

Stroke is a 9-1-1 emergency, but not a death sentence. Stroke recovery is a continual journey with opportunities to explore conventional and holistic tools to improve emotional, physical, and spiritual strength.

Where can you find holistic stroke recovery information ?

Global Stroke Resource, Inc., also known as Bcenter, is a 501(c)(3) nonprofit organization with a mission to empower, educate, and light the path to recovery for stroke survivors and families. Bcenter is the first organization of its kind founded by a stroke survivor dedicated to providing holistic treatment resources, hope, and direction.

Founder Valerie Greene personally overcame grim odds in the aftermath of two debilitating strokes that nearly took her life at just 31 years old. Acknowledging that her miraculous survival and recovery could impact others afflicted by stroke or any disability, Valerie crusaded for years to support healthcare advocacy, programs, and education, and now serves as a trusted stroke coach and recovery expert for her fellow stroke survivors. Log onto www.Bcenter.org to learn about stroke prevention and recovery.

Why does Global Stroke Resource have a bee mascot and emphasize the letter “B”?

Bcenter embraces the symbolism of a bee, which, in many cultures, represents hope, inspiration, and courage. Global Stroke Resource has deemed “B” as a metaphoric pillar of stroke recovery essentially because bees are not designed to fly but can; thus reinforcing how a belief in recovering from a stroke starts with the belief that you can and will.

How does Bcenter’s website work?

Bcenter.org “is like a GPS for stroke survivors” allowing easy navigation through three main functions:

- Bwell, an outline of conventional and holistic therapy choices. [Bwell provides RESOURCES.](#)
- Bempowered, motivational guides including survivor testimonials, educational videos, and uplifting books. [Bempowered provides HOPE.](#)
- Bconnected, an international map/directory to access medical and professional providers catering to stroke care. [Bconnected provides DIRECTION.](#)

***As a trusted worldwide source, Bcenter.org content can be translated into any language.

Types of holistic therapies:

- Acupuncture
- Atlas Orthogonal
- Aquatic therapy
- Chromotherapy
- Cranial sacral
- Earthing
- EFT/Tapping
- Energy Medicine
- Essential Oils & Aromatherapy
- Homeopathic medicine
- Hydration
- Hyperbaric Oxygen
- IV nutrition
- Laughter Therapy
- Massage
- Neurofeedback
- Nutrition
- Occupational Therapy
- Physical Therapy
- Prayer
- Reflexology
- Speech Therapy
- Stem Cell
- Stress Management