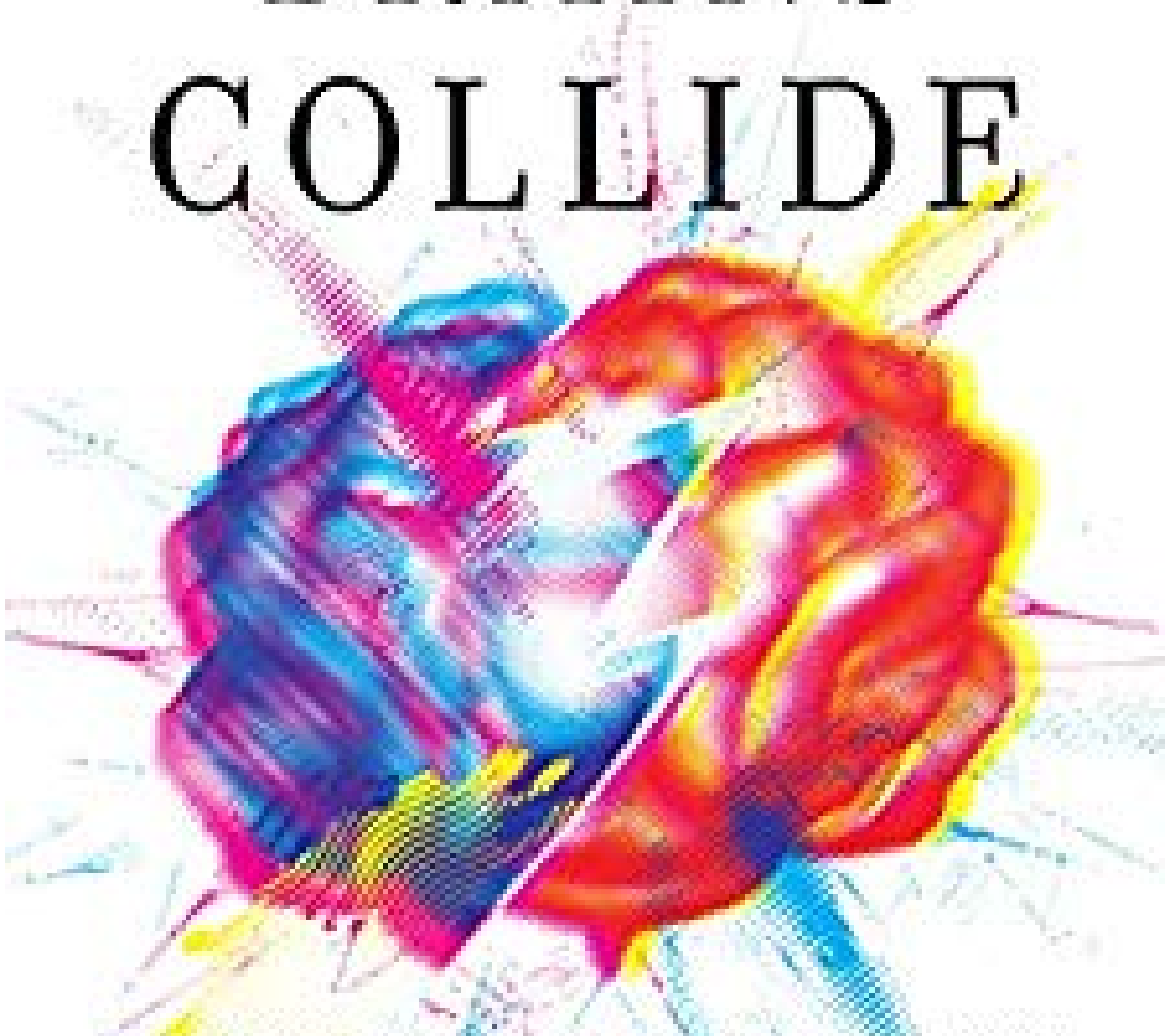


# WHEN BRAINS COLLIDE



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

**MICHAEL D. LEWIS, MD**

FOREWORD BY JJ VIRGIN

Michael D. Lewis MD

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



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There is almost a 20% chance that you or someone close to you are affected a concussion this year.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 result in long-term, potentially permanent disability.Even worse, several concussions are mild and move unnoticed and untreated.However, whether you are a concerned mother or father or an athlete concerned about that recent or long-ago head injury, there is very good news.by learning everything about, and becoming ready to apply, The Omega-3 Protocol today.s biochemical environment can facilitate the concussion healing process, reduce symptoms without pharmaceuticals, and raise the chance for a content and healthy future.Culminating a job spanning over three years in the U. Michael Lewis created The Omega-3 Process, the military-grade brain damage treatment process for dealing with the concussive dangers of everyday life. Army, Dr.S.Concussions aren't always preventable, however they are treatable.large or small—See how to give yourself or your loved one the best chance in recovery from brain injuries—The correct utilization of Omega-3 essential fatty acids and their nutritional potential to feed and cultivate the brain'



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Large dose omega-3 fish oil especially (DHA/EPA) are very very important to prevention of brain injury and therapeutic stress to brain. I still take 10-15 grams a day. Omega-3 essential fatty acids, found in fish oil, might have a profound positive influence on the debilitating symptoms these individuals experience. In this book Dr. Lewis obviously summarizes the research on omega-3 fatty acids and the benefits they provide. He shares compelling tales of real individuals who experienced the curing great things about omega-3 protocols, and detailed here is how to use them in various situations. The wait and find method of brain health must change. O GPA (we were told that she'd have problems with some learning disabilities. I anticipate recommending this reserve to my co-workers and patients! A must read for almost anyone! We started Dr. He also docs the beneficial effects after less serious trauma from concussions. I always knew concussions were severe business, but this book really drove home for me the significance of nutrition, how to care properly for somebody with a concussion, and the cascading aftereffect of concussions on the brain. It is told in a language that parents of children who play sports (and drive vehicles) can understand, and have to hear. An exciting element is that taking significant dosages of omega-3 (2 to 4 grams) on a daily basis