

Brain recovery & enhancement

Description

May we all have compassion & gratitude for all beings, help all beings to best help all beings help life, health, love, happiness, freedom & hope for all beings & to love all life as God & all being as Jesus & listen to all beings helping life for all, Jesus & God for guidance.

Brain recovery & enhancement

Preventing neural death in TBI, Alzheimer's, Parkinson's, Lewy Body, Huntingtons, ALS-

Avoiding the paraquat (Parkinson's) & Roundup/glyphosate (depression, anxiety, diabetes, heart disease, cancer) sprayed on hundreds of crops & Nutrasweet/aspartame/Equal/Neotame (brain damage), sucralose/Splenda (diabetes/heart disease/obesity/cancer), MSG (brain damage) hidden in "natural flavors", FD&C food colorings blue#/red#/yellow# w (mercury & lead), by only buying/growing organic whole foods & cooking ourselves in pressure cooker (retains 90% of vitamins, slow cooker only 40%) which makes (soaked & sprouted) beans & rice & vegetables far healthier to eat & adding raw honey (no diabetes or weight gain) or allulose blend like Ketosweet that LOWERS blood sugar (sweet), & Celtic or Himalayan salt & a little apple cider vinegar or lemon juice (sour) & black pepper (bitter) & medicinal mushroom mix or tomato paste or parsnips (savory flavor) & olives (no CA black) or avocado before serving or unheated/cold pressed/unrefined oils right at serving or cooking with coconut oil/butter/ghee/lard (fat) & onions & garlic & Italian seasonings & curry & Ceylon cinnamon so it tastes better than processed or restaurant food w/treat being cocoa with raw honey or allulose blend and melt no sugar bakers chocolate & add raw honey or allulose blend then freeze in small ice cube tray & drink cocoa & nibble in chocolate bars all day (lowers heart disease & diabetes) to lower temptation of other processed foods & eating ketogenic diet to reverse 80% of physical & mental health problems

Growing new neurons & speeding up neural processing helps increase cognition & productivity.

Here's what else grows neurons & helps in order of studied effectiveness:

Lithium chloride (cheapest)/orotate 5mg or less (OTC)

Phenylalanine (DLPA) 50mg or more (not with L-dopa) or L-Tyrosine- dopamine & thyroid inc. for Parkinson's, mood, energy or Dopa macuna 50mg

Acetyl-L-Carnitine (ALCAR)

Alpha lipoic acid, 600mg at wakeup & before/during meals, next best astaxanthin, tumeric & black pepper

Spirulina 500mg-8g (with a vegetable) for EPA & DHA omega3 fatty acids mood, concentration, heart, liver etc.

C60 (deeper sleep, greater mental & physical energy & may be strongest anticancer)

MCT oil

Lecithin liposomal vitamin C (or phosphatidylserine choline liposomal)

Lion's mane mushroom

Agmatine

Pycnogenol- marine pine bark extract

Ginkgo

Blueberries

Theobromine in cocoa & dark chocolate (no milk, low sugar) not alkalyzed, not Dutch

Theanine & caffeine in tea

Caffeine in coffee

Black seed oil (nigella)- BSO

Bacopa

Rhodiola

Exercise- especially weightlift & high intensity, rubber straps can be used from home \$5 Five Below

Meditation

40-90hz binaural/isochronic sound (40hz for Alzheimers)

If can't be in sun, 100-150 watt red coated incandescent/halogen infrared bulb 2-3.5min every 2-4hours or on forehead & back of head then 2-4 hours later side & side of head

Ketogenic diet

Daily fasting- 12-18 hour between eating

hyperbaric oxygen 2.5x higher pressure 100% O2

Head & torso elevated by at least six inches at sleep w/pillows or blocks under legs at head of bed

New learning

Sex

Decrease neural growth (in order)-

Toxins in nonorganic food-glyphosate/Roundup, GMO, pesticides & herbicides & fungicides, additives
aspartame/Nutrasweet/Equal/Neotame (methanol to formaldehyde).

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

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 # (also often has lead added)

T. gondii infection from cat litter appears to triple men's at fault car accidents, cause adhd symptoms

anticholinergics & loop diuretics

Sucralose/Splenda

Sugar (organic honey appears safe)

Calcium (good only in food, not as supplement)

Dairy (unless raw, organic grass fed A2)

Supplements that help:

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.

Nootropic mixes:

Qualia mind

Dr. Amen BrainMD

High level low side effect anti-inflammatories-

Alpha lipoic acid – appears to help nerve pain (migraines 1 hour 80%, sciatica, neuropathy, SRI withdrawal) fastest & best

Turmeric (with a little black pepper)

Ginger

Astaxanthin

Boswellia (frankincense from the bible)

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

theepochtimes.com/health/fighting-back-against-covid-vaccine-injury_5205798.html

Vitamin D3- fat soluble so take with a meal if swallowed. 125 mcg (5k IU) with fat or 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 1.25mg (50K IU) it may reduce autoimmune disorders by 95% (safe with organic kale's magnesium, zinc, & vit K1 converts to K2 or organic natto or 500mcg vitamin 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 Loraine 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

Hydrafinil, 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. All increase dopamine.

