



ANSA Clinic
ADVANCE NEUROSCIENCE ASSOCIATES

PREVENTING STROKES

Lifestyle Changes for a Healthier You



Get moderate exercise, such as brisk walking, daily



Do not Smoke



Make regular visit to the doctor



Eat fruits & vegetables



Avoid added sugars, even honey



Do not add extra salt to meals



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Stroke Prevention

Guillaume Favre



Stroke Prevention:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Stroke Prevention** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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