

Traumatic Brain Injury Recovery Protocol

Clinical Protocol to Support Brain Health and Function*



As the world's leading provider of combat sport medical services, ProAm Medical has developed a comprehensive recovery protocol for concussion as a part of its ProListic Health, combining traditional and holistic medicine for effective, all-natural treatment solutions.

A concussion is more than just a bump on the head—it's a traumatic injury that can temporarily or permanently alter brain function and negatively impact physical, mental, and emotional health. Symptoms can vary widely, including headaches, dizziness, memory loss, concentration issues, and even emotional changes. In severe cases, concussions can lead to longer-term complications, making effective treatment crucial.

While conventional treatment options include rest, observation, and physical therapy, our holistic approach to healing offers additional treatment support by addressing the underlying inflammation, oxidative stress, and cellular damage from concussion to speed up concussion recovery and reduce the risk of long-term effects.

Our treatment options include natural therapies like dietary adjustments, targeted supplements, herbal remedies, and hyperbaric oxygen therapy to support optimal healing.

Benefits of Naturopathic Concussion Treatment

- **Holistic Healing:** Naturopathic treatments address both physical and mental well-being, helping to reduce stress, improve sleep, and boost overall recovery.
- **Personalized Care:** Every brain injury is unique, and naturopathic treatments are tailored to meet individual needs, providing a customized approach that can enhance healing.
- **Reduced Dependency on Medication:** Natural therapies like supplements, diet, and HBOT can reduce the need for pain medications and other pharmaceuticals, offering a gentler approach to recovery.
- **Improved Long-Term Brain Health:** Naturopathic treatments don't just help with short-term recovery; they can also support long-term brain health, reducing the risk of future complications.

Diet Modification for Brain Recovery

Diet plays a crucial role in concussion recovery, as certain foods can reduce inflammation, support brain health, and provide the nutrients necessary for healing. Here are some dietary changes that can enhance recovery from a concussion:

- **Increase Omega-3 Intake:** Fatty fish like salmon, walnuts, and flaxseeds are rich in omega-3 fatty acids, which support brain cell repair and reduce inflammation.
- **Eat Antioxidant-Rich Foods:** Berries, leafy greens, and dark chocolate are packed with antioxidants that protect the brain from oxidative stress.
- **Reduce Sugar and Processed Foods:** High-sugar and processed foods can increase inflammation in the body. Minimizing these can support a quicker recovery by keeping inflammation levels low.
- **Hydrate Properly:** Dehydration can exacerbate symptoms like headaches and fatigue. Drinking plenty of water and including hydrating foods like cucumbers and watermelon can help reduce these symptoms.

Hyperbaric Oxygen Therapy (HBOT)

Available at our ProAm Medical clinic in Las Vegas, Hyperbaric oxygen therapy (HBOT) is a groundbreaking treatment used to enhance recovery in individuals with brain injuries. HBOT involves breathing pure oxygen in a pressurized chamber, which allows the blood to carry more oxygen to damaged tissues, accelerating the healing process. For concussion patients, HBOT can help reduce inflammation, promote cellular repair, and improve blood flow to the brain. Studies have shown that HBOT may improve cognitive function, reduce post-concussion symptoms, and support the brain's natural healing processes. Our chamber is hard-shelled, providing a comfortable and safe treatment environment under careful medical supervision.

Please consult with and discuss with your medical provider before considering this or any other treatment options. A ProAm medical provider is also available to discuss your treatment options.

Supplement and Herbal Protocol

Primary Support: Brain Health and Healing

Brain Boost Herbal Tincture

Dose	2 dropper full 2 times daily	Duration	Ongoing as needed
Formula Highlights	<p>Dr. Syd’s Brain Boost Tincture is a premium nootropic herbal formula designed to support cognitive health and recovery. Specially crafted to assist with concussion recovery, traumatic brain injury (TBI), ADD, ADHD, and brain fog, this powerful blend of natural ingredients promotes mental clarity, focus, neural healing and includes:</p> <ul style="list-style-type: none">● Gotu Kola: Known for improving circulation and promoting neural regeneration.● Acorus: Supports memory and cognitive performance.● Bacopa Monnieri: A proven nootropic for enhancing learning and reducing brain fog.● Rosemary: Improves memory and concentration through increased blood flow to the brain.● Ginkgo Biloba: Boosts oxygen delivery and supports mental acuity.		