not only helps mood, the heart, and blood lipids but also prevents a lot of the brain damage that is inevitable following a concussion or traumatic brain injury (TBI). Browse the book at least once a year since the importance of this human brain nutrient may fade as time passes. :) knowing that because I've always had her upon an excellent EFA protocol -- the girl carried with her an extra . Why isn't this required reading for almost all parents?. Recommend. Since any of us can suffer from a TBI from many many things, I believe it's just a must read. For most of my recovery, I in fact declined. Lewis' reserve helped in her healing up process. My biggest love is normally that his treatment will no harm -- it only heals. Thank you for asking the queries and for continuing to look for the answers. After reading his publication, I tripled her dose of EFA and added in hemp derived CBD essential oil. Finding Dr. 6 weeks following the incident, she took most of her final exams and maintained her 4. Everyone can benefit from the info provided in this reserve, and every parents who wants to become proactive about the fitness of their kids should read it. It is a quick examine, very straightforward, and completely understandable. Lewis outlines extremely specifically how exactly to manage a health care provider resistant to EFA treatment after a brain damage. To my surprise, non-e of the physicians that treated her, knew anything about nutritional support for the brain. One thing that knowledge has taught me is that it's UP TO US to be an advocate for our health and wellness and wellness. Lewis and the insights and information contained in this book are being among the most essential of my life and of my daughter's. Lewis even supported me via email during her recovery --- that i find amazing and useful. He offers facts and answers to all of those questions most doctors may have regarding EFA's. Right now my whole family members is acquiring it, as should yours! I was thankful to find it, because the "alternative" treatments for pain (over-the-counter and prescription medications) were not a choice for me because of the inherent damage to our bodies. Important and Informative Read! Many thanks to Dr. The advice is i'm all over this. This information must be in the hands of each health care provider, as so most are not yet aware of the importance of these nutritional equipment for supporting healing from TBI and other brain-related diagnoses. Dr Lewis's Omega-3 process is easy to follow and should be the protocol that all TBI/concussion patients insist upon. Nutrition is important everyday, but it assumes a particular significance when one can be dealing with a brain injury. Essential and informative book - highly recommend it to all or any athletes, parents of sports athletes and anyone concerned about brain health! One of My Favorite Books - Dr. Lewis is normally Helping Save

