

7 SIMPLE DAILY HABITS THAT PROTECT YOUR BRAIN FROM STROKE



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A Doctor's Easy Home Guide for People Above 35

Why people miss early warnings

Who this book is for (35+,
parents, professionals)

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🚫 Important Note – Please Read Before You Start

Stroke and brain-related problems are among the most common and life-changing conditions today. They rarely happen suddenly—most develop silently due to ignored daily habits.

You've taken an important step by investing in this eBook, and I truly appreciate that 🙏

The reassuring truth is this: most strokes are preventable.

This eBook takes only about 2 hours to complete.

Can you commit the next 3 days to protect your brain and your future?

Read with focus.

Apply the habits 💪🧠🚀

Chapter 1: Why Most Strokes Are Preventable

Stroke myths vs reality

Why strokes don't "suddenly happen"

Simple explanation in layman language

Chapter 2: The Silent Brain Killers You Ignore Daily

High BP, sugar, stress, poor sleep

Why people feel "normal" before stroke

Early warning signs families miss

Chapter 3: Habit 1 – Control Blood Pressure the Brain-Safe Way

Correct BP measurement at home

Morning vs night BP

Common Indian mistakes

Chapter 4: Habit 2 – Keep Blood Sugar in the Safe Zone

Why even borderline sugar is risky

Meal timing correction

One daily food habit to change

Chapter 5: Habit 3 – Move Your Body to Feed Your Brain

Sitting = slow brain blood flow

Simple walking rules

Chair movements for elders

Chapter 6: Habit 4 – Sleep Is Brain Repair Time

Sleep deprivation & stroke link

Mobile phone damage at night

One simple bedtime rule

Chapter 7: Habit 5 – Reduce Salt, Stress & Hidden

Triggers

Hidden salt in Indian diet

Stress–BP–stroke chain

2-minute calming practice

Chapter 8: Habit 6 – Recognize Stroke Warning Signs Early

FAST explained simply

Mini-strokes (TIA) myths

When NOT to wait at home

Chapter 9: Habit 7 – Yearly Brain Protection Checklist

Tests that matter (BP, sugar, cholesterol)

Lifestyle red flags

When to consult a doctor

Chapter 10: A Simple 30-Day Brain Protection Plan

Daily routine summary

Weekly habit tracker

How to stay consistent

Chapter 1: Why Most Strokes Are Preventable

Most people think stroke happens suddenly.
This is a dangerous myth.

In reality:

- Stroke develops slowly over many years
- Damage builds inside brain blood vessels
- The final attack is only the last stage

Why People Feel “Normal” Before a Stroke

- High BP causes no pain
- Sugar damages silently
- Stress feels “normal”
- Poor sleep is ignored

So people say:

- “I was fine yesterday”
- “There was no warning”

The warning signs were present —
they were ignored.

Think of Stroke Like This

- A water pipe does not block in one day
- Dirt collects slowly
- One day, water suddenly stops

Stroke works the same way.

Common Stroke Risks You Can Control

- High blood pressure
- Diabetes or borderline sugar
- High cholesterol
- Chronic stress
- Poor sleep and no movement

These do NOT need expensive treatment early.

They need daily habits.

Modern Lifestyle = Higher Stroke Risk

- Long sitting hours
- Excess mobile use
- Late-night sleep
- Salty, processed food
- Constant mental pressure

That is why strokes now occur even in 30–45 year olds.

Why Prevention Is Powerful

- Before stroke → damage can reverse
- After stroke → recovery is slow
- Prevention protects brain blood flow

Small actions today save big problems later.

Medicines Are Not Enough

Medicines help, but:

- They cannot fix sleep
- They cannot reduce stress
- They cannot improve movement

Daily habits protect the brain best.

Start Today – Simple Action Steps

- Check BP once this week
- Walk 10–20 minutes daily
- Reduce salt in one meal
- Sleep 30 minutes earlier tonight
- Share this with family

Remember

Most strokes are preventable if action is taken early.

Chapter 2: The Silent Brain Killers You Ignore Daily

Stroke rarely happens suddenly.

It is usually caused by silent daily habits that slowly damage the brain.

These problems do not cause pain — so people ignore them.

