

Brain injury

## Description

To Jesus:

You can save this to a “Health” folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Brain injury

Here's what appears to increase neural growth & help recovery from brain injury in order:

Lithium orotate/aspartate/chloride 5mg or less (OTC)\

Alpha lipoic acid- 600mg at wakeup & with every meal

Lion's mane mushroom

Blueberries

Resveratrol like in red wine vinegar (organic hu zhang cheapest)

Cocoa & dark chocolate (no milk, low sugar) not alkalyzed, not Dutch or no sugar baker's chocolate melted w/raw honey or no calorie allulose/stevia/monk fruit blend then frozen in ice cube mold (takes longer to eat when frozen)

Caffeine-

Tea has caffeine & theanine for neural growth

Macha tea has caffeine & is ingested, not strained & helps increase neural growth & male fertility while reducing cancer (strong), blood sugar, high blood pressure, osteoporosis,

<https://www.health.com/nutrition/what-is-matcha>

Coffee (mold tested)

Qualia mind- a mix of near 30 of the best brain enhancers

Dihexa- supplement appears to help most people with brain injury or people doing high level learning

Exercise

Meditation- especially compassion (for self & others), gratitude (for self & others), & love (for self & others) contemplation

Learning

Sex

Ketogenic diet

Intermittent fasting- 12-18 hour diet daily

100-150w incandescent/halogen red bulb 2 mins front & back of head, then 2hrs later side & side of head, rotated every two hours

20-90 hz binaural &/or isochronic beats- increases calm, happiness, focus, creativity, emotional insights into self & others

What decreases neural growth-

Toxins in nonorganic food

Alcohol

High fructose corn syrup (mercury added in processing) beet sugar (is GMO), cane sugar (organic/raw honey appears safe, as does no calorie fruit sugar allulose w/steavia & monk fruit)

Mercury added to processed (white) wheat & likely rice, refined oils, high fructose corn syrup (can be hidden in any corn product), & FD&C food coloring- yellow #, red #, blue# (also often has lead added)

Aspartame/Equal/Neotame/Nutrasweet- breaks down to formaldehyde in the brain

Sucralose/Splenda

Flouride (nearly 100 studies) in toothpaste & water (Big Berkey white filters or Zero water pitchers stop)

Calcium (good only in food, deadly in supplements)

Loop diuretics like Lasix (cause brain injury)

Dairy not from raw, organic grass fed Jersey/African cow

T. gondii infection from cat litter appears to triple men's at fault car accidents, ADHD symptoms, schizophrenia if genetically vulnerable

Anticholinergics (like Benadryl)

Stroke & brain injury recovery

Etanercept (Enbrel) is a [TNF blocker usually used to treat autoimmune arthritis symptoms. With a 25mg perispinal injection \(with 5 minute tilt\) people often get immediate relief of physical & neurological symptoms of stroke & some brain injuries after 10 minutes, repeated up to every 3-4 weeks.](#)

It appears to greatly help behavior, vision, physical movement of affected areas, central post-stroke pain syndrome (CPSP), cognitive function, mood, sensory deficits, spatial orientation, & speech.

Tobinick EL. Perispinal Delivery of CNS Drugs. CNS Drugs. 2016 Jun;30(6):469-80. doi: 10.1007/s40263-016-0339-2. PMID: 27120182; PMCID: PMC4920856.

[ncbi.nlm.nih.gov/pmc/articles/PMC4920856/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4920856/)

Ignatowski TA, Spengler RN, Dhandapani KM, Folkersma H, Butterworth RF, Tobinick E. Perispinal etanercept for post-stroke neurological and cognitive dysfunction: scientific rationale and current evidence. CNS Drugs. 2014 Aug;28(8):679-97. doi: 10.1007/s40263-014-0174-2. PMID: 24861337; PMCID: PMC4110406. [ncbi.nlm.nih.gov/pmc/articles/PMC4110406/](http://ncbi.nlm.nih.gov/pmc/articles/PMC4110406/)

Ian A Clark (2020) Randomized controlled trial validating the use of perispinal etanercept to reduce post-stroke disability has wide-ranging implications, Expert Review of Neurotherapeutics, 20:3, 203-205,

DOI:

[tandfonline.com/action/showCitFormats?doi=10.1080%2F14737175.2020.1727742](http://tandfonline.com/action/showCitFormats?doi=10.1080%2F14737175.2020.1727742)

Edward Tobinick (2018) Perispinal etanercept advances as a neurotherapeutic, Expert Review of Neurotherapeutics, 18:6, 453-455, DOI: [10.1080/14737175.2018.1468253](https://doi.org/10.1080/14737175.2018.1468253)

Stephen J. Ralph, Andrew Weissenberger, Ventzislav Bonev, Liam D. King, Mikaela D. Bonham, Samantha Ferguson, Ashley D. Smith, Adrienne A. Goodman-Jones & Anthony J. Espinet (2020)

