

A stroke is defined as brain damage caused by disruption of blood flow to the brain. A stroke may occur when blood flow to the brain is reduced. A blood clot blocks a blood vessel in the brain. A stroke may also be caused when a blood vessel ruptures in the brain, and blood leaks into brain tissues.

Risk Factors for Strokes

High blood pressure

Ongoing irregular electrical rhythms in part of the heart, diabetes, high cholesterol, previous heart attacks

Previous reversible "warning strokes"

History of a parent having a stroke

Infrequent physical activity

Overweight, drinking

Symptoms

Sudden weakness, numbness and/or tingling in the face, arm or leg, usually on one side of the body

Sudden blurred or decreased vision, particularly in one eye, or double vision

Temporary loss of speech

Sudden, severe, and unusual headaches

Unsteadiness or sudden falls

Prevention

Stop smoking

Reduce alcohol and table salt intake

Get regular physical activity

Eat more vegetables, fruits and whole grain foods

Reduce high blood pressure and cholesterol

Control diabetes

Kripps Protocol

Kripps **Resveratrol** 1 capsule 3 times a day

Kripps **Fishol E.C.** 2 capsules 3 times a day

Kripps **Idobenone** 1 capsule 3 times a day

Kripps **Vitamin C** 1000 mg S.R. 2 times a day

Kripps **Vitamin D3** 1000 I.U. 3 times a day

Kripps **Carnosine E.C.** 1 capsule 3 times a day

Kripps **Lipoic Acid S.R.** 1 capsule 3 times a day

Sublingual B12 1 capsule daily