1. **High Blood Pressure** – The Noiseless Enemy

- BP damages brain vessels quietly
- Most people do not check BP regularly
- Morning BP is often ignored

Example:

A person feels fine but BP is 150/95 daily.

After years, brain vessels weaken.

Action Step:

- Check BP once a week
- Aim for BP below 130/80 (as advised by your doctor)

2. **Borderline Sugar** – “Almost Normal” Is Not Safe

- Slightly high sugar still harms the brain
- Many people stop caring once medicines start

Example:

Fasting sugar 110–120 is ignored.

Small clots form silently.

Action Step:

- Avoid late-night eating
- Walk 10 minutes after meals

3. **Long Sitting Hours** – Slow Brain Blood Flow

- Sitting reduces circulation
- Office and screen work worsen risk

Example:

8 hours of sitting = poor brain oxygen supply.

Action Step:

- Stand or walk for 2 minutes every hour
- Stretch neck and back daily

4. **Poor Sleep** – Night-Time Brain Damage

- Less than 6 hours sleep increases stroke risk
- Late-night mobile use raises BP

Example:

Sleeping at 1–2 am becomes a habit.

Action Step:

- Keep mobile away 1 hour before sleep
- Sleep before 11 pm

5. **Salt & Stress** – The Hidden Triggers

- Excess salt raises BP
- Stress keeps BP high all day

Example:

Pickles, chips, packaged food add hidden salt.

Action Step:

- Reduce salt in one meal daily
- Practice 2 minutes of slow breathing

Final Reminder

What you ignore daily slowly damages your brain.

Start Today

- Check BP
- Move every hour
- Sleep earlier
- Reduce salt
- Calm your mind

Chapter 3: Habit 1 – Control Blood Pressure the Brain-Safe Way

High blood pressure (BP) is the number one cause of stroke.

The danger is that BP usually causes no pain.

If BP stays high, it slowly:

- Damages brain blood vessels
- Weakens vessel walls
- Increases clot formation

Why BP Control Protects the Brain

- The brain needs steady blood flow
- High BP causes vessel narrowing
- Sudden BP spikes can block blood supply

Even a small rise in BP over years increases stroke risk.

The Common BP Mistakes People Make

- Checking BP only when sick
- Measuring BP after stress or walking
- Ignoring night-time BP
- Taking tablets but ignoring lifestyle

BP control is not only about medicine.

It is about daily habits.

The Brain-Safe Way to Measure BP

- Sit calmly for 5 minutes
- Keep feet flat on the floor
- Support the arm at heart level
- Measure BP in the morning and evening

Best habit:

- Check BP once or twice a week at home

Practical Example

Two people have BP around 140/90.

Person A

- Checks BP rarely
- Sleeps late
- Eats salty food

Person B

- Checks BP weekly
- Walks daily
- Reduces salt

After a few years:

- Person A has higher stroke risk
- Person B protects brain blood vessels

Same BP. Different habits.

Daily Habits That Lower BP Naturally

- Walk 20 minutes daily
- Reduce salt in home food
- Sleep before 11 pm
- Take short stress breaks
- Avoid smoking and excess alcohol

Action Steps (Start Today)

- Check your BP this week
- Reduce salt in one meal
- Walk for 10–20 minutes
- Sleep 30 minutes earlier
- Take medicines regularly if prescribed

Remember

Good BP control = strong
brain protection.

Chapter 4: Habit 2 – Keep Blood Sugar in the **Safe Zone**

High blood sugar silently damages the brain.

Even borderline sugar levels increase stroke risk.

You may feel normal, but inside the body:

- Blood becomes thicker
- Small clots form easily
- Brain blood vessels get damaged

That is why sugar control is brain protection.

Why “Almost Normal” Sugar Is Not Safe

- Fasting sugar 100–125 is often ignored
- Post-meal sugar spikes are missed
- Damage happens slowly, without pain

Sugar harms the brain even before diabetes is diagnosed.

How High Sugar Affects the Brain

- Reduces oxygen supply
- Damages vessel lining
- Increases clot formation
- Worsens blood pressure problems

Sugar + BP together multiply stroke risk.