Phase I/II parallel double-blind randomized controlled clinical trial of perispinal etanercept for chronic stroke: improved mobility and pain alleviation, Expert Opinion on Investigational Drugs, 29:3, 311-326, DOI: [10.1080/13543784.2020.1709822](https://doi.org/10.1080/13543784.2020.1709822)

[drugs.com/medical-answers/etanercept-work-stroke-recovery-3572317/](https://www.drugs.com/medical-answers/etanercept-work-stroke-recovery-3572317/)

Treatment-

[strokebreakthrough.com](https://strokebreakthrough.com)

## Supplements

Lithium orotate/aspartate 5-20mg & lithium chloride (1 grain) all versions of lithium that increases neural growth & protects against neural damage, reduces aggression & increases calmness. The effective dosage is 100x less than prescription lithium carbonate and no one has apparently reported any liver or kidney side effects at these dosages in the research i've found.

Qualia- has a mix of 42 brain boosting supplements. For many people it supplies close to the same concentration, mood, creativity

& “flow” benefits of microdosing. The only way to know is to try it. It costs \$150 per month.

Dr. Amen BrainMD- another mix of brain boosting supplements. I have a friend with a brain injury that said this mix made them feel normal cognitively for the first time since the accident. It took two weeks for full effect. \$59 a month.

High dosage low side effect anti-inflammatories-

Alpha lipoic acid also increases neural growth & recovery

Turmeric (with a little black pepper)

Ginger

Astaxanthin

Boswellia (frankincense from the bible)

Vitamins & Minerals

Vitamin B100s- slow release or half after breakfast & half after late lunch or early dinner to increase concentration & mood & reduce infections

Lecithin liposomal vitamin C- appears to improve vascular flow & may be 5x more effective than vit C alone

Vitamin D3- fat soluble so take with a meal if swallowed. 125 mcg under the tongue (appears to be twice as effective) daily according to FDA cited studies. Helps everything including mood (especially SAD) & increases neural growth. At 250mcg it may reduce autoimmune disorders by 95% (safe with organic kale’s magnesium, zinc, & vit K1 converts to K2).

Vitamin K2 works synergistically with vitamin D for increasing bone

growth & helps reduce blood sugar if high.

We may make vitamin K2 from K1 in dark leafy greens or eating organic fermented natto.

Magnesium- also essential for the heart & may more than double vit D3s effectiveness. Magnesium threonate may be best for the brain.

Zinc picolinate appears to increase neural growth

Organic spirulina- source of EPA & DHA fatty acids in fish oil, must be taken with a vegetable. Increases concentration & mood & aggression, reduces heart disease, protects liver & increases neural growth DHA has improved recovery from stroke by 40% in one study.

<http://breakthroughs.kera.org/studying-fish-oils-effect-on-concussion-recovery/>

Mil Med. 2014 Nov;179(11 Suppl):112-6. doi: 10.7205/MILMED-D-14-00139.

The potential for DHA to mitigate mild traumatic brain injury.

Bailes JE, Patel V

One study found that the lower the EPA & DHA, the lower the activity in learning & memory areas of the brain.

The Plexus Encyclopedia of Medicine, Science, and Technology

Volume 12, Issue 46

May 21, 2017

Lorraine Page



Ketogenesis to suppress brain inflammation after brain injury, stroke

Getting into a ketogenic state where the body is burning fat for energy appears to significantly lower brain inflammation. This can be done with a low carb/high fat diet, by using MCT oil exclusively (starting at 1/4 ts a day), and by using the 12-18 hour diet. Carbs can be eaten before exercise because exercise burns up carbs & puts people back into ketosis.

Bioenergetic state regulates innate inflammatory responses through the transcriptional co-repressor CtBP

Yiguo Shen, David Kapfhamer, Angela M. Minnella, Ji-Eun Kim, Seok Joon Won, Yanting Chen, Yong Huang, Ley Hian Low, Stephen M. Massa & Raymond A. Swanson

Nature Communications 8, Article number: 624 (2017)

doi:10.1038/s41467-017-00707-0

<https://articles.mercola.com/sites/articles/archive/2017/10/09/ketogenic-diet-anti-inflammatory-effects.aspx>

<https://www.organicconsumers.org/news/ketogenic-diet-study-confirms-massive-anti-inflammatory-effects>

Lion's mane mushroom- increases neural growth, NGF, brain regeneration

Ginkgo- increased brain blood circulation

Acetyl-L-carnitine- amino acid increases energy, mood, concentration

Huperzine- increases concentration & choline in the brain

~~Adrafinil (OTC), modafinil (Provigil), armodafinil (Nuvigil)- stops daytime sleepiness, increases concentration & mood (if not taking a~~

stimulant) without the side effects or addictiveness of caffeine or ADHD stimulants. Adrafinil is usually taken just to see if prescription modafinil would be effective and may not be useful long term.

