

How to Cure Stroke Naturally

December 26, 2017



Want to know how to cure stroke naturally?

Luckily, you don't have to look any further than your very own noggin. That's right – your brain already knows how to naturally heal itself and recover from injury thanks to *neuroplasticity*.

In this article, you'll learn what neuroplasticity is and how it can help you recover from **stroke** the all-natural way. Please note that we're talking about naturally curing the *side effects* of stroke, not stroke itself, which is a medical emergency only treatable through modern technology. With that said, let's dig in.

Neuroplasticity: The Ultimate Natural Cure

The best news for stroke survivors is that your brain already knows how to naturally heal itself thanks to neuroplasticity. Neuroplasticity is the mechanism that your brain uses to reorganize and rewire itself. It does this throughout your entire life, and it's especially important after injury like stroke.

After stroke, areas of the brain that surround the damaged tissue can actually be trained to pick up the slack. Stroke side effects can naturally be cured by rewiring those parts of the brain.

For example, if the language center of your brain was damaged by stroke, healthy parts of your brain can be trained to take over your speech function. It's really quite amazing. And what's even more amazing is that you don't need any gizmos or gadgets to get neuroplasticity started.

The rewiring and reorganizing process of neuroplasticity is activated by *practice*.

Repetitive Practice

Whenever you practice something, you strengthen the connections in your brain that control that task. For example, the more you practice math, the stronger the connections in your brain become that control arithmetic. Practice makes perfect, and this concept applies directly to stroke recovery. Whatever you practice is what you will get better at.

So, what stroke side effects did you sustain, and how can you start practicing to get better? If your movement was impaired, then you can get better by practicing **rehab exercises**. If your speech was impaired, then you can benefit from speech exercises by working with a **speech-language pathologist**.

Practice is the all-natural cure that really works! It will help you rewire your brain and rebuild your skills.

Boosting Neuroplasticity Naturally and Non-Invasively

If stroke side effects can be cured through repetitive practice, then why do so many gizmos and gadgets exist to help with stroke recovery? These devices and treatments exist to help speed up the neuroplasticity process.

Devices that are non-invasive (meaning they don't break the skin) are generally more natural than invasive treatments (which break the skin). For example, **Botox injections**, which break the skin, are a common invasive treatment used to alleviate spasticity (*temporarily*).

But if you're trying to keep your recovery natural, then you want to keep your eyes out for non-invasive treatments. An example of non-invasive treatment is **FitMi home therapy**, a rehab tool that helps you accomplish high repetition of therapeutic exercises, which activate neuroplasticity and produce results the all-natural way.

Summary: Natural Treatment for Stroke

If you're trying to keep your recovery from stroke all-natural, focus on activating neuroplasticity, your brain's built-in mechanism for rewiring and healing itself.

Neuroplasticity is activated by practice. Whatever you repeatedly do is what you will get better at. So identify your **stroke side effects** and the steps you can practice to rebuild those skills. Then, practice those steps *repetitively*.

To keep your momentum going, look for non-invasive stroke treatments and devices that focus on repetition to help you recover from stroke quickly and naturally.