

Little Known Ways to Recover from Stroke

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In this article, we're revealing ways to recover from stroke that we picked up from other survivors. They're real, they work, and if you put them into practice, they could change your life.

See if you can relate to this:

Rehab exercises? Already doing them.

Probiotics? Already taking them.

Repetition, feedback, and neuroplasticity? You've already told me about it.

How about getting lots of sleep? Enough already, I've tried everything!

Does this sound like a conversation you've had before? If so, the tips we're about to share in this article are exactly what you need. They're slightly outlandish, but that's why they work.

1. Forget About That Thing and Just Go For It!

You're thinking about it all the time: That thing your doctor told you. You know... That thing! When you were in the hospital, a medical professional probably told you that you're never going to (insert physical activity) again and that you'll only recover (insert limiting percentage) movement at best. As the saying goes, "argue for your limitations and they are yours."

Hearing news like this can create a [nocebo effect](#), which happens when you're told about the negative effects of something, and because you believe them, they become reality.

Not many survivors are aware of this phenomenon, and this is your chance to overcome a huge mental block.

Believe that a higher recovery is possible. Make that decision. Then, start taking action. The more you try and the more effort you put in, the more results you'll see.

2. Turn Off Your Mind to Heal Your Mind

Another little known secret to stroke recovery is meditation and its powerful, [powerful brain-healing benefits](#).

Wait! Don't skip this section!

Although it sounds cliché, have you even tried it yet? Sometimes we avoid meditation because it seems **too easy** and therefore couldn't produce a profound effect – but what better reason to start practicing!

If you could radically boost your stroke recovery through the simple act of meditation, isn't it worth a shot? We think it is. Try it for just 5 minutes a day and see what it can do for you.

3. Understand That the Plateau Is a Big, Fat Lie

It can feel demoralizing when your recovery starts to slow down after a certain point (i.e. plateau). To be exact, it's usually at the 6 month mark into recovery. However, just because your gains have slowed does not mean that they're going to stop. **Recovery will only stop when you stop.**

There are scientific reasons to why the plateau *feels* real, but [there really is no such thing](#); so don't give up on yourself.

Keep doing those rehab exercises with diligence and you'll see results.