Common Sugar Mistakes People Make

- Checking sugar rarely
- Eating late at night
- Too much rice, sweets, and snacks
- Skipping exercise
- Stopping lifestyle care after medicines start

Medicines help —

but habits matter more.

Practical Example

Two people have borderline sugar.

Person A

- Eats dinner at 10 pm
- Walks rarely
- Loves sweets

Person B

- Eats before 8 pm
- Walks after meals
- Limits sweets

After years:

- Person A develops stroke risk
- Person B protects brain health

Small daily choices matter.

Simple Habits That Keep Sugar Safe

- Eat meals at fixed times
- Reduce sugar and refined foods
- Walk 10 minutes after meals
- Avoid late-night eating
- Maintain healthy weight

Action Steps (Start Today)

- Check fasting & post-meal sugar
- Walk after lunch or dinner
- Reduce sweets and sugary drinks
- Finish dinner before 8–8:30 pm
- Take medicines regularly if prescribed

Remember

Stable blood sugar keeps brain blood flow healthy.

Chapter 5: Habit 3 – Move Your Body to Feed Your Brain

Movement is not only for muscles.

It is food for the brain.

When you move:

- Blood flow to the brain increases
- Oxygen supply improves
- Clot risk reduces

When you sit for long hours, the opposite happens.

Why Sitting Harms Brain Health

- Long sitting slows blood circulation
- Brain vessels receive less oxygen
- BP and sugar control worsen

Even people who exercise once a day can be at risk if they sit for many hours.

Movement Does Not Mean Heavy Exercise

You do NOT need:

- Gym workouts
- Running marathons
- Expensive equipment

The brain needs regular gentle movement, not intensity.

Best Brain-Safe Movements

- Brisk walking
- Slow cycling
- Light stretching
- Chair exercises for seniors

The goal is to move often, not move hard.

Practical Example

Two office workers sit 8 hours daily.

Person A

- Sits continuously
- Moves only once a day

Person B

- Stands every hour
- Walks after meals

After years:

- Person A has poor circulation
- Person B keeps brain blood flow healthy

Same job. Different habits.

Simple Daily Movement Rules

- Move every 60 minutes
- Walk 10–20 minutes daily
- Stretch neck and back
- Do ankle and leg movements while sitting

These simple actions protect brain vessels.

Movement for Elderly Parents

- Walk inside the house
- Chair leg lifts
- Arm movements
- Balance exercises with support

Even 5–10 minutes, done regularly, helps.

Action Steps (Start Today)

- Set a 60-minute movement reminder
- Walk after one meal daily
- Stretch neck and back twice daily
- Encourage parents to move safely
- Reduce long sitting hours

Remember

Motion keeps brain blood flowing. Stillness damages it.

Chapter 6: Habit 4 – Sleep Is Brain Repair Time

Sleep is not rest.

Sleep is repair work for the brain.

During sleep:

- Brain blood pressure reduces
- Damaged brain cells recover
- Toxins are cleared from the brain

Poor sleep slowly increases stroke risk.

How Poor Sleep Harms the Brain

- Raises night-time blood pressure
- Worsens sugar control
- Increases stress hormones
- Weakens brain blood vessels

Even if you feel “used to less sleep,”
your brain still suffers silently.

Common Sleep Mistakes People Make

- Sleeping after midnight
- Using mobile phone in bed
- Watching news or reels at night
- Irregular sleep timing
- Sleeping less than 6 hours

These habits keep the brain in stress mode.

Why Night Sleep Is More Important

- Brain repair works best at night
- Hormones protect blood vessels during sleep
- Late nights disturb this natural cycle

Sleeping early is more important than sleeping late and waking late. Practical Example

Two people sleep 6–7 hours.

Person A

- Sleeps at 1 am
- Uses mobile till sleep

Person B

- Sleeps by 10:30 pm
- Keeps phone away

After years:

- Person A has high BP at night
- Person B protects brain health

Same sleep duration.

Different sleep quality.

Brain-Safe Sleep Habits

- Sleep before 11 pm
- Keep mobile away 1 hour before bed
- Dim lights after 9 pm
- Avoid heavy meals late at night
- Maintain fixed sleep timing

Action Steps (Start Tonight)

- Fix a sleep time
- Keep phone away from bed
- Sleep 30 minutes earlier today
- Create a calm bedtime routine
- Encourage parents to sleep early

Remember

Good sleep repairs the brain and prevents stroke.

