



Stroke: Recovery with Oxygen

Polly Houston

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At age 77, Oregon resident Polly Houston suffered a "mild" stroke. She watched with dismay and alarm as this supposedly minor stroke caused her body to begin to malfunction. Her limbs were not responding to her commands. Her speech became slurred. All the while, Polly experienced what appeared to be indifference from her doctors and hospital staff. She soon learned that physical therapy was the standard treatment, and that most physicians felt not much could be done for the stroke victim other than to manage the damage as best as possible.

But as Ms. Houston eventually learned, not all physicians follow the conventional wisdom that stroke sufferers can only learn to live with their disabilities. Being someone who was not content to accept such a fate, Polly embarked on a mission to learn more about stroke and alternative ways of treating it. In the course of this mission, she discovered hyperbaric oxygen therapy (HBOT), the administration of oxygen under pressure. Hyperbaric oxygen therapy (HBOT) forces oxygen past blockages and into oxygen-starved tissues. As Polly discovered for herself, this can make all the difference in the world. She also discovered that recovering from a stroke is possible.

This book is for anyone who, like Polly Houston, is not content to let a stroke destroy their quality of life or that of a loved one. It is a small book but powerfully-packed with an inside personal perspective. Here you will learn that there are alternatives to convention. Join Polly on her journey from despair to hope. Both powerful and inspiring, you will applaud the courage of this writer.

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