

Empowering Pain Relief: Dr. Dalal Akoury Shares Natural Approaches for Managing Cerebral Palsy

Holistic Approach Offers Hope to Individuals Battling Chronic Pain, Enhancing Quality of Life for Cerebral Palsy Patients

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/EINPresswire.com/ -- Dr. Dalal Akoury, a distinguished medical professional renowned for her expertise in holistic healthcare, is shedding light on groundbreaking alternative treatments to alleviate pain associated with cerebral palsy. While medications have been commonly prescribed for pain management, Dr. Akoury advocates for natural approaches that can offer sustainable relief and improved quality of life.



Cerebral palsy is a neurological disorder affecting movement and muscle coordination. It is estimated to impact approximately 17 million people worldwide, making it one of the most common motor disabilities in children.

Cerebral palsy, a complex neurological disorder, often brings about chronic pain that standard pain relievers struggle to address. Dr. Akoury believes that a combination of methods can provide effective relief for those who battle ongoing pain.

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Being challenged in life is inevitable, being defeated is optional.”

Richard Crawford

She underscores that while these alternatives are promising, consultation with a licensed medical professional remains paramount before implementing any changes to treatment.

1. Heat and Ice Therapy: Dr. Akoury recommends utilizing

heat and ice therapy to inhibit spastic movement and reduce painful spasms in muscles. The alternating application of heat and ice helps alleviate localized pain. Research has indicated that combining ice therapy with physical or occupational therapy can significantly enhance range of

motion and hand function, particularly in pediatric patients with cerebral palsy.

2. Epsom Salt and Salt Baths: Epsom salt, composed of magnesium and sulfate, offers multiple benefits including inflammation reduction and stress relief. Dr. Akoury points out that it may also aid in preventing seizures, a common ailment associated with cerebral palsy. However, she cautions individuals to consult licensed professionals before incorporating Epsom salt into their routine, particularly if pre-existing medical conditions are present.

3. Physical Therapy: Dr. Akoury emphasizes that physical therapy is a pivotal treatment choice for cerebral palsy patients. Early initiation of physical therapy has shown remarkable results, such as improved strength, balance, posture, flexibility, and reduced pain and discomfort. The therapy aids in relieving tight muscles and enhancing overall quality of life.

4. Diet Management: Dr. Akoury highlights the role of diet in managing cerebral palsy. Individuals with CP have unique dietary needs, including increased calcium intake to combat low bone density. Rich sources of calcium, such as dairy products, leafy vegetables, nuts, seeds, and fish, can be beneficial. Iron, essential for preventing anemia due to poor nutrient absorption, is found in red meat, fish, and beans. Additionally, Vitamin D is crucial, especially for those with limited mobility, and can be obtained from egg yolks, fatty fish, and



While severity varies, cerebral palsy is a lifelong condition. Though there is no cure, treatments and therapies can significantly enhance the quality of life for those affected by cerebral palsy.



Embrace the power of knowledge and wellness with Dr. Akoury from AWAREmed! She's dedicated to providing comprehensive health options and empowering you with the truth. Your well-being is her top priority. Stay informed, and stay healthy!



Embodying Transformation and Harmony: The AWAREmed logo symbolizes our holistic approach to wellness, uniting mind, body, and spirit for optimal well-being. Join us on a transformative journey towards lasting health.

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Dr. Akoury emphasizes that while these natural treatments hold promise, they are not substitutes for medical advice. The article aims to provide information and support to individuals grappling with cerebral palsy management. Always consult a medical professional before making any alterations to treatment plans.

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About Dr. Dalal Akoury:

Dr. Dalal Akoury is a respected figure in the field of holistic healthcare. With a dedication to integrating natural therapies into medical practices, Dr. Akoury strives to enhance the well-being and quality of life of her patients. Her innovative approaches and commitment to patient care have earned her recognition and acclaim in the medical community.

*Alongside Dr. Akoury's personal knowledge and experience, the following sources were used to write this article:

<https://www.cerebralpalsyguidance.com/2016/07/05/top-natural-ways-help-common-cerebral-palsy-pain/>

<https://browntrialfirm.com/blog/cerebral-palsy/cerebral-palsy-diet/#:~:text=Low%20bone%20density%20is%20a,help%20the%20body%20absorb%20calcium.>

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