

How to

Feed a Brain

5

Powerful Supplements for Brain Function and Repair

DHA

The "conditionally essential" Omega-3 fatty acid to [Protect & Restore](#) the Brain

The importance of DHA for brain repair is well known in scientific literature for its use in TBI recovery and neuroprotection (as well as immunity and neuroplasticity). In fact, research suggests that a diet high in DHA is what gave way to the drastic increase in the use of the human brains. 60% of the brain is lipid and, in grey matter, most of the fatty acids are DHA. I believe that DHA is the most important brain nutrient, which is why my first supplement is an extremely absorbable form of concentrated DHA that I am calling [Protect & Restore](#). While I regularly eat plenty of high quality fatty fish like [tuna](#) and [salmon](#), I also take one of these capsules every day. *Vegans and vegetarians can supply this nutrient with [Nordic Naturals Algae Omega](#).

Digestive Enzymes

to Absorb the brain building nutrients

Digestive Enzymes help to break down the foods we eat into micro particles so that the nutrients can be readily absorbed through the gut. These nutrients can then circulate through our bodies, nourishing all of our organs... particularly our brains. All raw foods contain enzymes so our digestion is very well supported by eating raw fruits, veggies and even raw meats and fish (like sushi!). When we cook or process foods, however, the heat destroys the naturally occurring enzymes, so supplementing when we are eating meals that contain cooked items is a powerful digestion hack to get the most nutrition out of everything we eat. I created [Gut/Brain Digestive Enzymes](#) for this reason.

Probiotics

Happy gut bacteria for a happy brain

The bacterial makeup of our digestive system has been shown to drastically affect our nervous, hormonal, and immune systems as well as our ability to extract nutrients from the food we ingest. In order for our brains and bodies to function, repair, and grow, we need to absorb plenty of nutrients, so it is not surprising that the makeup of these bacteria can affect how we feel physically and mentally. I like to take a course of [Just Thrive Probiotics](#) every few weeks. Use coupon code FEEDABRAIN for a discount.

Kelp and Dulse

Sea vegetables are a powerful superfood packed with brain minerals.

Kelp is a sea vegetable that, like other sea vegetables, is very rich in minerals, particularly iodine, which plays an important role in many brain and body functions. In addition to iodine, sea vegetables contain a wealth of important minerals like chromium, iron, manganese, magnesium, selenium, vanadium, and zinc. You'll also get a variety of vitamins in the vitamin B group and vitamins A, C, E, and K. And if that wasn't enough, sea veggies protect us from absorbing toxic solvents, plastics, heavy metals, and even radioactivity. I alternate one capsule of [Natural Nutra Kelp](#) and one capsule of [Organic Master the Body Dulse](#) each day. *Note: If you are taking thyroid medication, please speak with your doctor about supplementing with kelp. The increase in iodine can necessitate a change in medicine.

Desiccated Organ Capsules

Organ meats like liver may be the most nutrient dense foods that we are able to consume. Not only does liver contain B vitamins, Coenzyme Q10, DHA, uridine, and choline, but it is also packed with important fat-soluble vitamins like A, D, E and K, and all of these nutrients are important for brain health, repair, and optimization. Desiccated "liver pills" are capsules of liver in which the moisture has been removed in order to preserve it. All you need to do is buy some liver pills and take them each day. I like [Ancestral Supplements Grass-Fed Beef Organs Capsules](#). Use coupon code FEEDABRAIN.

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