Chapter 7: Habit 5 – Reduce Salt, Stress, and Hidden Triggers

Salt and stress quietly raise blood pressure. High blood pressure damages brain blood vessels and increases stroke risk.

The danger is:

- Salt is often hidden
- Stress is often ignored

How Too Much Salt Harms the Brain

- Increases blood pressure
- Makes BP medicines less effective
- Stiffens brain blood vessels

Most people eat more salt than they realize.

Hidden Salt Sources You Eat Daily

- Pickles and papad
- Chips, biscuits, namkeen
- Packaged and restaurant food
- Sauces, chutneys, instant foods

Even “small amounts” add up over time.

How Stress Damages the Brain

- Keeps BP high all day
- Increases sugar levels
- Disturbs sleep
- Reduces brain blood flow

Stress does not need shouting or anger.

Silent worry is enough to harm the brain. Practical Example

Two people have similar BP readings.

Person A

- Eats pickles daily
- Feels stressed all the time
- Never relaxes the mind

Person B

- Limits salty foods
- Takes short calm breaks
- Practices slow breathing

After years:

- Person A's BP stays high
- Person B protects brain vessels

Small choices matter.

Simple Ways to Reduce Salt

- Avoid adding extra salt at the table
- Reduce pickles and packaged food
- Use lemon, spices, and herbs for taste
- Cook more meals at home

Simple Ways to Reduce Stress

- Take 2 minutes of slow breathing
- Step away from screens
- Short walks during the day
- Accept rest as necessary, not lazy

Action Steps (Start Today)

- Reduce salt in one meal
- Avoid packaged snacks today
- Practice 2 minutes of slow breathing
- Take one short break for your mind
- Encourage family to do the same

Remember

Less salt and less stress mean safer brain blood flow.

Chapter 8: Habit 6 – Recognize Stroke Warning Signs Early

A stroke is a medical emergency.

Early action can save life and brain function.

The biggest mistake people make:

- Waiting at home
- Hoping symptoms will go away

Minutes matter in stroke.

Why Early Recognition Is Critical

- Brain cells start dying within minutes
- Delay increases permanent damage
- Early treatment can reverse damage

Recognizing warning signs early is a life-saving habit.

The FAST Rule – Easy to Remember

Use FAST:

·F – Face:

One side of the face droops when smiling

·A – Arm:

One arm feels weak or cannot be lifted

.

S – Speech:

Slurred or unclear speech

·T – Time:

Time to go to hospital immediately

If any one sign is present, act fast.

Other Common Stroke Warning Signs

- Sudden severe headache
- Dizziness or loss of balance
- Sudden vision problem in one eye
- Numbness on one side of body
- Confusion or difficulty understanding
-

Even short-lasting symptoms are serious.

Mini-Stroke (TIA) – A Strong Warning

- Symptoms last minutes or hours
- People often ignore it
- It is a danger signal

TIA means a major stroke may happen soon.

Practical Example

A man suddenly cannot speak clearly for 10 minutes.

Family A

- Waits at home
- Symptoms disappear
- Ignores the episode

Family B

- Goes to hospital immediately
- Cause is detected early
- Major stroke is prevented

Same symptom.

Different decisions. Different outcomes.

What NOT to Do

- Do not wait for symptoms to settle
- Do not give home remedies
- Do not delay hospital visit

Action Steps (Remember & Share)

- Memorize FAST
- Save emergency numbers
- Inform family members
- Act immediately if signs appear
- Reach hospital within golden time

Remember

Early action can prevent lifelong disability.

Chapter 9: Habit 7 – Yearly Brain Protection Checklist

Stroke prevention is not a one-day activity.

It is a yearly habit of awareness and correction.

A simple yearly check can:

- Detect silent risks early
- Prevent future stroke
- Protect brain blood flow

Why a Yearly Check Matters

- BP and sugar can rise silently
- Cholesterol slowly damages vessels
- Lifestyle habits drift without notice

Annual review helps you correct course early.

