

Client Empowerment

The following is a list of tools that you can do at home to have the best possible outcome after experiencing a concussion or suspected concussion (mild traumatic brain injury).

Sleep- *Set your circadian rhythm and give your brain the rest and consistency it needs to heal*

- Prioritize getting 8 hours of sleep every night
- Avoid bright lights / electronics for 1 hour prior to sleep
- Avoid exposure to emotionally taxing events prior to sleep (news/ social media)
- Avoid eating 2-3 hours prior to sleep
- Avoid caffeine after 12 noon
- Have a dark room, cooler temperatures
- Get direct sunlight (Ideally 10 minutes but even just a few seconds helps) on your eyes/face as soon as you wake up

Nutrition- *give your brain the nutrients it needs to heal and remove sources of inflammation that take away energy*

- Avoid alcohol, tobacco and the use of energy drinks
- Look at and understand ingredient lists on everything being consumed
- Replace refined/ packaged grains with unpackaged whole grains, try grain-free
- Replace processed (packaged) foods with whole foods that is not sold in packaging
- Replace vegetable / seed oils with high quality olive oil, coconut oil or avocado oil
- Give your cells/mitochondria the nutrients they need:
 - Proteins-ex: grass fed meat, eggs
 - Omega 3 fatty acids- ex: mackerel, flaxseed, chia seeds, walnuts
 - Fiber- ex: avocado, raspberries, broccoli, sweet potato
 - Pro-biotics- ex: sauerkraut, apple cider vinegar, miso, fermented foods
 - Antioxidants- ex: mushrooms, artichokes, pecans, beans

Light/ Restorative Exercise- *increase blood flow to your brain and deliver fresh oxygen and nutrients to your brain, promoting cellular healing*

- Any physical activity that is consistent, sustainable, **safe** and enjoyable. Our favorite is walking outdoors. Another great option is yoga or stretching.

Supplements- *Everything listed above is most important, supplements are simply that, a supplement . Please consult with your physician prior to beginning any supplement regimen.*

- Migraine Management
 - Coenzyme Q-10 300mg daily
 - Magnesium Citrate 400mg-600mg daily
 - Riboflavin 400mg daily
- Brain Recovery
 - Magnesium Oxide 400mg daily
 - N-Acetyl cystine 600mg daily
 - Omega Fatty Acids 3,000mg daily