

# How do I help my brain?

## Essential Fatty Acids:

Did you know that the brain is over 60% fat and therefore we need healthy fats in order to help support our brain and memory? Essential Fatty Acids from foods like Salmon, Beef, coconut oil, and organ meats can be a great source of these for your brain.



Parrish Chiropractic and Functional Health

## Amino Acids:

Your body uses proteins called amino acids as a building block for everything in your body all the way down to your DNA. Making sure you are getting enough protein in your diet is vital for brain health.

## Trace Mineral Support:

Sometimes the body runs low on trace minerals especially in the Standard American Diet. Supplements and foods that contain these minerals like vegetables are a great support to your brain function and health. If you have questions about diet or certain supplements that would be beneficial to your health feel free to call the office and schedule for a consultation today!



## What if I already had injury to my brain?

Maybe you had a concussion or a stroke or have a condition like Alzheimer's, Parkinson's, or Multiple Sclerosis and are wondering am I already too far gone. While the brain is often difficult to heal there is some hope as by following this advice above one can work to maintain your current function and maybe even improve. In our office we can work with you to find the best diet, exercises, and treatment for you to improve the quality of your life.

*With any supplementation always talk to your doctor as each supplementation protocol is different for each patient and their conditions and has potential for interactions with any medications you may be taking.*

**If you have any questions about your health or even about this information feel free to give us a call at 636-207-6600 or email us at [parrishchirofunctionalhealth@gmail.com](mailto:parrishchirofunctionalhealth@gmail.com).**