

## **Stroke and Blood Clot Prevention Protocol:**

- Check fibrinogen levels
  - Maintain low VLDL levels
  - Maintain low Triglycerides
  - Consume low glycemic diets
  - Consume low carbohydrate diets
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- Increase lecithin (a methyl group donor—Choline) supplementation an antagonist to cholesterol
  - EFA (essential fatty acids), Iodine to increase sheathing of proteins and natural blood thinners like phosphorus (found in Circuplex)
  - Cruciferous supplements to improve Estrogen 2/16 ratios to reduce proinflammatory estrogens

## **Blood tests:**

- Fibrinogen
- C-Reactive protein
- Homocysteine
- Estradiol
- Testosterone
- PAI-1