

<p>Astrocyte</p> <p>↑</p>	<p>Adjustment Low Level Laser Therapy Med Chain Sat Triglycerides (coconut oil)</p>
<p>ATP</p> <p>↓</p>	<p>Gluco-D Manage Insulin Resistance Acetyl-l-carnitine Alpha-lipoic acid (Complete AG)</p>
<p>Glutamate Aspartate</p> <p>↓</p>	<p style="text-align: center;">AVOID</p>
<p>N-Methyl-D-Aspartate (NMDA)</p> <p>↓</p>	<p>Mg++ (600-900 mg / day)</p>
<p>Ca++</p> <p>↓</p>	<p>Antioxidants (Core Level Health Reserves)</p>
<p>Free Radicals</p> <p>↓</p>	<p>Glutathione Undenatured Whey Protein (Complete Whey-G) NAC (Complete Glutathione)</p>
<p>Sick Neurons</p> <p>↓</p>	<p>Omega-3s(3000-15,000mg/day) Resveratrol Curcumin (Complete Neuro)</p>
<p>Dead Neurons</p> <p>↓</p>	<p>Vitamin D (5,000 IU/day) Mg++ (600 mg/day) EGCG (green Tea)</p>
<p>Neurodegenerative Diseases</p> <p>↓</p>	
<p>Chronic Traumatic Encephalopathy Alzheimer's Parkinson's</p>	