well-being, ease inflammation, and support health to benefit the lungs, joints, digestive tract, colon, arteries, and any other areas of blockage/inflammation.

- **Curcumin (CurcuminX4000)** is praised as one of the best natural, anti-inflammatory herbs. It can stimulate glutathione in the body to guard healthy cells and tissues against inflammation, while moderating the immune system. Curcumin is also known for its antiviral, antifungal, and antibacterial properties.
- **Ecklonia Cava (Seanol®)** has been used by the Asian population for centuries as a type of edible brown algae called Ecklonia Cava Extract. It is harvested off the coast of China, Korea, and Japan; studies support that ECE offers a wide range of health benefits.
- **Vitamin D3** is an essential vitamin to support immune health. Cells in the immune system are made up of vitamin D3 receptors. If there is a deficiency in vitamin D3, it will weaken the immune system and leave the body susceptible to infection. Unfortunately, vitamin D3 deficiency is becoming far too common amongst all age groups since our culture spends far less time in the sun. This valuable vitamin cannot be stored by the body, so daily supplementation is necessary for immune health.



#### Ingredients:

- **SerraEnzyme Serrapeptase® - 80,000iu**
- **Curcumin X4000 - 250mg**
- **Ecklonia Cava Extract (Seanol®) - 50mg**
- **Vitamin D3 - 1000iu**

#### Dosage:

**Take 1 capsule, 3 times per day. Take 30 minutes before or 2 hours after eating.**





## HealthyFlow™ Powder

Contains L-Arginine, a protein amino acid present in the proteins of all life forms. It is classified as a semi-essential or conditionally essential amino acid. This means that under normal circumstances the body can synthesize sufficient L-Arginine to meet physiological demands. There are, however, conditions where the body cannot.

L-Arginine is a precursor in the formation of Nitric Oxide, Creatine, Polyamines, L-Glutamate, L-Proline, Agmatine (a possible neurotransmitter in the brain), and the Arginine-containing Tetrapeptide Tuftsin, believed to be an immunomodulator.

### Amazing benefits are shown in studies, like:

- Healthy Blood Flow
- Healthy Cardio System
- Healthy Blood Pressure
- Healthy Male Fertility
- Healthy Kidneys



### Ingredients:

- L-Arginine - 5,000mg
- L-Lysine - 1,500mg
- L-Citrulline - 200mg
- Grapeseed Extract 95% - 150mg
- AstraGin™ (contains Astragalus membranaceus and Panax notoginseng) - 50mg
- Grape Skin Extract 4:1 (Polyphenols) - 25mg
- Proprietary Blend (Citric Acid, BeFlora, Potassium Sorbate, Silica) - 3840mg

### Dosage:

Take 2 teaspoons, 2 times a day in water or food.

## ReFocus Vinpocetine

Vinpocetine is derived from vincamine, the major indole alkaloid of the periwinkle plant. Vinpocetine has been used for many years in Europe to enhance memory and mental function by increasing neuronal firing rate. No toxic effects have been seen from vinpocetine use at levels far above therapeutic dosages.

### Vinpocetine can:

- Improve blood supply to the brain.
- Increase oxygen and glucose use by the brain.
- Improve brain tolerance to hypoxic excitotoxicity.
- Increase vasodilation response to hypoxia.
- Increase ATP levels in the brain.
- Reduce abnormal coagulation of the blood.
- Raise brain levels of the neurotransmitter serotonin.



### Ingredients:

- BioVinca® (Vinpocetine) - 20mg

### Dosage:

Take 1 capsule, 3 times daily.



## MaxiFocus™ - 24 Nutrient Sublingual Spray

Contains Lutein Extract, L-Taurine, Optisharp® Zeaxanthin, Bilberry Fruit Extract, and Gingko Biloba Extract, amongst 24 other super nutrients and antioxidants that benefit eye health. These benefit the eyes, while supporting brain health and whole body wellness.



