

**IF YOU HAVE NEVER HAD A BRAIN INJURY, READ THIS!**

by Tyrone Bell

Sometimes we reflect deeply on past experiences. Usually, the more profound experiences get deeper thoughts. Further, sometimes when we think back, we may think, “only if I had done things differently, I would have gotten a different and more desirable result.” Probably, this kind of regret doesn’t need to come with a brain injury.

It is possible to have good habits before they become necessary. I would say that I have been successfully rehabilitated from a brain injury. I also strongly believe that nutrition and lifestyle elements such as the amount of sleep/rest that one gets before a brain injury are important considerations. Also, one’s exercises and general physical regiment may be valuable factors that help to determine the kind of outcome that one gets from his or her brain injury rehabilitation. I firmly believe this true in my case.

I am not at all glad that I suffered a brain injury, but I am very thankful for the outcome. The result could have been very different. I think the success that has come out of my many therapies and the overall rehabilitation are mainly because of my diet/nutrition, and general lifestyle before my brain injury. No doctor or any kind of medical authority has given me a definite



confirmation, but I feel very strongly about the connection between diet and lifestyle before brain injury, and the outcome of rehabilitation.

Generally, my nutritional habits were fairly good before my brain injury, but only because of personal ways I had developed over the years. Of course before brain injury, I had no reason to prepare ahead of time for a stroke. I didn’t expect a medical setback of any kind. It is very important to develop and keep good habits before it’s too late.

A specific example of a good nutritional habit I had developed before my brain injury, was that after every meal, I had **an apple and a banana**. That was dessert. I didn’t do it out of caution; I simply like fruits. Once upon a time, I went grocery shopping with a friend and she commented (referring to my cart) “that is the healthiest grocery cart I have ever seen.”


One may ask why I had the stroke in the place, if I had such good habits. Probably, the answer is that I had **rheumatic fever** as a small child. There is a direct connection between this childhood illness and a stroke (which was the cause of my brain injury). Once the brain injury has occurred, it is too late to change one’s eating and exercise habits. Unfortunately, the survivor may not be one of the lucky ones – to have good results. One can make the choice to do the right thing now, or one can use the remainder of his or her lifetime to think about it.

## NETWORKS!

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