Noopept- nootropic that increases neural growth, BDNF, NGF, speeds recovery from stroke, increases concentration & mood

Agmatine- increases cerebral blood flow & reduces inflammation, reduces & may heal stroke damage & neuropathic pain & other pain, helps against diabetes, Alzheimer's disease, depression, cancer, heart disease, seizures, stress, alcohol & morphine withdrawal, and may enhance cognitive function, stress resiliency, mood, and athletic performance.

Cinnamon

Smelling cinnamon in one study improved visual-motor response speed, attentional processes, virtual recognition memory, and working memory.

Cognitive Enhancement Through Stimulation of the Chemical Senses

Phillip R. Zoladz and Bryan Raudenbush

North American Journal of Psychology, 2005, Vol. 1, No. 1, 125-140

Bacopa

Bacopa is used to treat ADHD, anxiety, brain disorders, poor memory, and to relax the mind.

Ginsengs

Ginsengs are adaptogens that lower cortisol levels that can reduce stress, increase focus and memory, and raise metabolism and energy levels. They give five hours of normalcy even if very short on sleep, sick, stressed or tired like after work. They include

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Asian/Chinese, Tibetan, American ginseng, ashwaganda (may be strongest), rhodiola, maca. Taking them in a mix may be most effective.

Gota kola renews nerve functions and improves memory and intelligence.

Rosemary stimulates the pituitary gland, improves memory, along offers a host of other benefits.

Learn more:

[http://www.naturalnews.com/047209\\_brain\\_health\\_IQ\\_cognitive\\_function.html](http://www.naturalnews.com/047209_brain_health_IQ_cognitive_function.html)

Sage (*Salvia officinalis* and *Salvia lavandulaefolia*)

Ingesting sage appears to significantly improve cognition, memory, & mood. One type, *Salvia officinalis*, appears to work by smelling it as well.

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Moss L, Rouse M, Wesnes KA, Moss M. Differential effects of the aromas of Salvia species on memory and mood. *Hum Psychopharmacol.* 2010;25(5):388–96.

<http://www.greenmedinfo.com/blog/sage-boosts-moods-memory-and-multitasking>

Flax oil or ground seed for ALA

Simply smelling essential oil of rosemary is proven to increase memory by up to 75%.

Peppermint usually increases concentration.

Learn more:

[http://www.naturalnews.com/047209\\_brain\\_health\\_IQ\\_cognitive\\_function.html](http://www.naturalnews.com/047209_brain_health_IQ_cognitive_function.html)

Mechanical devices

Near infrared therapy

Reduces pain & inflammation, speed nerve tissue growth, improve memory & concentration, 50% faster recovery from injuries. Red chicken warming bulb light for 5 min every 8 hours on front & back of head then four hours later on sides of head is used for Alzheimers & brain injury for speeding recovery. \$5 at Rural King red coated chick warming light 125 watts (250 watts can burn).

Electric muscle stimulator- speeds up recovery at all levels of stroke paralysis

Takeda K, Tanino G, Miyasaka H. Review of devices used in neuromuscular electrical stimulation for stroke rehabilitation. Medical Devices (Auckland, NZ). 2017;10:207-213. doi:10.2147/MDER.S123464.

Transcranial direct current stimulation (TDCS)- improves motor functions & speeds recovery in stroke in multiple studies. The Golden State Warriors use it to improve their shooting. Used above the left front hairline from the middle of the eyebrow outward improves self control, mood, & social understanding.

Transcranial Magnetic Stimulation (TMS)-  
appears to work on the same placement (at left hairline & above & halfway in middle of eyebrow & out toward ear) for mood & increased understanding.

Pulsed electromagnetic field (PEMF)-  
When used on the head, it apparently speeds healing & increases neural growth by suppressing inflammation.

Hyperbaric Oxygen therapy-

Improves oxygenation, much improved recovery,

Water floatation therapy:

Reduces stress more than biofeedback & other techniques, improved recovery

\$30-\$100 per float or \$2000+ for tank, expensive

Prescription drugs:

Galantamine (also OTC) helps people with vascular (stroke caused) dementia, increasing concentration

Pyritinol (also OTC)- speeds up reaction time, helps people with brain injury

Low dose psychedelics (microdosing at 1/5th for mushroom & 1/10 for the rest) every four days.

They don't appear to cause psychedelic "trips" and research shows they significantly increase mood, concentration (flow), creativity, and fine motor performance with few reported side effects- all essential in stroke recovery. The New Psychedelic Revolution, and Michael Pollan's How to Change Your Mind explain how effective they are and the website 3rd wave psychedelics explain how they have been

used. See if they are legal in your country.

