

# EYELID DROOPING (FACIAL PALSY)

Facial palsy generally refers to weakness or paralysis of the facial muscles, mainly resulting from temporary or permanent damage to the facial nerve.

## POSSIBLE CONTRIBUTING FACTORS



- Viral infection of the trigeminal nerve
- Insufficient magnesium (RBC magnesium should be in the upper third of the reference range)
- Hypochlorhydria (low stomach acid)
- Nervous system dysfunction secondary to oxidative stress (i.e. elevated blood sugar & toxins)
- B complex deficiency, especially B12 and B6
- Poor circulation (i.e. low oxygen, sleep apnea, mouth breathing, etc)
- Immune nutrient insufficiencies: Vitamin D, zinc, vitamin A

## LIFESTYLE & DIETARY RECOMMENDATIONS



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower, etc)
- Eliminate fried foods & hydrogenated fats/oils and caffeine
- Avoid flour products, sugar and sweeteners of all kind (even natural kinds)
- Limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day
- Nasal breathing. Mewing technique.
- 1 tsp apple cider vinegar in ½ cup of water 10 minutes before meals
- Consider consuming fermented foods every 2-3 days; sauerkraut, kimchi, kefir, beet kvass
- Lymph support: daily walking, rebounding, lymph massage, dry brushing, deep breathing
- Stress reduction measures: grounding, spending time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc
- Regular sun exposure
- Focus on sleep hygiene

## SUPPLEMENT CONSIDERATIONS



- Viral immune support complex
- Stomach acid support: betaine HCL, pepsin (if H Pylori negative)
- Magnesium
- B Complex
- Immune nutrients: Vitamin D3 with K2, Vitamin A, zinc (as needed)
- R Lipoic Acid (antioxidant support)