

Brain Injury and Brain Health

Trauma impairs nutrient uptake, and nutrients to the brain are impaired with any kind of brain injury or damage. Brain functioning depends on healthy neurotransmitters. These are brain chemicals that carry information and that act like electric switches. When the brain is traumatized, these “switches” can get short-circuited.

Body Balance is a rich ionic mix of mineral electrolytes, which feed the electrical impulses in the brain. These nutrients are in a form that is readily absorbed into the blood, across the cell membrane and is able to be utilized by the cell. These minerals are bonded to protein molecules that transport them to the bloodstream and enhance absorption. There are specific mineral deficiencies that have been implicated in the breakdown of optimum brain function, including boron, manganese, potassium, copper and zinc. Sea vegetation is reported to be very beneficial to brain tissue, the membranes surrounding the brain, the sensory nerves, and the spinal cord. Aloe vera is renowned for healing tissue.

Osteoprocare and Osteomegacare are wonderful sources of highly bioavailable calcium. Calcium is needed by the body for transmission of nerve impulses, for muscular contraction, and for its calming effects. Calcium is also needed for lowering blood pressure and providing energy. Deficiencies of calcium are associated with cognitive impairment and depression. Magnesium is also needed for energy production. Deficiencies cause all kinds of nervousness problems. Adding magnesium supplementally helps prevent depression. Deficiency symptoms include confusion, chronic fatigue and depression. Essential fatty acids in the Osteomegacare help promote brain and nerve function as well as a healthy immune system.

Amino Charge contains bioavailable amino acids that serve as fuel for the brain. They are the building blocks that are used by the body to help sharpen learning, memory and awareness. They are also needed for elevating mood and motivation, prevent depression and to enhance brain metabolism. Amino acids reduce the production of free radicals and assist in the exchange of nutrients. Amino acids are necessary for the brain to receive and send messages, and enable the vitamins and minerals and other nutrients to work. Amino acid deficiencies are implicated in neurological problems and depression. High doses are used in some hospitals to treat major brain trauma. All essential amino acids need to be present simultaneously to work properly with the central nervous system and the adrenal glands, and Amino Charge has a full spectrum of all of these. The 5HTP is what the body uses to produce serotonin, a vital brain chemical. It is also used to reduce cortisol levels which are elevated in times of stress.

Sunbright also contains essential amino acids, as well as herbs and other nutrients to help maintain healthy brain function. Gingko biloba has been shown to improve memory, alertness and attention. It dilates the blood vessels in the brain enabling more oxygen and nutrients to nourish the brain cells and destroys free radicals to protect brain cells. Gotu kola nourishes the brain, decreases depression and improves memory. Wild Yam is a natural precursor of DHEA, which counteracts the stress hormone cortisol. Green tea extract combats mental fatigue and is a powerful antioxidant. Astragalus aids adrenal gland function, promotes cellular healing and provides energy to combat fatigue and prolonged

stress. Ginger is a strong antioxidant, fights inflammation and stimulates circulation. It is also useful for headaches and motion disorders. Yerba mate cleanses the blood and stimulates the mind. GABA functions as a neurotransmitter and is probably one of the most vital nutrients needed for brain health. It is essential for brain function and metabolism, and has a calming effect.

Flexioplus has MSM as one of its main ingredients. MSM is needed for proper immune function and hormone balance, and is also used to increase alertness, mental calmness, and ability to concentrate.

Sunset is calming and a great support for exhausted nerves. COQ10 oxygenates the blood and has a positive effect on moods. Valerian promotes better sleep patterns. Chamomile reduces inflammation and aids digestion and sleep. It is a remedy for headaches and pain. Hops reduces anxiety and is useful for insomnia and shock. Passionflower has a gentle sedative effect and is helpful for insomnia. Skullcap aids sleep and improves circulation. Good for headaches and pain.

Vitali-C Plus aids in restoring healthy immune function. Vitamin C reduces blood clotting tendency and improves cerebral circulation.

Dream Away contains additional amino acids as well as melatonin which aids sleep, helps maintain equilibrium and strengthens the immune system.

True Greens is also a source of essential fatty acids, needed for brain and nerve function, for transmission of nerve impulses. It is high in chlorophyll and is nutrient-dense. It is an alkaline food, which is important for healing, as stress creates acidity in the system. Lecithin contains choline and is needed for improved memory as well as brain cell protection and function. Grapeseed extract has powerful antioxidant capabilities and protects the brain against free radical damage.

TruBoost contains the adaptogens Tulsi and Ashwaganda. These rejuvenate and energize the nervous system, help counteract stress-related depletion of Vitamin C, and modulate and rejuvenate immune function.