



“Products that Heal the Traumatized Brain”

By Mary Ellen Mann, LCSW

Trauma decays the brain because cortisol (or neurotoxin as I like to call it) is the number one hormone circulating through the brain, when it is triggered. The following ideas are helpful in restoring the brain into balanced state. None of the products have been contraindicated for psychotropics, or medication for depression, anxiety, bipolar disorder or attention deficit/hyperactivity. However, please contact your pharmacist to explore any concerns you may have as I am not a medical professional.

Brain Energizer sold at Stop Aging Now*—combining CoQ10 (primary player in energy production), DHA (Omega 3 Fat), curcumin (a compound in found in turmeric; a brain protector); Alpha Lipoic Acid (antioxidant, protects the mitochondria); Vita Berry (“high” antioxidant); Vinponature (increases blood flow to the brain) into one formula. These products are widely recognized by neurologists as assisting brain health in decaying brains.

If you’re not interested in the product just mentioned, consider looking for these products separately but note the following information for the highest integrity product.

CoQ10—100 mg per day, watch out for “fake” CoQ10 if the label says “trans-form” don’t buy it.

DHA—100 mg per day, some people find that they prefer plant based because of marine pollutants like mercury

Curcumin—The good stuff in curcumin is called “curcuminoids” so look for a supplement that provides about 200 mg per day and is standardized to 95% total curcuminoids for maximum benefits.

Alpha Lipoic Acid—200 mg per day

In addition to these products, apply the following to your daily regimen.

20 Minutes of cardio (medium exertion) per day. Yes, walking briskly counts!

7 Minutes of Mindfulness: prayer, visualization with coordinated breathing.

Visualization/meditations are provided in my book, *From Pain to Power*, Chapter 9 “Reconstructing Your Body.”

Coordinated breathing is 4 count inhale, 4 count hold, 4 count exhale. Do this 4 times. (Just like the Navy Seals!)

**Stop Aging Now and Last Battle have no agreement to endorse their products. I personally use them and am aware of the integrity of this company as it is endorsed by Dr. William Blaylock, M.D., neurosurgeon and winner of multiple awards for integrity in medicine. Stop Aging Now: www.StopAgingNow.com; 800.627.9721*

