

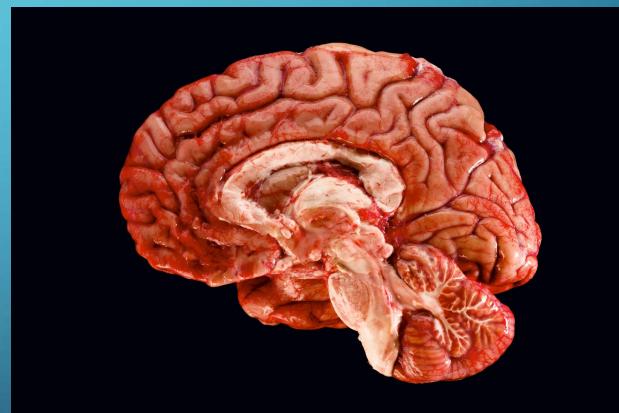


HOLISTIC HEALTH FOR THE BRAIN

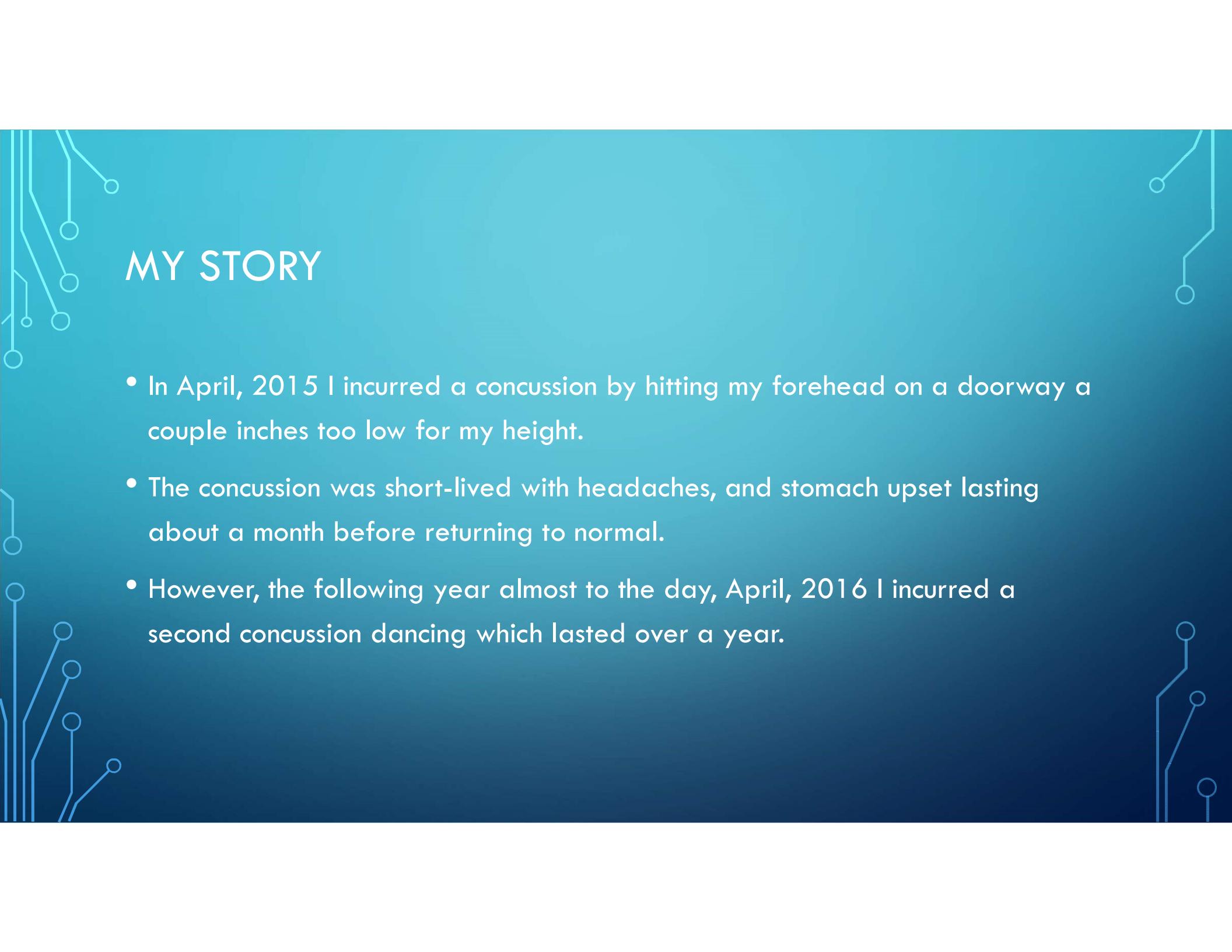
VITAMINS, HERBS, SUPPLEMENTS AND COMPLIMENTARY
AND ALTERNATIVE MEDICINE FOR CONCUSSION
RECOVERY AND GENERAL BRAIN HEALTH