### Ingredients:

- Vitamin A (as retinylpalmitate) - 5000IU
- Vitamin D (as colecalciferol) - 400IU
- Vitamin E (as tocopheryl acetate) - 30IU
- Thiamin (as thiamin HCL) - 1.5mg
- Riboflavin (Vitamin B2) - 1.7mg
- Niacin (as niacinamide) - 5.0mg
- Vitamin B6 (as pyridoxine HCL) - 2.0mg
- Folic Acid - 200mcg
- Vitamin B12 (as methylcobalamin) - 6mcg
- Biotin - 150mcg
- Pantothenic Acid (as calcium panthothenate) - 10mg
- Iodine (as potassium iodide) - 152mcg
- Magnesium (as magnesium citrate) - 3.0mg
- Zinc (as zinc citrate) - 5.0mg
- Selenium (as sodium selenite) - 55mcg
- Copper (as copper aspartate) - 0.45mcg
- Chromium (as chromium niacinate) - 30mcg
- Phosphatidylserine Extract - 20mg
- Trimethylglycine - 20mg
- Lutein Extract - 10.0mg
- L-Taurine - 5.0mg
- Bilberry Extract - 5.0mg
- Optisharp® (Zeaxanthin extract) - 2.5mg
- Gingko Biloba Extract - 1.0mg
- Liposome Proprietary Blend: Phosphatidylcholine (from non GMO sunflower oil) – glycerin complex, non GMO oleic acid – 200mg

### Dosage:

Take 12 oral sprays per day (6 x 2 or 3 x 4).



## Naturally Better Vitamin E

Naturally Better Vitamin E is made with a selfemulsifying delivery system to offer consistent oral Tocotrienol absorption. It can provide benefits to support Alzheimer's disease, non-alcoholic fatty liver disease, cardiovascular health, stroke-related injuries, cholesterol reduction, immunity, hair growth, and especially cystic fibrosis.



### Ingredients:

- Total d-Mixed-Tocotrienols (Tocomin\*) - 20.00 mg
- d-Alpha-Tocotrienol - 6.15 mg
- d-Beta-Tocotrienol - 1.15 mg
- d-Gamma-Tocotrienol - 9.18 mg
- d-Delta-Tocotrienol - 3.52 mg
- Vitamin E Activity, IU (d-Alpha-Tocopherol) - 8.06 IU
- Plant Squalene - 4.92 mg
- Phytosterol - 1.72 mg

### Dosage:

Take 1 capsule, 3 times a day.

## More About Missing Nutrients

### Prescript-Assist® (P-A)

Prescript-Assist® is a 3rd-generation combination of 29 probiotic microflora "Soil-Based-Organisms (SBOs)" uniquely combined with a humic/fulvic acid prebiotic that enhances SBO proliferation. Prescript-Assist's® microflora are Class-1 micro ecological units that are typical of those progressively found resident along the healthy human GI tract.



### Ingredients:

- Proprietary blend of Leonardite
- Class I (beneficial microorganisms):  
 Anthrobacteragilis, Anthrobactercitreus,  
 Anthrobacterglobiformis,  
 Anthrobacterluteus, Anthrobacter  
 simplex, Acinetobactercalcoaceticus,  
 Azotobacterchroococcum, Azotobacterpaspali,  
 Azospirillumbrasiliense, Azospirillumlipoferum,  
 Bacillus brevis, Bacillus marcerans,  
 Bacillus pumilis, Bacillus polymyxa,  
 Bacillus subtilis, Bacteroideslipolyticum,  
 Bacteriodessuccinogenes,  
 Brevibacteriumlipolyticum,  
 Brevibacteriumstationis, Kurthazopfil,  
 Myrotheciumverrucaria, Pseudomonas calcis,  
 Pseudomonas dentrificans, Pseudomonas  
 flourescens, Pseudomonas glathei,  
 Phanerochaetechrysosporium, Streptomyces  
 fradiae, Streptomyces cellulosae,  
 Streptomyces griseoflavus

### Dosage:

Take 1 capsule, 2 times daily. A full 30 day cycle of 2 capsules per day should be used to reconstitute beneficial gut flora following any antibiotic regimen.



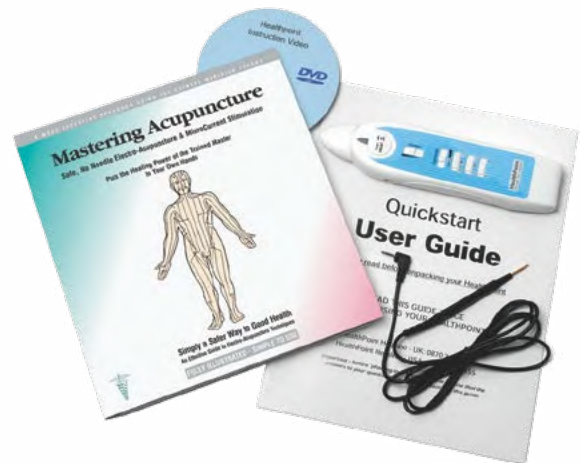
## More About Immune Strengthening Formulations

### HealthPoint™ Microcurrent Stimulation

An electro-acupressure device that allows the user to locate acupuncture points accurately and safely. It can be used to stimulate those points effectively and benefit a wide range of pain and non-pain conditions that respond to acupuncture.

