

Recovering from a Stroke – Preventing It From Happening Again – Part 4

December 24, 2015



While recovering from a stroke, you need to focus on prevention just as much as recovery.

Stroke prevention is the final step of our 4-part series on stroke recovery:

1. **Motivation** – your rocket fuel
2. **Education** – your online classroom
3. **Exercise** – your body freedom
4. **Prevention** – your health

Stroke prevention is often neglected in the pursuit of recovery. Don't make this mistake. Focus on these steps to make sure that there will be a life after stroke.

Follow These Steps and You're Golden

We'll keep this part simple: Follow these **stroke prevention guidelines**. They summarize everything you need to know – and we mean *everything*.

For a brief overview, we discuss:

- The importance of the gut-brain axis
- How to manage the root of most ailments
- Why Goldilocks probably got it right about sleep

It's our modern approach to stroke prevention.

Find an Extra Boost through Specialized Diets

Along with those guidelines, there are also a couple of good stroke recovery diets worth mentioning.

First, the [Therapeutic Lifestyle Changes diet](#) lays the groundwork for a simple, clean, stroke-preventative diet. The basics is to eat foods that most resemble their original form. The Therapeutic Lifestyle Changes diet encourages lots of fruits, vegetables, and clean carbs (which we discuss further in the article).

Second, the [ketogenic diet](#) is a high-fat/low-carb diet that boosts stroke recovery by giving your brain more energy. Be sure to follow the plan correctly as any inconsistency could compromise the benefits *and* lead to weight gain – so read carefully.

Do the Extra Little Things, They Matter Too

While a healthy diet and active lifestyle are the crux of a good stroke prevention program, there are a few little things that you can do to boost your overall efforts. For one, you can consult with your doctor about **drinking a cup of coffee or glass of red wine** a day. Both of these beverages are packing potent antioxidants that are known for preventing stroke. (And they're delicious.)

Another little thing you can do is include these **top 7 foods for brain health** in your diet:

- Blueberries
- Pomegranates
- Salmon
- Tomatoes
- Nuts and seeds
- Avocados
- Beans

It's important to have variety in your diet, so focus on these and get plenty of the other good stuff too. And that's it! *PHEW!*