## Practices

### Exercise

Meditation/Yoga/Tai Chi- all help mood & concentration & reduces aggression. Yoga & Tai Chi help

balance as well. All increase neural growth

### Learning

### Sex

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Stagg CJ and Johansen-Berg H (2013) Studying the effects of transcranial direct-current stimulation in stroke recovery using magnetic resonance imaging. Front. Hum. Neurosci. 7:857. doi: 10.3389/fnhum.2013.00857

### Meditation/Yoga/Tai Chai

These three have been shown to increase neural growth, brain volume, and cognitive ability significantly.

“Yoga: Good for the Body and the Brain” by Joe Dispenza

drjoedispenza.com

Well Being Journal 7-8/2017 p 31

Hi!

Here are notes on recovery from brain injury. Use them as a start for research & share with your doctor.

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Practices that increase neural growth-

Exercise

Meditation

Learning

Sex

Ketogenic diet



Foods that increase neural growth-

Organic-

Blueberries

Cocoa & dark chocolate (no milk, low sugar) not alkalyzed, not Dutch

Tea- has caffeine & threonine

Intermittent fasting- 12-18 hour diet daily

Ketogenic diet

Resveratrol like in red wine vinegar

Decrease neural growth-

Toxins in nonorganic food

Sugar, wheat, & aspartame/Nutrasweet. Sucralose/Splenda

Calcium (good only in food)

Dairy not from raw, organic grass fed Jersey/African cow

Animal meat not from organic grass fed (or equivalent for animal)

Flouride (nearly 100 studies)

T. gondii infection from cat liter appears to triple men's at fault car accidents & adhd symptoms

Supplements

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High level low side effect anti-inflammatories-

Alpha lipoic acid-appears to help nerve pain (migraines 1 hour 80%) fastest & best

Turmeric (with a little black pepper)

Ginger

Boswellia (frankincense from the bible)

## Astaxanthin

Vitamin B100s- slow release or half after breakfast & half after late lunch or early dinner to increase concentration & mood

Lecithin liposomal vitamin C- appears to improve vascular flow & may be 5x more effective than vit C alone

Without lecithin liposomal vitamin C tests like vitamin C alone.

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Bioenergetic state regulates innate inflammatory responses through the transcriptional co-repressor CtBP

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North American Journal of Psychology, 2005, Vol. 1, No. 1, 125-140

## Bacopa

Bacopa is used to treat ADHD, anxiety, brain disorders, poor memory, and to relax the mind. Ginseng is a well-known stimulant that can reduce stress, increase focus and memory, and raise metabolism and energy levels. Sage has been shown to improve memory & concentration, smelled or eaten.

Gota kola renews nerve functions and improves memory and intelligence.

Rosemary stimulates the pituitary gland, improves memory, along offers a host of other benefits.

Learn more:

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Flax oil or ground seed for ALA

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Peppermint, lavender, cedarwood, and sage are other essential oils particularly notable for proven abilities to increase brain function, but the list doesn't end there. If you happen to have any essential oil around, give it a sniff and see what happens. Better quality oils produce better results

Learn more:

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In a different placement it appears to improve mood, calmness, attention, and reduce impulsivity. I have a unit to borrow to you to

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try. One is available from \$70-\$100 with a five year warranty.

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balance as well. All increase neural growth

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drjoedispenza.com

Well Being Journal 7-8/2017 p 31

Fixed pupil dilation (FPD)

People with bilateral FPD in brain injury without special treatment have a 12% survival. All the treatments above are used to increase that survival, both for cognitive enhancement & dementia prevention before any head trauma, to immediate treatment in the hospital.

<https://pubmed.ncbi.nlm.nih.gov/22327711/>

Side effects of brain injury

<https://www.flintrehab.com/side-effects-of-traumatic-brain-injury/>

Level 3 diffuse axonal injury (DAI) had only a 22% survival rate after 6 months in this study

[ncbi.nlm.nih.gov/pmc/articles/PMC5071911](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC5071911)

Very few people with a level 3 DAI who survive come out of a coma.

[medicalnewstoday.com/articles/diffuse-axonal-injury](https://medicalnewstoday.com/articles/diffuse-axonal-injury)

## Fixed dilated pupils (FDP) & TBI

People with bilateral fixed dilated pupils (FDP) after TBI had only a 12% survival rate-

Helmy A, Kirkpatrick PJ, Seeley HM, Corteen E, Menon DK, Hutchinson PJ. Fixed, dilated pupils following traumatic brain injury: historical perspectives, causes and ophthalmological sequelae. *Acta Neurochir Suppl.* 2012;114:295-9. doi: 10.1007/978-3-7091-0956-4\_57. PMID: 22327711. [pubmed.ncbi.nlm.nih.gov/22327711](https://pubmed.ncbi.nlm.nih.gov/22327711)

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### Category

1. Uncategorized

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