

# WHEN BRAINS COLLIDE



**WHAT EVERY ATHLETE AND PARENT SHOULD KNOW  
ABOUT THE PREVENTION AND TREATMENT  
OF CONCUSSIONS AND HEAD INJURIES**

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**FOREWORD BY JJ VIRGIN**

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When Brains Collide: What Every Athlete and Parent Should Know  
About the Prevention and Treatment of Concussions and Head Injuries



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Even worse, many of these concussions are mild and move unnoticed and untreated. If they are in a vehicle accident, fall off their bike, or suffer a helmet-to-helmet hit at soccer practice, over 30% of such concussions will lead to long-term, potentially everlasting disability. There is almost a 20% chance that you or someone close to you are affected a concussion this year. Concussions aren't always preventable, however they are treatable. s biochemical environment may facilitate the concussion healing process, reduce symptoms without pharmaceuticals, and increase the chance for a content and healthy future. The correct utilization of Omega-3 fatty acids and their nutritional potential to feed and cultivate the brain's; Culminating a job spanning over three decades in the U.S. Army, Dr. Michael Lewis developed The Omega-3 Process, the military-grade brain injury treatment process for coping with the concussive risks of everyday life. However, whether you are a concerned parent or an athlete concerned about that recent or long-ago head injury, there is good news. See how to provide yourself or your beloved the best chance at recovery from human brain injuries--large or small--by learning everything about, and becoming ready to apply, The Omega-3 Process today.



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Must-browse for all parents! As a clinical psychologist and nutritionist focusing on children and young adults, I see many individuals with mind injury, neurodevelopmental disorders, and mental health difficulties. Omega-3 fatty acids, within fish oil, might have a profound positive influence on the debilitating symptoms these patients encounter. Lewis, and sorry I didn't post this sooner. Lewis obviously summarizes the study on omega-3 essential fatty acids and the benefits they offer. He shares compelling stories of real people who experienced the healing benefits of omega-3 protocols, and detailed information on how to make use of them in various situations. This information must be in the hands of every health care provider, as so most are not yet alert to the importance of the nutritional tools for supporting curing from TBI and additional brain-related diagnoses. Everyone can benefit from the info provided in this book, and every parents who wants to end up being proactive about the fitness of their kids should read it. I anticipate recommending this reserve to my colleagues and patients! My daughter experienced a TBI from a vehicle accident, reading Dr. Nicole Beurkens An important read for researchers and for parents Finally, Mike Lewis offers documented many of the information and background of the amazing recoveries of severely brain-damaged, comatose individuals with high dose omega-3 fatty acids. He also paperwork the beneficial effects after less serious trauma from concussions. As you who formerly researched the mental wellness aspects of omega-3 in psychiatry at the NIMH, I've joined the growing list of researchers who have seen these extraordinary healing effects first hands. They're not a panacea for me, but I'm finally getting my entire life back with the help of omega-3s and other treatments (neuro-optometric rehabilitation and syntonics phototherapy). An exciting aspect is that acquiring significant doses of omega-3 (2 to 4 grams) every day not merely helps mood, the cardiovascular system, and bloodstream lipids but also prevents a lot of the brain damage that is inevitable after a concussion or traumatic mind injury (TBI). Dr. :) knowing that because I've always had her on an excellent EFA protocol -- she carried with her an extra ... I just heard of someone who died of a TBI after being conscious and alive three weeks after the incident. I also got some "relief" from some of my personal suffering, knowing that because I have often had her on an excellent EFA protocol -- she carried with her a supplementary layer of security -- that EVERYONE SHOULD KNOW ABOUT!-Dr. Lewis' publication helped in her healing up process. I just question why my doctor never told us about the proven benefits of fish oil. Since any of us can suffer from a TBI from many a lot of things, I believe it's just a must go through.. Her recovery was amazing -- with non-e of the traditional unwanted effects associated with TBI. It's among my favorite books without doubt. GPA (we were told that she would suffer from some learning disabilities.) Dr. For most of my recovery, I actually declined. My biggest like is usually that his treatment will no damage -- it only heals. A very important factor that this experience has taught me is that it is UP TO US to end up being an advocate for our health and wellness. One of My Favorite Books - Dr. Lewis outlines very specifically how exactly to manage a doctor resistant to EFA treatment after a brain injury. Until this I hadn't realized how I've been starving my brain Life-changing.. To my shock, none of the medical doctors that treated her, knew anything about dietary support for the brain. Important and Informative Go through! Thank you to Dr. Lewis for bringing the important issue of brain health and TBI/Concussion recovery to the forefront. The wait and see method of brain health has to change. He gave me back control of a predicament I sensed helpless to change. Lewis' blog which keeps me even more updated. Lewis has done a great work of explaining the brain for a layman like me. Dr. Lewis is normally Supporting Save Lives, Literally I 1st want to thank Dr. I felt bad for the family . The tales of the recoveries in the reserve are worth purchasing the