THE BRAIN

- Anyone who has experienced a concussion, traumatic brain injury or even lack of sleep, knows what it is like to have brain function compromised. Our brains are amazing creations of God, similar to the most complex computer on the face of the earth! Our complex brains are what differentiates mankind from all the animals.

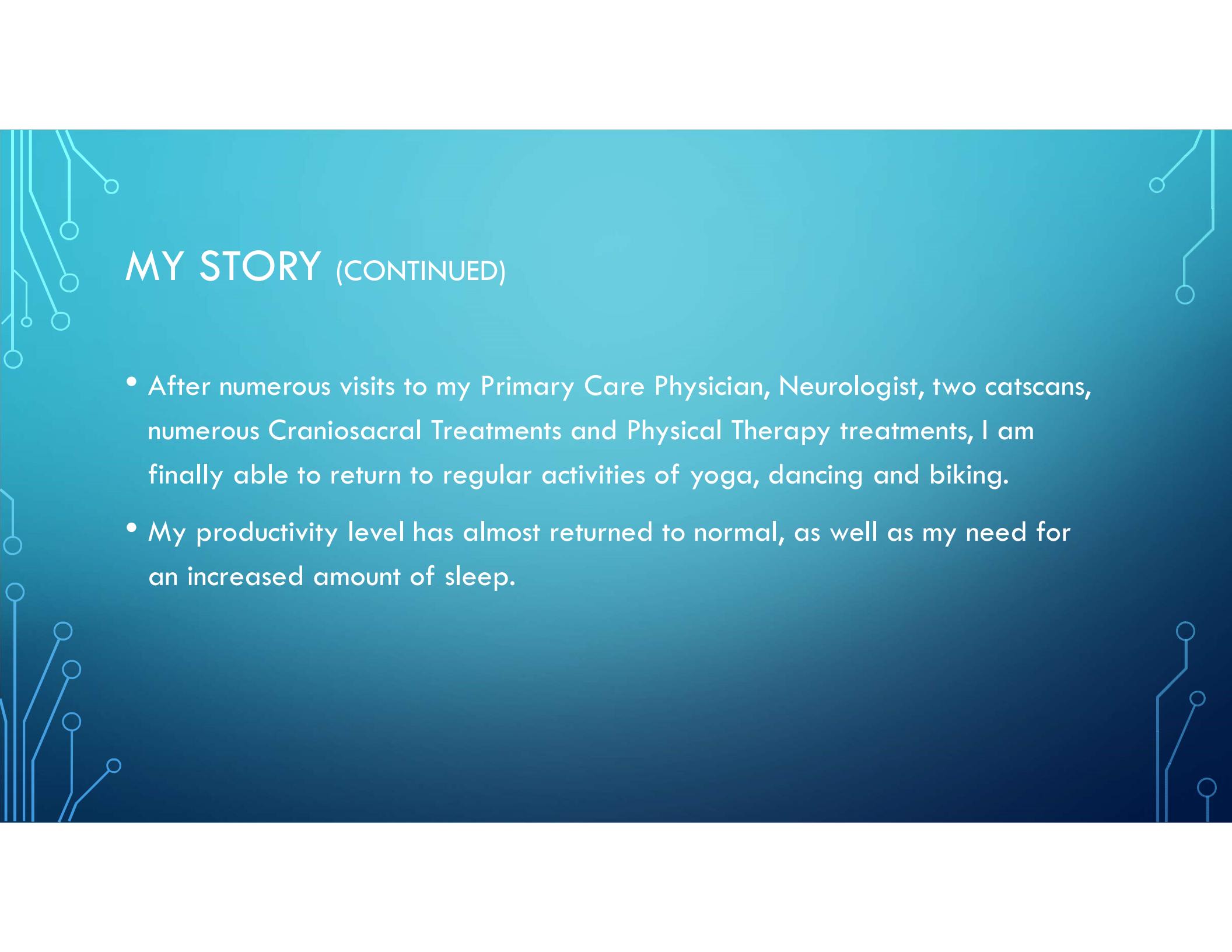


National Geographic, 2017



MY STORY

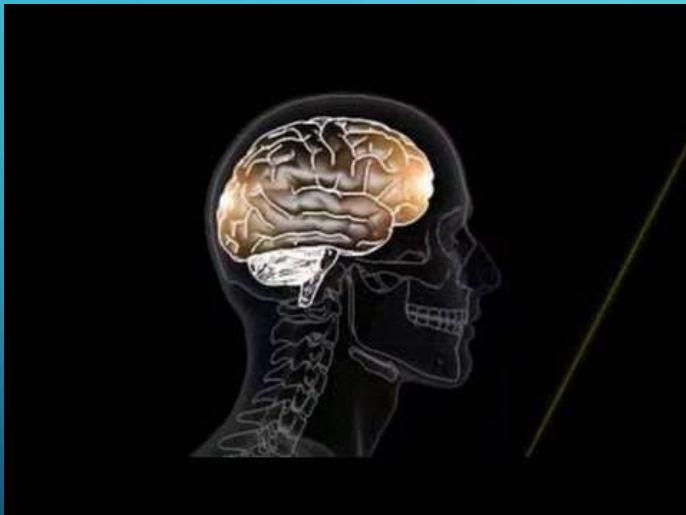
- In April, 2015 I incurred a concussion by hitting my forehead on a doorway a couple inches too low for my height.
- The concussion was short-lived with headaches, and stomach upset lasting about a month before returning to normal.
- However, the following year almost to the day, April, 2016 I incurred a second concussion dancing which lasted over a year.



MY STORY (CONTINUED)

- After numerous visits to my Primary Care Physician, Neurologist, two catscans, numerous Craniosacral Treatments and Physical Therapy treatments, I am finally able to return to regular activities of yoga, dancing and biking.
- My productivity level has almost returned to normal, as well as my need for an increased amount of sleep.

WHAT IS A CONCUSSION



(CDC, 2017)

- A Concussion is a bump, jolt or blow to the head causing the brain to bounce around and/or twist in the skull. Even though it's considered a "mild" traumatic brain injury, a person should heed the advice of their medical professionals (CDC, 2017)
- The jostling of the brain can damage cells, and cause changes in brain chemistry making it more sensitive until it fully recovers.

CONCUSSION SYMPTOMS

- Headache
- Dizziness
- Increased sensitivity to light and noise
- Nausea
- Fatigue
- Confusion, forgetfulness, problems with memory and concentration



(Brent, 2010)