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

Agmatine

Agmatine (from arginine) appears to increase blood flow in the brain & neurons, improving healing.

theepochtimes.com/health/fighting-back-against-covid-vaccine-injury_5205798.html

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#ixzz3G4emQKjq

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.

Lopresti AL. *Salvia* (Sage): A Review of its Potential Cognitive-Enhancing and Protective Effects. *Drugs* R D. 2016 Nov 25.

Kennedy DO, Pace S, Haskell C, Okello EJ, Milne A, Scholey AB. Effects of cholinesterase inhibiting sage (*Salvia officinalis*) on mood, anxiety and performance on a psychological stressor battery. *Neuropsychopharmacology*. 2006;31(4):845–52.

Scholey AB, Tildesley NT, Ballard CG, Wesnes KA, Tasker A, Perry EK, et al. An extract of *Salvia* (sage) with anticholinesterase properties improves memory and attention in healthy older volunteers. *Psychopharmacology (Berl)*. 2008;198(1):127–39.

Perry NS, Bollen C, Perry EK, Ballard C. *Salvia* for dementia therapy: review of pharmacological activity and pilot tolerability clinical trial. *Pharmacol Biochem Behav*. 2003;75(3):651–9.

Akhondzadeh S, Noroozian M, Mohammadi M, Ohadinia S, Jamshidi AH, Khani M. *Salvia officinalis* extract in the treatment of patients with mild to moderate Alzheimer's disease: a double blind, randomized and placebo-controlled trial. *J Clin Pharm Ther*. 2003;28(1):53–9.

Tildesley NT, Kennedy DO, Perry EK, Ballard CG, Wesnes KA, Scholey AB. Positive modulation of mood and cognitive performance following administration of acute doses of *Salvia lavandulaefolia* essential oil to healthy young volunteers. *Physiol Behav*. 2005;83(5):699–709.

Tildesley NT, Kennedy DO, Perry EK, Ballard CG, Savelev S, Wesnes KA, et al. *Salvia lavandulaefolia* (Spanish sage) enhances memory in healthy young volunteers. *Pharmacol Biochem Behav*. 2003;75(3):669–74.

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.

naturalnews.com/047209_brain_health_IQ_cognitive_function.html#ixzz3G4f1WiZi

Nigella- black seed oil (BSO)

BSO is neuroprotective and helps reduce seizures, Alzheimer's, Parkinson's & more

Mohammad Reza Khazdair, "The Protective Effects of *Nigella sativa* and Its Constituents on Induced Neurotoxicity", *Journal of Toxicology*, vol. 2015, Article ID 841823, 7 pages, 2015. <https://doi.org/10.1155/2015/841823>

"Numerous therapeutic benefits of the plant extract against diabetes, hypertension, pediatric seizures, opioid dependence, anxiety, arthritis, various infectious diseases, infertility, dyspepsia, asthma, allergic rhinitis were demonstrated by clinical studies."

Maryam Nayeem, Mohammed K. Ahmed, Arshad Jawed, Saeed Alshahrani, Hafiz A. Makeen, Manal M.E. Taha, Sohail Hussain, Sadaf Jahan, Andleeb Khan, Chapter 7 – A meta-analysis of *Nigella sativa* in respiratory disorders, Editor(s): Andleeb Khan, Muneeb Rehman, Black Seeds (*Nigella Sativa*), Elsevier, 2022, Pages 177-196, ISBN 9780128244623, <https://doi.org/10.1016/B978-0-12-824462-3.00007-X>, (<https://www.sciencedirect.com/science/article/pii/B978012824462300007X>)

Coffee fruit extract

Coffee fruit extract appears to reliably increase cognitive performance by decreasing reactive oxygen specials (ROS) and increasing a brain derived neurotrophic factor (BDNF).

People with mild cognitive decline completed working memory tasks faster in the below study after taking coffee fruit extract.

pubmed.ncbi.nlm.nih.gov/31829793/

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

Schlaug G, Renga V, Nair D. Transcranial Direct Current Stimulation in Stroke Recovery. Archives of neurology. 2008;65(12):1571-1576. doi:10.1001/archneur.65.12.1571.

An T-G, Kim S-H, Kim K-U. Effect of transcranial direct current stimulation of stroke patients on depression and quality of life. Journal of Physical Therapy Science. 2017;29(3):505-507. doi:10.1589/jpts.29.505.

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

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/>

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Category

1. Uncategorized

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