

# vashisht

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## HOMOEOPATHIC PHARMACEUTICALS

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[www.vashissthomoeo.com](http://www.vashissthomoeo.com) GMP CERTIFIED

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Friends,

Wishing you Good wishes for the festivals, celebrate them, enjoy them ,take care of yourself and don't try to disturb your

## HEART

KITABHON ME LIKHA HAI RULES THODNA MANA HAI.

BAGON ME LIKHA HAI PHOOL TODNA MANA HAI

SABSE KIMTI HOTA HI DIL,PAR Q KISE NE NAHILIKHA KE DIL  
THODNA MANA HAI.

## RECOGNIZING A STROKE

Recognize a stroke by asking three simple questions:

\*Ask the individual to SMILE.

\*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

. \*Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

### *New Sign of a Stroke ---Stick out Your Tongue*

Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Kindly do send your feed back

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