

Stroke

Possible Causes and Contributing Factors:

- Poor diet
- High blood pressure
- Smoking
- Diabetes
- Obesity
- Irregular heartbeat
- Damaged heart valve
- Oral contraceptives
- Synthetic hormone replacement

Suggested Dietary Changes:

- Eat fresh fruits and vegetables, whole grains, beans, legumes, fish, nuts, seeds
- Avoid hydrogenated and saturated fats, red meat, fried greasy food and ALL junk foods
- Decrease amount of simple sugars (they increase inflammation of artery walls) – white bread, pasta, candy, soda, etc.