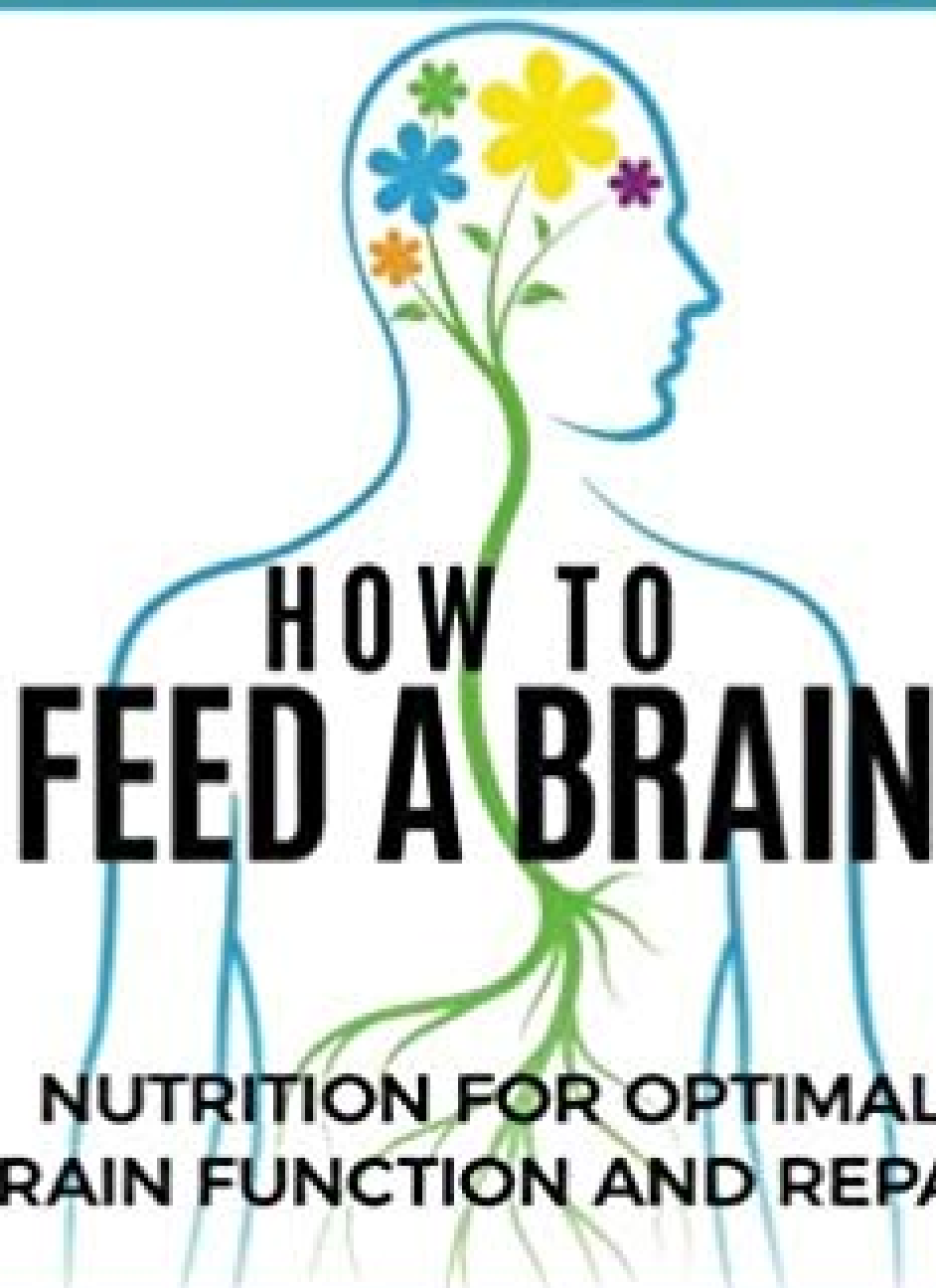


FOREWORD BY  
**DR. DATIS KHARRAZIAN**, DHSc, DC, MS



# HOW TO FEED A BRAIN

NUTRITION FOR OPTIMAL  
BRAIN FUNCTION AND REPAIR

**CAVIN BALASTER**

*"His ideas are absolutely in line with current neuroscience and have the added validation of personal experience."*

**- DR. DAVID PERLMUTTER MD, FACN**, Author, New York Times #1 bestsellers, *Grain Brain* and *The Grain Brain Whole Life Plan*

Cavin Balaster

## How to Feed a Brain: Nutrition for Optimal Brain Function and Repair



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Want to optimize your brain function? This book explains about specific brain-supporting nutrition, how these nutrients have an effect on us, and what we can eat to aid our mind function. The author is usually a survivor of a serious traumatic brain damage that still left him comatose with significantly less than a 10% potential for regaining awareness beyond a vegetative state. This book will give you the nutritional tools to optimize your brain function. After sustaining his serious injury, the writer devoted years to researching and connecting with doctors, nutritionists, practitioners, neuroscientists, and more to understand how to optimize mind recovery and function. How exactly to Feed a Brain is the culmination of the nutritional equipment that he has learned through this journey and found in his personal recovery. The reserve includes downloads to printable charts, lists, and user-friendly handouts to try the supermarket or put on the refrigerator so that readers can simply apply what they figure out how to optimally feed their brains. Special sections provide guidelines for supplementation and tube feeding. This book is not only for someone with a brain injury or disease, also for anyone looking for to enhance their brain. Ready to get started? In this book, he shares real-life stories of how he used nutrition in his own mind recovery, along with scientific tests and analysis explaining why and how diet makes such a difference in our brain function.



