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Top Ten Brain Health Recommendations by Dr. Grover! (A supplement to the May 2013 Radio discussion on Brain Health with Robin Fisher RN.

1. Optimize nutrition-

Eat more whole foods, less processed, and organic foods when possible. Mediterranean style diet best. Chicken, fish, lean meats, plenty of veggies and fruits high in anti-oxidants. Consider adding supplements including omega-3 2 grams/day, B-complex, Co-q10 100mg/day Magnesium threonate, Vitamin D 5000 IU/day. Test your Vitamin D level and shoot for a level of 60-90 for best results.

2. Balance hormones- if needed, balance estrogen/progesterone/testosterone in women to optimal range to improve neurogenesis. Blood flow to brain improves with estrogen and gaba neurotransmitter is enhanced for better sleep with progesterone. For guys, balance testosterone. For both sexes also balance thyroid/adrenal/growth hormone.

3. Reduce inflammation- Fat creates inflammation and diabetes creates even more inflammation. Lose weight and treat or reverse diabetes. Reduce trans-fats limit processed foods, high fructose corn syrup. Avoid or limit toxin exposure from environment- cleaners, insecticide, mercury, lead. Check for food allergies is gut issues. Supplements that can help: glutathione, NAC, ALA, Curcumin

4. Reduce stress- Stress raises cortisol and will shrink your brain by reducing the regeneration of brain cells. hormone imbalances may follow as well in this unhealthy cascade. Add mindful activities such as meditation, yoga, prayer to your day to keep stress at bay.

5. Enhance blood flow to brain- exercise and sex will help of course! Supplements such as Co-q10, l-arginine, ginkgo, vinpocetine. Hormone balancing if needed. We can assess blood flow in your brain locally with Spect imaging. (Cerescan) They are similar, but better imaging quality than Amen clinics. See Cerescan.com Near infrared light therapy is being applied to scalp in investigational study at our office with incredible success for treatment of traumatic brain injury and mild cognitive impairment.

6. Balance the gut- If bloating, brain fog, muscle aches, screen for gluten sensitivity and Celiac with your doctor. More sensitive screening through Cyrex or Alcat labs can be done if labs negative and still concerned. Take a daily well balanced probiotic.

7. Optimize detoxification- Eat organic foods, whole foods that don't have potential pesticides, hormones. Consider checking MTHFR blood test to check for methylation genetic defect. If present, you will need to add methylfolate under your doctors recommendation. More at mthfr.net. Consider daily NAC to enhance detox, Annual detox with opticleanse (xymogen product) for 3 wks.

8. Provide optimal energy for your brain!- healthy nutrition as per recommendation 1, Protein with each meal, Consider adding phosphatidyl serine, phosphatidyl choline, omega-3, co- q 10, glutathione. See our website to order Neuroactive brain sustain from xymogen on wellness page and others if interested.



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9. **Balance your brain waves-** Consider checking a Qeeg brain map to assess function and balance. If symptoms and map show strong correlations consider neurofeedback. See our website, RevolutionaryMD.com, see Brain Health page to learn more.
10. **Spiritual balance-** Everyone needs to find and develop their own spiritual path and balance. Connect to nature, god, the universe, and love yourself, your family, and develop compassion for all, even those who you consider your enemies. If you are atheist, then at least enjoy nature!

Please book an appointment with Dr. Grover if interested in learning more about the comprehensive brain health diagnostics and therapies they offer.

Thank you.