SUPPLEMENTS AND NUTRITION RECOMMENDED FOR CONCUSSION RECOVERY

- Extra protein immediately after concussion – 1 gram/kg of patient's body weight. Consume meats, fish, eggs and protein shakes to aid the brain in the healing process (Silverman, 2016).
- 10 grams Creatine Monohydrate (Silverman, 2016).
- Omega 3 to help reduce inflammation, after the initial danger of subdural hematoma (brain hemorrhage) has passed (Huber, 2016).

SUPPLEMENTS AND NUTRITION RECOMMENDED FOR CONCUSSION RECOVERY (CONTINUED)

- Magnesium – increases glutathione in cells, and decreases inflammation. Studies show that glutathione helps reduce damage from a concussion by 70%. It also helps with sleep and reduces increased anxiety which is common with concussion recovery (Grossman, 2017).
- Turmeric – anti-inflammatory to help reduce damage of neurons, and decrease cognitive impairment (Silverman, 2016).
- Zinc – helps mood and cognitive function (Silverman, 2016).



OTHER RECOMMENDATIONS FOR CONCUSSION RECOVERY



- Plenty of sleep! My physician recommended 8-10 hours of sleep each night, plus a daily afternoon nap.
- Meditation helped reduce stress which helped recovery. Symptoms became worse (and still do) when overly stressed.
- Gentle yoga also helped reduce stress. A good grounding practice or chair yoga when dizzy.
- Physical Therapy exercises to help desensitize the brain to movement reducing dizziness.

OTHER SUPPLEMENTS FOR THE BRAIN

- Gingko Biloba – clinical studies have shown to help improve memory in the elderly by increasing cerebral circulation (Univ MN, 2012)
- St. John's Wort – has shown to be an effective anti-depressant (Univ MN, 2012). Check with your doctor for possible interaction with prescription medication.



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