SAcetyl Glutathione Synergy™

Dose	2 capsules twice daily	Duration	Ongoing as needed
Formula Highlights	<p>SAcetyl Glutathione Synergy™ is a unique formula of SAcetyl glutathione, vitamin B6 (as P5P), and 1 g of NAcetylLcysteine (NAC) to help support antioxidative status, cellular and immune health, healthy aging, normal detoxification, and a healthy inflammatory response. Glutathione (GSH) consists of amino acids, namely cysteine, glutamine, and glycine. GSH is considered the body’s “master” antioxidant, which is critical for the maintenance of antioxidative balance and helping to protect cells from the effects of oxidative stress. The intake of vitamin B6 may help support cellular health, brain function, and a healthy mood by supporting critical enzymatic functions. NAC is a critical precursor to glutathione supporting antioxidative status in the body by promoting normal glutathione levels and neutralizing reactive oxygen species.</p>		

OmegaAvail™ Hi-Po 60 softgels

Dose	2 soft gels daily with meals	Duration	Ongoing as needed
Formula Highlights	<p>OmegAvail™ Hi-Po delivers the highest concentration of the essential omega-3 fats, EPA and DHA, of any Designs for Health fish oil softgel formula per serving.</p> <p>EPA — Supports healthy brain function, positive mental outlook, skin health, normal cholesterol metabolism, and a healthy inflammatory response.</p> <p>DHA — Supports proper brain development and function, vision, normal triglyceride metabolism, eye development, cell membrane integrity, and a healthy pregnancy for expectant birth parents.</p>		

Lipoic Acid Supreme™

Dose	1 capsule per day	Duration	Ongoing as needed
Formula Highlights	<p>Lipoic acid is a sulfur-containing compound that helps the body respond to of oxidative stress.* Both the oxidized and reduced forms of lipoic acid support the regeneration of other antioxidants, including glutathione (the body’s master antioxidant) and vitamins C and E, and coenzyme Q10. In the body, lipoic acid supports modulation of the hormone insulin and certain inflammatory pathways.* Lipoic acid has also been shown in research to be able to cross the bloodbrain barrier helping to support brain health by promoting the body’s antioxidant status in the brain.*</p>		

Curcum-Evail® 400

Dose	2 soft gels daily with meals	Duration	Ongoing as needed
Formula Highlights	<p>Curcum-Evail® is a highly bioavailable proprietary blend of three bioactive, extensively researched curcuminoid compounds. Curcumin is derived from turmeric (Curcuma longa), which is traditionally used both as traditional herbal remedy and a spice. Curcumin supports healthy metabolism, cellular function, and healthy cardiovascular and neurological functions.* It also supports a healthy response to oxidative stress and a healthy inflammatory response within the body.*</p>		

Ultimate Antiox Full Spectrum 90 capsules

Dose	3 capsules daily	Duration	Ongoing as needed
Formula Highlights	<p>Ultimate Antiox Full Spectrum is a unique antioxidant formula derived from a combination of some of nature’s most powerful herbs and spices, along with other classic and novel antioxidant compounds, to help the body properly combat cellular stress.* These ingredients were specifically selected for their protective ability to maintain the function and integrity of both water-based and lipid-based body structures and compounds – including cell membranes (protective outer layer of cells), LDL cholesterol, proteins, and enzymes – against oxidative stress from free radicals. When these body tissues and compounds become damaged, they lose their ability to perform their biochemical functions properly.</p>		

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DLHer. Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies. St. Louis, MO: Mosby-Elsevier; 2008.