#### HealthPoint Kit includes:

- HealthPoint™ Device
- 160 Condition Support Manual
- QuickStart Guide
- Training DVD
- Carrying Pouch
- Remote Probe
- Earclips
- Cottonbud Probe (if required)



#### Recommended Use:

Stimulate the appropriate acupressure points daily.

## More About Acupressure

Stimulating the points on page 8.4 of the book **Mastering Acupuncture** will help to support healthy arteries and brain function. These points can be effectively and safely stimulated using the **HealthPoint™** electroacupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

**HealthPoint™** is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough technology was developed by leading pain control specialist Dr. Julian Kenyon MD 21 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for stroke recovery.



## In Conclusion:

The Stroke Prevention and Recovery Program is a complete program, one designed to address all aspects of what is required to prevent or support stroke recovery.

Stroke is essentially a lifestyle condition, meaning if the lifestyle is corrected, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

***Drugs don't make  
you healthy.***

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing

***You are now learning  
there is a better way.***

**The Stroke Prevention and Recovery Program is structured for those patients struggling to prevent or support stroke recovery, even after other medical treatments have failed:**

- A program that can help you learn how to love your health and improve your quality of life. The Stroke Prevention and Recovery Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible. The Stroke Prevention and Recovery Program is detailed within this book and, when carefully followed, will show results within weeks.

***You will always end up  
healthier with this plan.***

The worst thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

***Take it all slowly  
and step by step.***

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

***Make no mistake...  
Your life is worth it.***

**Robert Redfern, Your Health Coach**

Email [robert@goodhealth.nu](mailto:robert@goodhealth.nu)  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)  
for step by step coaching and support.





# Sample Daily Stroke Rehabilitation Plan

TIME	ACTION	AMOUNT
BREAKFAST		
30 mins before Breakfast	Serranol™	Take 1 capsule
Breakfast	HealthyFlow™	Take 2 teaspoons in water or food
Breakfast	ReFocus	Take 1 capsule
Breakfast	MaxiFocus™	Take 4 sprays in the mouth
Breakfast	Naturally Better Vitamin E	Take 1 capsule
LUNCH		
30 mins before Lunch	Serranol™	Take 1 capsule
Lunch	ReFocus	Take 1 capsule
Lunch	MaxiFocus™	Take 4 sprays in the mouth
Lunch	Naturally Better Vitamin E	Take 1 capsule
Lunch	Prescript-Assist®	Take 1 capsule
EVENING MEAL		
30 mins before Dinner	Serranol™	Take 1 capsule
Dinner	HealthyFlow™	Take 2 teaspoons in water or food
Dinner	ReFocus	Take 1 capsule
Dinner	MaxiFocus™	Take 4 sprays in the mouth
Dinner	Naturally Better Vitamin E	Take 1 capsule
Dinner	Prescript-Assist®	Take 1 capsule
After Dinner	HealthPoint™	To be used daily on acupressure points



**All the books in this series:**

- **Arterial-Vascular Disease**
- **Aortic Aneurysm**
- **Deep Vein Thrombosis (DVT)**
- **Thrombosis**
- **Varicose Veins and Thread Veins**
- **Peripheral Arterial Disease (PAD)**

**Other Books by Robert Redfern:**

- **The 'Miracle Enzyme' Is Serrapeptase**
- **Turning A Blind Eye**
- **Mastering Acupuncture**
- **EquiHealth Equine Acupressure**



# ABOUT THIS BOOK

## My Good Health Club

Robert Redfern – Your Personal Health Coach  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health. This book brings Robert's research and work on stroke recovery into an easy-to-follow Stroke Rehabilitation Plan that everyone can use for improved health.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) today to find more information on health conditions related to:

- **Cardiac Arrest**
- **Angina Cardiomyopathy**
- **Heart Valve Disease**
- **Heart Disease**
- **High Blood Pressure**
- **High Cholesterol**
- **Heart Failure**
- **Atrial Fibrillation/Palpitations**

*"I had a stroke and after being discharged from hospital was left paralyzed down the left hand side of my body. My neighbor immediately offered to loan me his HealthPoint and showed my wife and me the points in the manual. Within one week, the paralysis was completely gone, and I went back to work."*

- Washington State