reserve, but there's lots more. I sustained three concussions in three months through the fall of 2013. Lewis actually supported me via email during her recovery --- which I find amazing and helpful. There was a fire in my brain that by no means got put out. I think Dr Lewis's book is a must read for parents, sportsmen, soldiers, and even women that are pregnant! Lewis's protocol in regards to a calendar year ago and within a 30-60 mins obtained 10% of my functionality back again. I still consider 10-15 grams a time. I usually knew concussions were severe business, but this book really drove home for me the importance of nutrition, how exactly to care properly for someone with a concussion, and the cascading aftereffect of concussions on the brain. They're that amazing. I take them each day. It is told in a language that parents of children who play sports activities (and drive cars) can understand, and need to hear. Thanks again, Dr. In this publication Dr. What it is, however, is what we, those who have or who have family members with injuries with their brains, want most: the best possible chance for renewed health. 6 weeks after the accident, she took most of her final examinations and maintained her 4. A must read for almost anyone! We started Dr. Anyone who's human brain is stressed. Great dose omega-3 fish oil specifically (DHA/EPA) are very very important to prevention of brain injury and healing stress to brain. Must read. Excellent book in many levels. This book ought to be on every medical practitioners desk! I wanted to ask about the nourishment given (and I now know of high dosage fish oil) ... but he was gone. Lewis for all your work he has done in this field. His book is well written, super easy to understand and will be offering some extremely convincing testimonies for patients being healed. After reading his publication, I tripled her dosage of EFA and added in hemp derived CBD essential oil. Highly recommend. Read this. Live better. The advice is i'm all over this. The book is written well, although redundant at times. Recommended reading for anybody - not just for sports. Not just for athletic endeavors. Five Stars Great book for folks wanting info on CTE and brain health If you are breathing, you should go through this. Lewis offered me wish where I only had fear. This book can demonstrate simple but effective techniques to help in recovery. Lewis and the insights and information within this book are among the most essential of my life and of my child's. Read the book at least one time a year because the importance of this human brain nutrient may fade with time. There are moments that if you pay attention to, will forever change the trajectory of your life. Dr Lewis's Omega-3 process is simple to follow and really should be the process that all TBI/concussion sufferers insist upon. No, The Omega Protocol is not a silver bullet or a one-size-fits-all remedy. If you're wondering if you should buy the book, do it! This should be considered a required text given to first year medical students, handed out alongside news of a positive pregnancy test, and regular protocol for all deploying military personnel. Thank you for asking the questions and for continuing to look for the answers. Any parent who has kids connected or collision sports ought to read this! This is a great read! Concise, very easily understood, especially for such a scientific field, and super educational. Any parent who has children connected or collision sports ought to go through this. Omega-3s are energy for my brain. This is a quick browse, very straightforward, and completely understandable. Dr. Essential and informative book - recommend it to all or any athletes, parents of sportsmen and anyone concerned about brain health! Why isn't this required reading for most parents? Initial my sister had a TBI, after that my son had a concussion, then my daughter had a concussion. The world is rough out there for active people. Acquiring Dr. I was thankful to get it, as the "alternative" treatments for pain (over-the-counter and prescription medications) were not a choice for me because of their inherent harm to our anatomies. Now my whole family members is acquiring it, as should yours! I also

now sign up to Dr. Nutrition is important everyday, but it assumes a special significance when one is normally dealing with a brain injury. That is serious stuff, stay educated. He offers details and answers to all of those queries most doctors may have regarding EFA's. I am quoting it to family and friends ever since I read it, including how Omega-3's took over our diets. Rather we need Omega-6 with nourishment for curing and immune-building as opposed to the opposing from the explosion of soy-based groceries. I will educate all I can predicated on this books findings.



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