

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...](#)

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker, Computer, Programming, Security & Encryption Jack and the Hungry Giant Eat Right With Myplate Information Architecture: For the Web and Beyond Keep Your Love On: Connection Communication

And Boundaries The Smarter Screen: Surprising Ways to Influence and Improve Online Behavior
The New Rules for Love, Sex, and Dating A Lifelong Love: How to Have Lasting Intimacy,
Friendship, and Purpose in Your Marriage Beautiful Data: A History of Vision and Reason since
1945 (Experimental Futures) Garden City: Work, Rest, and the Art of Being Human. Fear and Faith:
Finding the Peace Your Heart Craves To Heaven and Back: The Journey of a Roman Catholic
Priest A Doctor's Tools (Community Helpers and Their Tools) Why Suffering?: Finding Meaning and
Comfort When Life Doesn't Make Sense Rainbow Warriors and the Golden Bow: Yoga Adventure
for Children (Rainbow Warriors Yoga Series) Touching Heaven: A Cardiologist's Encounters with
Death and Living Proof of an Afterlife Machines of Loving Grace: The Quest for Common Ground
Between Humans and Robots Husband After God: Drawing Closer To God And Your Wife Sex is a
Funny Word: A Book about Bodies, Feelings, and YOU Learn Command Line and Batch Script
Fast, Vol II: A course from the basics of Windows to the edge of networking How to Start a Business
Analyst Career: The handbook to apply business analysis techniques, select requirements training,
and explore job roles ... career (Business Analyst Career Guide)

[Dmca](#)