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but I really do feel better in a number of ways that might just be related to ... I actually cannot overstate how grateful I actually am to Cavin for having published this book (and launched his podcast) before we needed it. I am 3. If you, a family member or friend has experienced a TBI, concussion or are simply looking to become nicer to the human brain, then we highly recommend this publication! I fully believe that diet and lifestyle can help heal many of our ills, and this publication gives me a route forward right now. Cavin's story is normally inspiring, and his book is well-researched and clearly created. I am a food geek and so innately understand a lot of his guidance -- I'm not intimidated by the thought of drastically changing my diet because I understand well how exactly to shop and make for myself -- but I so appreciate how his soft approach and stories about his very own struggles with a new diet might help individuals who would find it all daunting. Not just that however the Phytate content could be decreased and or totally eliminated by cooking or soaking. Do your own research and learn from trial and error. It isn't an instantaneous miracle cure, but I really do feel better in a number of ways that might just be related to the dietary plan. Great Information!! Best Guide to Brain Health Ecstatic to have this book finally! 5 months out from a concussion and struggling to recover that final 25% or so of my brain and function. Your brain is only as good as the body's inner environment and Cavin did an amazing work on providing the information I had a need to obtain such! I prefer to read about those who have lived recovery. I've had brain issues for many years. I AM SO HAPPY. I like the thought of reading Cavin's book because he has lived through terrible brain injury and has kept coming back victorious. My pup Was Too Literal Fine reserve but grossly misunderstood by pup. THANKS DR DEBORAH ZELINSKY FOR REQUESTING TO BUY IT. Can not wait to complete it and implement even more life changing nutrition changes INFORMATION IN THIS Publication IS NOT FULLY ACCURATE I've read this book probably 20 times over. I purchased the Kindle edition. OmG.. I contact "feed a human brain" my bible for human brain health. It was my initial immersion to the partnership between the brain and the guts. This reserve brought me to my foot as I read the "ins" and "out" and threw out all of the dangerous meals from my fridge. Important thing, exactly like anything in this realm of dieting. Stella Emeka-okoli Highly Recommended! This book is quite informative and the writer Cavin is amazing. What an incredible journey for Cavin, from a predicted vegetative condition, to an author and teacher, informing us how to feed our brains to optimize our lives. I myself have had a concussin. Love the charts. Thank you Cavin and thanks to your Mom who didn't quit. Five Stars Very helpful information without being overwhelming. An absolute must for autoimmune sufferers! I purchased this book because I didn't want a weightloss diet plan, but I wanted the most optimal gut/brain food I possibly could find to help with an autoimmune.. Also, he's an individual friend of mine whose recovery I've witnessed firsthand. Brain functionality does not solely rely on simply dieting alone. A must read in the event that you care about the human brain and the assaults on it from environmental factors, like the "standard American diet", which is actually the industrial agriculture diet plan pushed on us by the government and giant agribusiness. I subscribe to Cavin's podcast and another newsletter for gut wellness which also recommended this book. The Book is both interesting and helpful. A must read if you care about your brain and . We (Ryan Cedermark) are so impressed with the study Cavin did when composing this reserve. THANKS CAVIN FOR MAKING TIME TO SPEAK TO ME. I enjoy the personalization and your time and effort in study that went into composing this publication. But there exists a problem. The study is not thorough enough to make such bold claims since it will. I am not a vegan but I understand that there surely is extensive research on what animal products are HIGHLY INFLAMMATORY. Wendell book is great, filled with recommended micro

nutrient and reason why . I am in week 2 of pursuing his advice (and in addition Dr. also the anti-nutrient labelization applies only to those that do not have an adequately balanced diet or one low in iron (vegans/ vegetarians). Also misleading is the much allotted compliment animal products get. Including the recommendation of totally banning foods such as legumes due to there Phytate acid articles and labeling it a anti nutrient is normally wrong. I'll recommend this reserve as a text reserve for medical college students and healthcare professionals to greatly help their patients but most importantly, that folks take the driving seat of their health care by educating themselves independently for themselves. Titus Chiu's BrainSave program). Cleanse the body and reintroduce foods to observe what benefits you and what doesn't. Many thanks so much for every one of the research and your continued dedication never to just help yourself, but also for also helping others! Must read Bought this to understand the ultimate way to feed my child after he sustained a hypoxic human brain injury.! He previously created a lot of assets that have become helpful. Awesome I WISH I SAW THIS BOOK TWELVE MONTHS AGO. She ate the web pages & her brain is fine. This speaks to the virtue of reserve's content.. Many thanks all very much. Learning about about Head ingeries. Extremely informative book and well organized , and written so that it is understandable. Many thanks. Legumes in general have amazing health benefits... book is great, filled with recommended micro nutrient and reason why they are important to brain health. Nonetheless it gets redudant as time passes when author tried to market his website and his online shop frequently all around the book. But that is great book nonetheless.



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