

## Concussion Guidelines

Here are some general recommendations to help you recover faster from a concussion.

### Accelerated brain healing supplements

These supplements can help naturally reduce your inflammation and pain and help speed up the healing process. For your convenience, we stock these at the clinic.

- **Omega 3 (fish oil)** - 2000-3000 mg per day of EPA/DHA. You must look at the EPA/DHA content, not just the total mg of fish oil. We stock Nutri Eskimo Balanced Mind which has 550 mg per capsule.
- **Magnesium** - (any form except oxide). Most people will need at least 400 mg per day with meals. We stock Magnesium Duo Plus which is a combination of Magnesium Glycinate and Citrate.
- **Turmeric and Resveratrol** - high doses of these help to reduce inflammation. We use either Total FLM or KappArest for just this purpose. Our preference for concussions is KappArest as it contains higher amounts of the active ingredients.
- **Vitamin D** - ideally we would like a blood test to see what your levels are, which should be between 125-200 nmol/l. However, since a significant percentage of people in the UK are thought to be deficient, a generally safe starting dose would be between 2000-4000 IU/Day for 2 weeks following the concussion. We stock Vitamin D in both tablet and liquid form at the clinic.
- **Glutathione** - a powerful antioxidant found in every cell of the human body. It plays a critical role in protecting cells from oxidative stress. We stock Oxicell (KR22) cream for this purpose.



### Foods to avoid

- **SUGARS, including FRUITS** for a minimum of 7 days. These will ramp up inflammation.
- **GLUTEN** (wheat, barley, rye, oats). Gluten can be neuroinflammatory.
- **COW'S MILK** (milk, butter, cheese, cream). These can be neuroinflammatory for some people.
- **MSG or ARTIFICIAL SWEETENERS** - both are excitatory neurotoxins and can slow healing.
- **PROCESSED FOODS** like cereal, breads, pasta, chips, cookies, etc. If it comes in a packet or is made in a factory, don't eat it.



### So what can you eat?

- Eat a wide variety of vegetables, olive oil, avocados, nuts, coconut oil, organic meats, wild caught fish (eat the skin as well) and beans.
- For more ideas, look at the Autoimmune Paleo or Ketogenic diets. If possible, have 4 tbsp of organic coconut oil per day to help with brain healing. You can take this straight if you can tolerate it, or you can add it to smoothies alongside unsweetened almond or coconut milk.



### Further Recommendations

- Low level laser treatments at the clinic 2-3 times per week. These will stimulate the brain to heal faster, calm down the immune reaction and inflammation and help stimulate new nerve connections.
- Take time off work or school. Stop either as soon as you feel increased headache, drowsiness, moodiness, or difficulty concentrating, nausea, dizziness, etc. Your brain needs to rest just like an injured muscle does.
- Avoid bright lights, loud noises, fast moving shows on TV or movies (such as action flicks, as they stress the brain).

If you have questions or are unclear on any of the points, be sure to let us know. You can email us at: [enquiries@chiropractic-clinic.com](mailto:enquiries@chiropractic-clinic.com) or visit our website [www.chiropractic-clinic.com](http://www.chiropractic-clinic.com)