

Head Injury Protocol

Dietary recommendations:

- As much as possible, follow an anti-inflammatory diet – see handout on our website: <https://quest-center.org/medical-appointment-details>. The brain is already inflamed and we are trying to calm this inflammation. It is especially important that you avoid damaged fats – deep-fat fried foods, trans fats. Avoid nutra-sweet containing foods, corn syrup, sugar and especially alcohol.
- Absolute avoidance of corn, soy, spinach and tomato for some months until blood brain barrier healed.
- Keep your blood sugars very steady; do not skip meals.
- Eat lots of antioxidant rich foods; such as deep colored orange, green, and purple colored vegetables and fruits – carrots, sweet potatoes, squash, kale, chard, blueberries, plums, etc.
- Eat high quality proteins such as wild salmon and sardines.
- Eat plenty of healthy fats – fish oils, coconut oil, pasture butter (such as Kerrygold), avocado, walnuts, almonds.
- Stay hydrated. Drink ½ your body weight in ounces daily (example, if you weigh 150 lbs, drink 75 ounces of water daily).

Supplements/botanical medicine: *Can purchase most of these through Fullscript/Wellevate.*

- Oxicell (Apex): High potency anti-oxidant – 1 pump rubbed into hairless skin 2x day.
- Fish oil: 2-3 grams daily
- Curcumin: Turmero – 5 ml 2x day for 2 days, then 10 ml 2x day until the bottle is gone. Follow with Curcumin 500: 2 capsules daily.
- Magnesium: 400 mg daily (Triple Mag – 2 capsules daily)
- Multi – Ultra High: 3 capsules daily with food.
- Arnica 200c: 3 pellets under tongue 1x day for 3 days. Best taken away from food.

Physical medicine:

- Cranial osteopathy: Dr. Tom Stason at Insight Osteopathics: 7910 NE Failing Street, Portland, OR 97213. PH: 503.491-5555. *Let us know if you want a referral: ma@quest-center.org.*

Other recommendations:

- REST: It is critical that you avoid mental activity or any kind of over-exertion as much as possible. For children, this means staying home and away from electronics or other forms of stimulation.
- SLEEP.
- Exercise: After I have cleared you, gentle exercises such as qigong, tai qi, yoga will be helpful.
- Meditation: Choose a simple program and practice for 5 – 30 minutes daily – helps to calm the nervous system. You can try the following from Thich Nhat Hanh: Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment, I know that this is the only moment.

Resources: <https://www.biaoregon.org/>