HOPE AFFFR FOR CAREGIVERS AND SURVIVORS



THE HOLISTIC GUIDE TO GETTING YOUR LIFE BACK

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HOPE AFTER STROKE 🧭

HOPE AFTER STROKE 🦃 Tsgoyna Ta

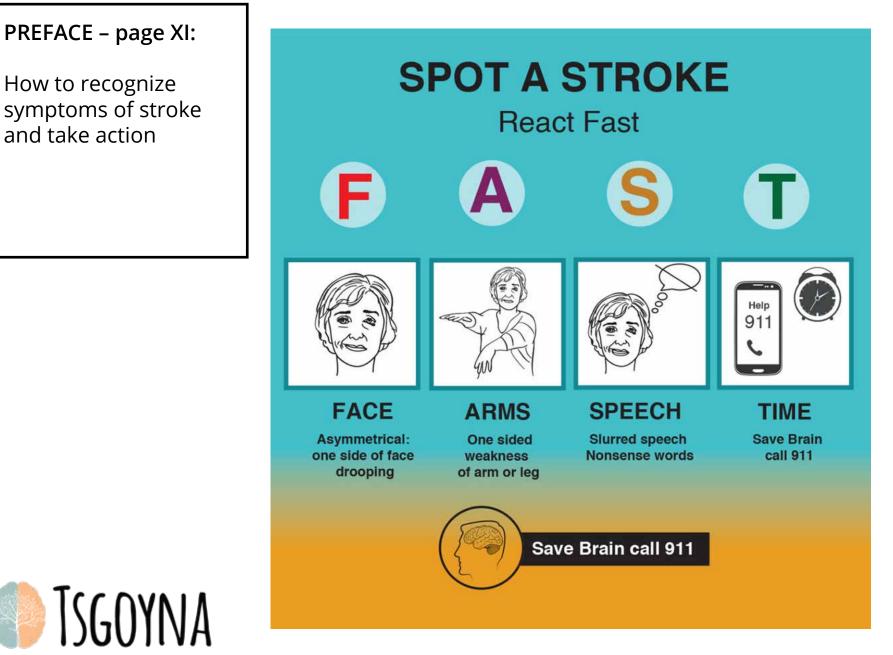
AUDIO BOOK IMAGES

AFTER STROKE

efter stroke. It's holistic approach looks at all aspects of tile and incorpo-tates evidenced based treatments and texils for developing a productive

than 25 years. Togoyna has helped thousands of people transition after stroke and brain (h)uty to the next stoges of their liver. Having worked in hospitals, nome care, residential community settings she is an expert a community settings she is an expert a whiting propie find both the anner and outs frequencies needed for the process o recovery. Experimission setting withing with clients on time tional and integrative strategies for finding maining and purpose in life



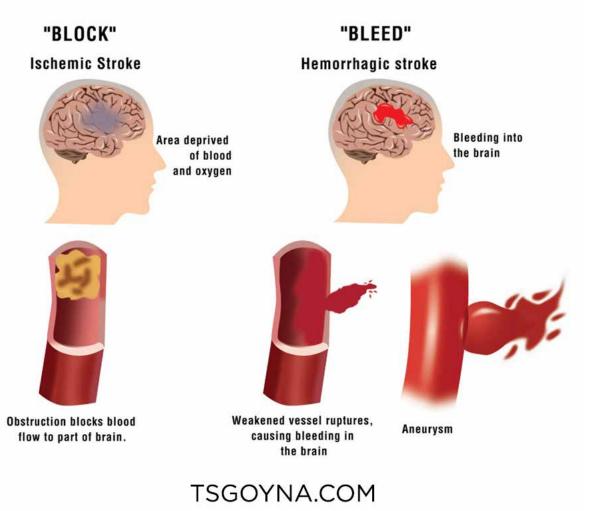


growing new pathways to success

CHAPTER 1 – page 10:

Vessels showing difference between obstruction (block) and weakening (bleed)

VESSELS SHOWING DIFFERENCE BETWEEN OBSTRUCTION (BLOCK) AND WEAKENING (BLEED)





CHAPTER 1 – page 11:

