

Brain Injury Management Summary

Stop The Glutamate Cascade Process	Add Nutrients To Rebuild The Synapses	Stimulate The Nervous System
<p>No dietary glutamate</p> <p>No dietary aspartame</p> <p>No Trans Fats (Hydrogenated oils)</p> <p>Reduce omega-6 fats (corn, sunflower, safflower, cottonseed, peanut, soy oils)</p> <p>Take magnesium</p> <p>Take zinc</p> <p>Take antioxidants</p> <p>Minimize refined carbohydrates (all deserts and sugary drinks, bread, pasta, potatoes, white rice)</p>	<p>Take omega-3 oils (As much as 10 gm per day for 4 months and then start to reduce the level to 2500 mg per day and keep it at that level: DO NOT take this much oil without consulting your chiropractor or medical doctor)</p> <p style="color: red;">EPA:DHA. 2:1</p> <p>Take your antioxidant cofactors to protect the oils from going rancid in your body</p> <p>DO NOT take cheap over the counter oils, as they may contain mercury and carcinogens</p> <p>Only take pharmaceutical grade oils</p> <p>DO NOT eat farmed (Atlantic) salmon, ever</p> <p>Wild salmon is okay 6 nights per week</p> <p>Avoid tuna, swordfish, shark, & other big fish</p>	<p>Chiropractic spinal adjustments</p> <p>Low level laser therapy</p> <p>Walking (30 minutes per day)</p> <p>Weights (3 times per week)</p> <p>Other exercise is good: Yoga, swimming, biking, etc.</p> <p>Crossword puzzles</p> <p>Piano (One 30 minute lesson per week, practice 30 minutes per day)</p> <p>Minimize or avoid all television watching</p> <p style="color: red;">Must force injury side to work</p>