Lives, Literally I initial want to thank Dr. Lewis, and sorry I didn't post this sooner. The stories of the recoveries in the publication are worth purchasing the publication, but there's substantially more. I sustained three concussions in three months during the fall of 2013. My daughter suffered from a TBI from a vehicle accident, reading Dr. There was a fire in my own brain that hardly ever got released. Nicole Beurkens An essential read for researchers and for parents Finally, Mike Lewis has documented many of the details and background of the amazing recoveries of severely brain-damaged, comatose patients with high dose omega-3 essential fatty acids. Omega-3s are energy for my brain. As a clinical psychologist and nutritionist specializing in children and adults, I see many individuals with brain injury, neurodevelopmental disorders, and mental health challenges. Lewis's protocol in regards to a 12 months ago and within a 30-60 moments gained 10% of my functionality back. They're that amazing. I consider them each day. They are not a panacea for me personally, but I'm finally getting my entire life back with the help of omega-3s and other treatments (neuro-optometric rehabilitation and syntonik phototherapy). Thanks a lot again, Dr. Lewis for all the work he did in this field. If you're wondering should you choose the book, do it! Until this I hadn't realized how I've been starving my brain Life-changing. -Dr. I think Dr Lewis's book is crucial read for parents, sports athletes, soldiers, and also pregnant women! This is serious stuff, stay educated. Must-read for all parents! Must read. I just question why my doctor hardly ever informed us about the confirmed benefits of fish oil. I just heard of somebody who died of a TBI after being conscious and alive three weeks following the accident. I needed to ask about the nutrition given (and I today know of high dosage fish oil) ... but he was eliminated. I felt bad for the family ... I'll educate all I can predicated on this books findings. Read this. There are moments that should you pay attention to, will permanently change the trajectory you will ever have. Lewis for getting the important problem of brain health and TBI/Concussion recovery to the forefront. The publication is created well, although redundant sometimes. Recommended reading for anybody - not only for sports. Not just for athletic endeavors. Five Stars Great book for people wanting information on CTE and brain health If you are breathing, you need to read this. Live better. Her recovery was amazing -- with non-e of the traditional side effects associated with TBI. Dr. Dr. Lewis gave me hope where I only had fear. He offered me back again control of a predicament I sensed helpless to change. No, The Omega Process isn't a silver bullet or a one-size-fits-all treatment. What it is, nevertheless, is what we, anyone who has or who have family members with injuries to their brains, need most: the best possible opportunity for renewed health. This will be a required text directed at first year medical learners, handed out alongside news of a positive pregnancy test, and regular process for all deploying military staff. I also got some "relief" from a few of my personal suffering, knowing that because I have usually had her on an excellent EFA process -- she carried with her an extra layer of security -- that EVERYONE SHOULD KNOW ABOUT! Any parent who has children connected or collision sports must read this! This is an excellent read! Concise, easily understood, specifically for such a scientific field, and super useful. Any parent who has children in contact or collision sports ought to read this. As one who formerly researched the mental health areas of omega-3 in psychiatry at the NIMH, I've joined the growing list of researchers who have seen these impressive healing effects first hand.) Dr. Dr. Lewis has done a great work of explaining the mind for a layman like me.. Initial my sister had a TBI, then my son had a concussion, after that my daughter had a concussion. The world is rough out there for active people. This book can show you simple but effective actions to help in recovery. Excellent book about many levels. His book is well written, super easy to understand and offers some extremely convincing testimonies for sufferers becoming healed. I

also right now subscribe to Dr. Lewis' blog page which keeps me even more up to date. Anyone who's human brain is stressed. It's one of my favorite books without doubt. I've been quoting it to family and friends ever since I browse it, including how Omega-3's took over our diets. Rather we are in need of Omega-6 with nourishment for curing and immune-building rather than the opposite from the explosion of soy-based groceries. This book ought to be on every medical practitioners desk!



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