

The book was found

Treat Concussion, TBI, And PTSD With Vitamins And Antioxidants

Treat Concussion, TBI, and PTSD with Vitamins and Antioxidants



- Increases the effectiveness of treatment and management strategies
- Explains how to strengthen the brain and reduce internal risk factors
- Includes an easy-to-follow, scientifically-proven daily program of supplements

Kedar N. Prasad, Ph.D.



Synopsis

The most up-to-date resource on nutritional supplements for the prevention and improved management of concussive injury, TBI, and PTSD

- Provides an easy-to-follow program of supplements to optimize the benefits of treatment programs and offer a method of prevention beyond the use of helmets
- Shows how standard treatments do not address the oxidative stress, chronic inflammation, and high glutamate levels that promote brain injury progression
- Explains how single micronutrients do not provide the same preventive benefits as the synergistic combinations explored in the book

The human brain is highly complex. When brain injury strikes, whether from a blow to the head or the shock of physical or emotional trauma, successful treatment requires a multilevel approach, taking into account the health of the brain prior to injury. Multilevel, complementary treatment approaches can also be applied to strengthen the uninjured brain and help prevent neurological injury for those at high risk of concussion, post-traumatic stress disorder, and traumatic brain injury. In this practical scientific guide, leading researcher in cancer, heart disease, and Alzheimer's prevention Kedar N. Prasad, Ph.D., reveals the latest revolutionary discoveries on the use of antioxidants and micronutrients to manage and prevent concussive injury, TBI, and PTSD. He explains that increased oxidative stress, chronic inflammation, and glutamate release are common underlying factors in these conditions and should be addressed for improved management. He debunks the flawed conclusions of the neurological community that vitamins and antioxidants are ineffective for these conditions, revealing how their studies focused on specific micronutrients rather than synergistic combinations. The author details his easy-to-follow supplement program to treat and prevent these injuries, outlining the correct daily amounts and proper combinations of vitamins, antioxidants, micronutrients, and polyphenolic compounds such as curcumin and resveratrol. Offering the missing complement to standard medical care of brain injury as well as a form of prevention beyond the use of helmets, this guide provides a truly holistic approach to the prevention and management of concussive injury, TBI, and PTSD.

Book Information

File Size: 879 KB

Print Length: 224 pages

Publisher: Healing Arts Press; 1 edition (December 17, 2015)

Publication Date: December 17, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B019HNDD90

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,015,487 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #163

inÂ Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #238 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Sports Medicine #301 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Vitamins

Customer Reviews

Traumatic brain injury and post-traumatic stress affect 9.4 million Americans and carry an estimated annual cost of \$20 billion. The good news from Dr. Prasad is that with attention to micronutrients there is hope for real advancement in treatment and recovery. Biochemical dysfunction is the secondary damage caused by brain injury and biochemical defects are responsible for the progression of PTSD. Micronutrients, vitamins, and antioxidants may reduce both the risk and the progression of these brain disorders when medication and counseling have proven unsatisfactory. This is a scientific work made accessible to the nonscientist with an extensive bibliography and nutrition tables and the energy of progress and possibility. Pat Basham, Lotus Guide

This book is very empowering to patients suffering from concussion, TBI and PTSD. It allows a healthy alternative to traditional western medicine. As a vegetarian and proponent of healthy eating used as healing, I found it sensible and realistic. The brain does not heal or function without proper nutrition and this book enables the patient to understand how big a part nutrition plays in healing. In regard to PTSD it is also very helpful and sensible. Well Done. I appreciate the ARC through Inner Traditions and Net Galley

Great info

[Download to continue reading...](#)

Treat Concussion, TBI, and PTSD with Vitamins and Antioxidants Coping with Concussion and Mild Traumatic Brain Injury: A Guide to Living with the Challenges Associated with Post Concussion Syndrome and Brain Trauma Fight Parkinson's and Huntington's with Vitamins and Antioxidants

Vitamins, Minerals, and Supplemental Antioxidants: An Honest Basic Guide to Nutritional Supplements
Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships)
Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process (Macrobiotics, Superfoods, Antioxidants)
The Oxygen Revolution, Third Edition: Hyperbaric Oxygen Therapy: The Definitive Treatment of Traumatic Brain Injury (TBI) & Other Disorders
Concussion Recovery: Rebuilding the Injured Brain
Treat Your Dog Right: Best Ever Homemade Dog Treat Recipes
Fighting Radiation and Chemical Pollutants With Foods, Herbs and Vitamins: Documented Natural Remedies That Boost Your Immunity and Detoxify
The Antioxidant Miracle: Put Lipoic Acid, Pycnogenol, and Vitamins E and C to Work for You
Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life
Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements
Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins)
Cancer In Dogs. Dog Cancer Information Including Best Dog Food, Vitamins, Supplements, Holistic Treatments for Dogs with Tumors and Raw Food Diet for Dogs.
CalcuLadder 1: Basic Addition and Subtraction (Classic Edition) (A Learning Vitamins Unit)
Miracle Cures: Dramatic New Scientific Discoveries Revealing the Healing Powers of Herbs, Vitamins, and Other Natural Remedies
Heal Your Eye Problems with Herbs, Minerals and Vitamins
Urinary Tract Infection: #1 Best Methods To Permanently Beat & cure Urinary Tract Infection For Life! (Urinary Health, Urinary Pain, Urinary Tract Vitamins, ... Urgency, Bladder health, Bladder Pain)
Prescription for Nutritional Healing, Fifth Edition: A Practical A-to-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Her bs & Food Supplements

[Dmca](#)