

BRAIN RECOVERY AND CONCUSSION GUIDELINES

Our program includes 5 important supplements for accelerated brain healing as well as food recommendations and a combination of HBOT and Laser treatments designed to ensure effective brain recovery.

Please feel free to discuss this program with your primary care physician but understand the most common medical treatment presently prescribed for these conditions may just be told to watch and wait. Our treatment program is for patients who want to be proactive with this condition.

SUPPLEMENT RECOMMENDATIONS

- 1) **Omega 3** (fish oil): 2000- 4000 mg per day of EPA/DHA. You must look at the EPA/DHA content, not just the total mg of fish oil. Our Xymogen Omega MonoPure has 860mg per capsule, so we suggest **3-4 capsules per day**.
- 2) **OptiMag® Neuro**: The only form of magnesium proven in animal studies to cross the blood-brain barrier. Boosting the brain's magnesium level is vital to healthy cognition, which includes long- and short-term memory, learning, stress management, and sleep.
- 3) **CurcuPlex 95**: A Turmeric based anti-inflammatory: Take (5-10 pills a day) to reduce inflammation. The therapeutic effectiveness of basic curcumin is limited due to its poor absorption from the gastrointestinal (GI) tract. CurcuPlex 95 is formulated to increase the amount of curcumin absorbed and bioavailable.
- 4) **Vitamin D**: Ideally, we would want a blood test to see what your levels are, which should be between 60 and 80. A generally safe starting dose would be minimum 5000 IU per day for 2 weeks following the concussion.
- 5) **S-Acetyl Glutathione**: (Powerful antioxidant support) 2x per day throughout the duration of the resolution phase.

SELF CARE

- 1) NO SUGARS, including FRUITS. These will ramp up INFLAMMATION. This is for 7 days minimum.
- 2) Do NOT skip meals! Your brain needs fuel to repair. You may feel nauseous or have no appetite, so try to work around that with small, fat and protein-based snacks. Good examples include whole eggs, avocados, raw or dry roasted unsalted nuts (especially macadamias, almonds, walnuts, NO PEANUTS as they are inflammatory)
- 3) If you can tolerate it, 4 TBSP of organic coconut oil per day to help with brain healing. You can take this straight if you can tolerate it, or a good way to get it in is to make a shake that has unsweetened almond or coconut milk.
- 4) NO GLUTEN (wheat, barley, rye, oats). This can be neuroinflammatory.
- 5) NO COW'S MILK foods (milk, butter, cheese, sour cream). This can be neuroinflammatory as well for some people.
- 6) NO MSG or ARTIFICIAL SWEETENERS- both are excitatory neurotoxins and can make it harder to heal.
- 7) NO processed foods like cereal, breads, pasta, chips, cookies, etc. If it comes in a box or is made in a factory, don't eat it.
- 8) So what do you eat? Get a wide variety of vegetables, olive oil, avocados, nuts, coconut oil, organic meats (higher fat content is better for the brain, so eat the skin as well), wild caught fish (make sure not from China due to pollution), beans.
- 9) Take time off work or school. Stop either as soon as you feel increased headache, drowsiness, moodiness, or difficulty concentrating, nausea, dizziness, etc. Your brain needs to rest just like an injured muscle does.
- 10) Avoid bright lights, loud noises, fast moving shows on TV or movies (such as action flicks, as they stress the brain)
- 11) Stop viewing all electronic devices at least 90 minutes prior to bedtime.

PROFESSIONAL CARE

- 1) Consider Hyperbaric Oxygen Therapy (HBOT) 5 times per week for 4 weeks and laser treatments 2-3 times per week for 4 weeks. These will stimulate the brain to heal faster, calm the immune reaction, and help stimulate new nerve connections. These recommendations are based off of Dr. Harch the leading expert in HBOT and states in his book it may take up to 40-60 visits to find complete resolution.
- 2) More information on concussions available on our website and youtube channel: [youtube.com/utahsportsandwellness](https://www.youtube.com/utahsportsandwellness)