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# 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

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## 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

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