

"HOW CAN I TREAT BELL'S PALSY?"

Can you tell me what causes Bell's palsy and how to prevent further attacks? I'm a 29 year old woman recovering from my first attack, which has so far lasted four weeks. The whole experience has been very distressing and I don't feel it has been properly explained by my GP.

Dr Shamin Daya advises:

There are several possibilities of Bell's palsy listed, but broadly speaking I would say that it is usually a virus that triggers this, which would lead me to questioning your immune system and what might be running it down. This can vary from dietary habits, including your intake of caffeine, sugar, refined carbs and lack of water, to other lifestyle issues including exercise routines. Your immune system can also be affected by deficiencies in certain vitamin and minerals.

Viruses are generally difficult to detect and treat using conventional methods – however with Bio-meridian testing as well as Functional Biochemistry testing it is possible to test and treat viruses as well as any nutrient deficiencies more specifically.