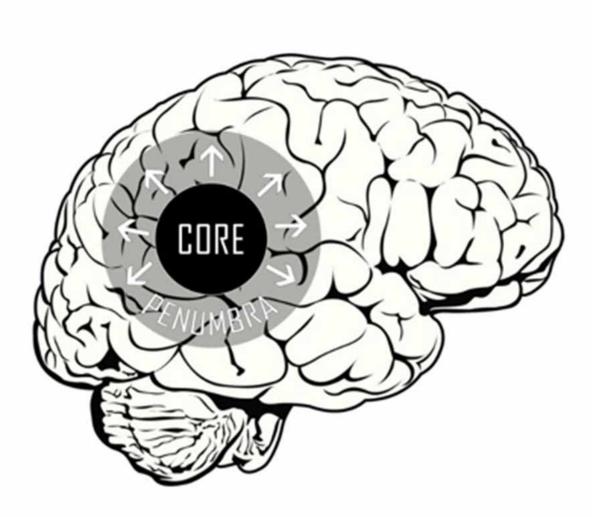
Two types of hemorrhagic stroke

TWO TYPES OF HEMORRHAGIC STROKE		
Туре	Location	Cause
Intracerebral	Bleeding within the brain	High blood pressure. Burst aneurysm within the brain.
Subarachnoid	The area between the brain and the skull. It is filled with cerebrospinal fluid (CSF), which acts as a floating cushion to protect the brain.	An artery on or near the surface of brain bursts. May be genetic and present at birth. Falls or other head trauma.



CHAPTER 1 – page 13:

Core is the site of dead neurons. Penumbra has billions of stunned neurons that can recover.





CHAPTER 5 – page 66:

Individualized brain function for the right and left hemispheres



INDIVIDUALIZED BRAIN FUNCTION FOR THE RIGHT AND LEFT HEMISPHERES

LEFT BRAIN FUNCTIONS

Analytic thought

Logic

Language

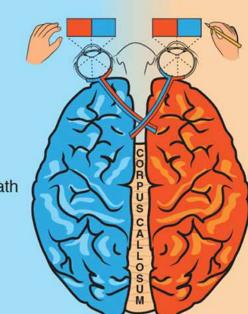
Reasoning

Science and math

Writing

Numbers skill

Right hand control



Corpus callosum connects hemispheres and allows the exchange of information.

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RIGHT BRAIN FUNCTIONS

Art awareness

Creativity

Imagination

Intution

Insight

Holistic thought

Music awareness

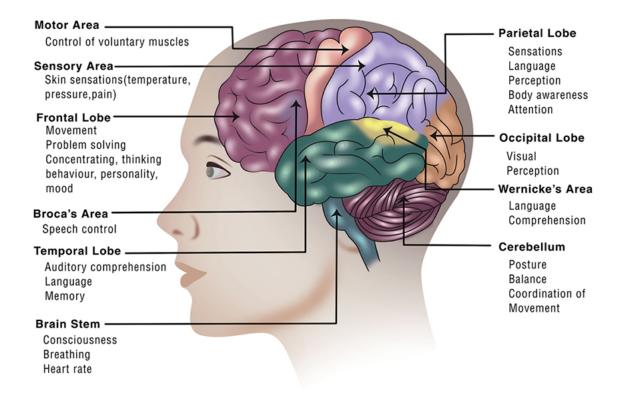
3-D forms

Left hand control

CHAPTER 5 – page 67:

Functions of the lobes of the brain

FUNCTIONS OF THE LOBES OF THE BRAIN



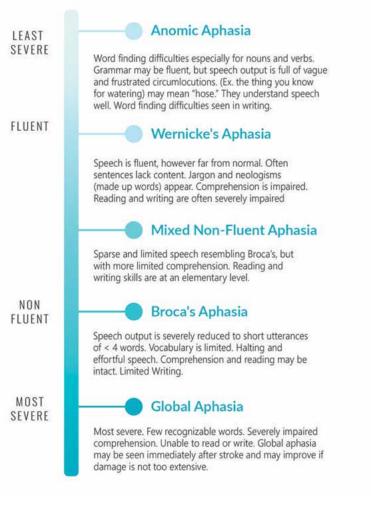


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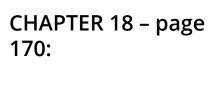
CHAPTER 7 – page 71:

Types and severity of aphasia

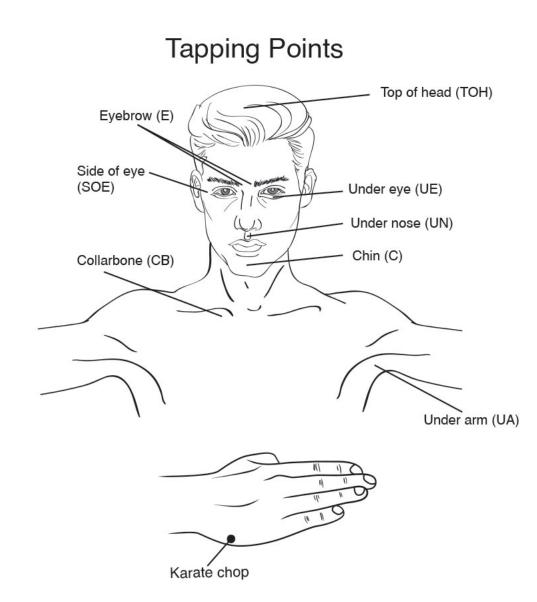
TYPES AND SEVERITY OF APHASIA







Tapping Points





LAST PAGE OF BOOK:

How to prevent a stroke.