The Essential Brain Protection Tests

Check these once every year (or as advised by your doctor):

- Blood pressure (regular home checks too)
- Fasting & post-meal blood sugar
- Cholesterol profile
- Weight and waist size

These basic tests prevent major surprises.

Lifestyle Self-Check (Be Honest)

Ask yourself:

- Am I sleeping before 11 pm?
- Do I move every day?
- Is my salt intake controlled?
- Do I sit for long hours?
- Is my stress manageable?

Small lifestyle slips cause big problems later.

Medication Review Is Important

- Take medicines regularly if prescribed
- Do not stop or change doses on your own
- Review medicines once a year with your doctor

Medicines work best with good habits.

Practical Example

Two people turn 50.

Person A

- Never reviews health
- Skips checkups

Person B

- Does yearly checks
- Adjusts habits early

After years:

- Person A faces sudden stroke
- Person B stays protected

Prevention is a choice.

When to Consult a Doctor Immediately

- BP remains high
- Sugar stays uncontrolled
- New symptoms appear
- Family history of stroke

Do not delay expert advice.

Action Steps (Your Yearly Routine)

- Fix one annual health-check date
- Maintain a health record
- Review lifestyle habits
- Involve family members
- Share this checklist

Remember

One yearly review can protect your brain for life.

Chapter 10: A Simple 30-Day Brain Protection Plan

Preventing stroke does not require perfection.

It requires small daily actions done consistently.

This 30-day plan helps you:

- Build healthy habits
- Reduce stroke risk
- Protect your brain step by step

Week 1: Awareness & Measurement

Focus on knowing your numbers.

- Check blood pressure twice this week
- Check fasting and post-meal sugar (if advised)
- Observe sleep timing and screen habits
- Note daily sitting hours

Goal:

Understand your current risk without fear.

Week 2: Fix Sleep, Salt & Sugar

Focus on basic corrections.

- Sleep before 11 pm
- Keep mobile away 1 hour before bed
- Reduce salt in home-cooked food
- Avoid late-night eating

Goal:

Lower night-time BP and sugar stress.

Week 3: Move More, Sit Less

Focus on circulation.

- Walk 20 minutes daily
- Move every 60 minutes
- Stretch neck and back
- Walk for 10 minutes after meals

Goal:

Improve brain blood flow.

Week 4: Stress Control & Review

Focus on calm and consistency.

- Practice 2 minutes of slow breathing daily
- Take short screen breaks
- Review BP and sugar again
- Identify habits to continue long-term

Goal:

Stabilize mind and body.

Practical Example

A busy professional follows this plan.

After 30 days:

- BP improves
- Sleep quality increases
- Stress reduces
- Energy levels rise

Small steps create big protection.

Daily Brain-Safe Checklist

- Take medicines (if prescribed)
- Move your body
- Eat on time
- Sleep early
- Stay calm

Action Steps (Start Today)

- Fix a 30-day start date
- Share this plan with family
- Track progress weekly
- Continue habits beyond 30 days

Final Message

Your brain is precious. Protect it daily, not after a warning.

This plan is simple.

The results are powerful.



30-Day Brain Protection Habit Tracker

Name: _____ Start Date: _____

Goal: Build simple daily habits to protect my brain from stroke.

Daily Habits to Track

Tick (✓) each habit you complete every day.

pdf -[Chart](#) (click on chart)

*BP check: once or twice a week is enough (not daily).

What Each Habit Means (Simple Reminder)

- BP Check: Measure calmly, seated, once/twice weekly
- Walk / Move: 20 minutes walking OR move every hour
- Eat on Time: No late-night meals
- Less Salt: Avoid pickles, chips, extra salt
- Sleep Before 11: Phone away 1 hour before bed
- Stress Calm: 2 minutes slow breathing or quiet time

★ Weekly Self-Review (Circle One)

Week 1: 😞 😐 😊

Week 2: 😞 😐 😊

Week 3: 😞 😐 😊

Week 4: 😞 😐 😊

End-of-30-Day Reflection

- My biggest improvement:

- Habit I will continue daily:

- One change I feel in my body/mind:



Doctor's Reminder

- You don't need perfection. You need consistency.
- Stick this page on your fridge, bedside, or phone notes.
- Your brain will thank you.

Click here-[Chart PDF](#)

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