



# **Bell's Palsy Handbook: Facial Nerve Palsy or Bell's Palsy facial paralysis causes, symptoms, treatment, face exercises & recovery all covered**

*Alan Mc Donald*

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Bell's Palsy, which is the most common form of facial nerve palsy, can be a very terrifying condition for a person to have because any form of facial paralysis creates a life of traumatic experiences. It is very difficult for somebody who doesn't suffer with facial nerve palsy to understand how it affects your looks and everyday self-esteem and self-confidence. The majority of Bell's Palsy sufferers just want to lock themselves indoors because they feel totally uncomfortable when people see the side of their face all droopy and distorted.

Bell's Palsy symptoms are easily recognisable by the muscles on one or both sides of your face being paralyzed. Bell's Palsy causes your speech to be slurred, it will also prevent you from smiling and in some instances can prevent you from eating. Your eyelids droop and as such you find it very difficult to blink your eyes. This explanation paints a very hideous picture for the onlooker but just imagine how the sufferer feels. It has a devastating effect on the person's self-esteem and self-confidence and unfortunately because of their condition there is no hiding place for someone suffering with facial nerve palsy.

The author of this book has been a genuine sufferer of Bell's Palsy since birth and has suffered the constant stigma of all the childhood taunts and comments, inquisitive looks and stares that someone with facial nerve paralysis encounters every single day.

He has written this book to let fellow facial palsy sufferers realize that there is hope for those who are searching for a cure to this disturbing affliction. His goal was to ensure that everything a Bell's Palsy sufferer needs could be found within the pages of his book.

Certain viruses are thought to be the cause of Bell's Palsy but that is just one of numerous theories into what causes facial paralysis. But, there is no definitive answer as to what the real cause is. Your doctor will usually prescribe an anti-inflammatory medicine. Whereas this book goes a lot further in describing the non-surgical treatments available, such as cognitive behavior therapy (CBT), antiviral drugs, acupuncture, facial rehabilitation, B-vitamins therapy, speech therapy, and natural alternative treatments (i.e. methyl-sulphonyl-methane (MSM), histamine, adenosine triphosphate (ATP) and acetyl-l-carnitine) and much more.....

The comprehensive research the author has undertaken caters for everything related to what causes Bell's Palsy. You can find specific information into how the condition affects children, pregnant women, whether to undergo surgical procedures to alleviate your condition, how you can help your own recovery, and not just on a temporary basis.

If you are trying to find the best Bell's Palsy treatment resource then look no further than this publication because the comprehensive information provided in this book will help you to safely overcome the problems of facial paralysis. The Bell's Palsy exercises section provides you with a series of face exercises that will help your facial paralysis treatment program. These face exercises show you how to deal with facial nervy palsy safely and in the comfort of your own home.

This book is your one-stop guide to giving you all the information you need on Bell's Palsy.

Are you ready to give yourself the best possible chance of a full recovery?

If so, what are you waiting for?

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#### **Delmar Stingley:**

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#### **Brian Robinson:**

This Bell's Palsy Handbook: Facial Nerve Palsy or Bell's Palsy facial paralysis causes, symptoms, treatment, face exercises & recovery all covered is great book for you because the content and that is full of information for you who always deal with world and also have to make decision every minute. This book reveal it info accurately using great manage word or we can state no rambling sentences inside it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward

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