

How to Recover from a TBI/Concussion Fast

Recommendations:

- A lot of sleep and doing nothing in a dark room (no TV, no reading, no typing - just eyes closed)
- Constant use of orange-tinted, red-tinted or standard ray ban [sunglasses](#). Full darkness via [eye mask](#).
- Constant use of [earplugs](#)
- Limited access to emails and technology
- [Blue light blockers](#) (RaOptics) with [Iris](#) on all monitors
- Daily use of a [Vagus nerve stimulation](#) device
- Daily use of a [wearable Brain Photobiomodulation device](#) (LLLT)
- Daily Sensory deprivation chamber - [Zen Float](#) or [Blue Light Floatation](#)
- Daily [Hyperbaric Oxygen Chamber](#) / [HBOT](#)
- Full Ketosis / no carb diet / no sugar - [read my article on ketosis here](#)
- Water with 20mg of [Ketone Ester](#) added in, sipped throughout the day
- Short (1~2 week max) course only of HGH
- Intranasal V Cell stem cells or umbilical amniotic - [here is my latest podcast about stem cells with Dr. Tami Meraglia](#)

Sample morning routine:

- Wake up as late as possible
- Take 10ml of ketone esters such as [KetoneAid](#) or [HVMN](#)
- Consider also the use of [Lion's mane/Psilocybin blend](#)
- Do 20~30 minutes of light cardio or [sauna](#)/cold
- Use full body [photobiomodulation](#) 10~20 minutes (e.g. JOOVV)
- 1 cup of green juice (with tons of greens) such as [Organifi](#) (use code BENG20 to save 20%) or [Athletic Greens](#)
- 25 minutes of [Vielight](#) (LLLT therapy)

Midday:

Consume a comprehensive "brain-enhancing" shake.

Brain Shake Ingredients (made in a [Nutribullet](#))

1. [Olive oil](#) (1 tablespoon)
2. [Brain Fuel](#) (1 tablespoon)
3. Half an Avocado
4. Half a cup of [no sugar almond milk](#) or [coconut milk](#)
5. [Arthroben](#) - 1 heaping tablespoon

6. Primal herbs mushrooms - ½ teaspoon for each of the ones below
 - [He Shou Wu – Fo Ti Root Extract Powder](#)
 - [Adrenal Support](#)
 - [Wild Chaga Mushroom Extract Powder](#)
 - [Neuro Shroom](#)
7. [Red beets](#) - 1 teaspoon
8. [Primal Defense Probiotic](#) - 1 scoop
9. [Cinnamon](#) - sprinkle to taste
10. [KION Aminos powder](#) - 1 scoop
11. [Matcha DNA](#) - 1 scoop
12. [Collagen](#) - 2 scoops
13. [Metagenics ketogenic shake mixture](#) - 1 scoop
14. [Greens](#)
15. Lots of Water
16. Lots of Ice

Occasional additions:

1. Avocado pit (from a real avocado)
 2. [Cacao nibs](#)
 3. [Cacao powder](#)
 4. [Glutamine](#)
 5. [Agmatine](#) - 1 scoop
 6. [Citrulline](#) - 1 scoop
 7. [Beta-alanine](#) - 1 scoop
 8. [Glycine propionyl-L-carnitine](#) (GPLC)
 9. [Metagenics Ketone Salts](#)
 10. [Probiotics](#)
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- [Complete Biocharger](#) on a concussion setting or [PulseCenters PEMF](#) cranial stimulation protocol
 - Have one cup of [green tea](#) (Use discount code: GREEN15 and get a 15% discount on any order)
 - Have one [ginger](#) shot
 - Nap / sleep
 - Use [Nucalm](#) (discount applied at checkout, 65% off the first month of any new monthly subscription) or go to [HBOT](#) and/or [float sensory deprivation tank](#)

Afternoon:

- Spend 1 hour of emails
- Sleep more if possible

- Meditate in [HBOT](#) and/or [float sensory deprivation tank](#)
- Second [PEMF](#) or [biocharger](#) session on a concussion setting

Nighttime:

- 40~80mg [CBD oil](#) at night
- 4~6 capsules [MagSRT](#) at night
- 8~9 hours sleep

Diet:

- 12~16 hour intermittent fast
- 2 meals per day
- First meal is a specially made brain focused shake as above
- Second meal is an antioxidant rich salad with mixed greens, broccoli, [olive oil](#), [sardines](#) or [salmon](#), shrimp, boiled egg, [olives](#), [jalapeños](#) and 2 cloves of [garlic](#)
- EPA/DHA - 10g+/day (e.g. [Superessentials Fish Oil](#))
- Curcumin / Turmeric - such as [Thorne Meriva](#), daily.
- [TianChi](#) - One to two packets per day
- [Alpha Lipoic Acid](#) - 600mg or 1 tablet
- Folic Acid in good form, such as [Thorne Multi - 3AM/3PM](#)
- [Vitamin C](#) - 1500mg ~ 2000mg in the morning and again in the afternoon-evening (e.g. [Jigsaw Health](#) or [American Nutraceuticals](#))
- [Vitamin D](#) - 5000mg before bed
- Magnesium - e.g [MagSRT](#) before bed
- [NAD/NMN](#) or [NR](#) - once morning, once evening - or daily NAD Patch or IV
- [Acetyl L Carnitine](#) - with breakfast
- [Resveracel](#) or [NiaceL](#) - 3 in the morning
- [AlmsBIO Glutathione](#) - 1 serving/day
- [B Complex](#) - b50 - 1 tablet at lunch
- [Four Sigmatic 10 Mushroom Blend](#) - with any coffee or tea during day
- [Taurine](#) & [Creatine](#): with main meal of day
- High dose Melatonin (e.g. [Quicksilver](#)) before bed (use code GREENFIELD10 to save 10%)

Other options:

- EWOT (e.g. [LIVEO2](#) - use code BEN for a \$300 discount)
- [Gonstead Chiropractic](#) adjustments
- Visit [Peak Brain Institute](#) or [CognitiveFX](#)
- Acupressure and/or acupuncture
- Peptides: Semax/ DiHexa/ Cortagen/ Pinealon/ [BPC-157](#) - [click here](#) to listen to my latest peptides podcast with Dr. William Seeds

My podcasts about TBI/Concussion:

- [Concussions: A Must-Listen Podcast If You Or A Loved One Have Ever Had A Head Injury.](#)
- [Nasal Glutathione, Psychedelics, Dynavision & More – The Concussion Repair Manual: A Practical Guide to Recovering from Traumatic Brain Injuries.](#)
- [Why You May Have A Head Injury Or Concussion \(Even If You Don't Know It\) And What To Do About It.](#)
- [How to Feed a Brain: Nutrition for Optimal Brain Function and Repair](#)
- [42 Different Ways To Build A Better Brain, The Problem With Modern Smart Drugs, Hacking Your Neurons & More.](#)

Book on concussion and TBI: [*The Concussion Repair Manual*](#) by Dr. Dan Engle