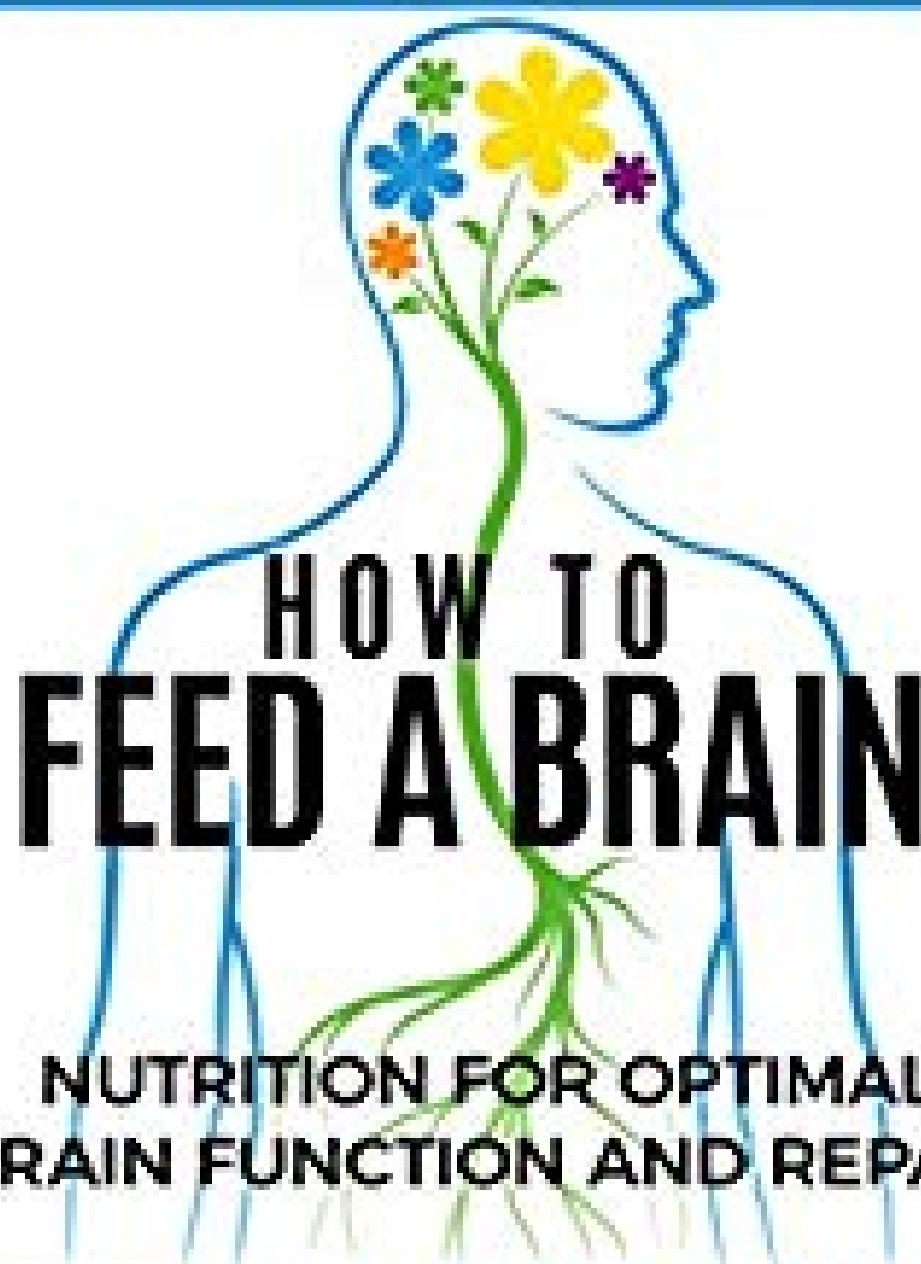


FOREWORD BY  
**DR. DATIS KHARRAZIAN, DHS<sub>c</sub>, DC, MS**



**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? Praise because of this Reserve." The author is a survivor of a severe traumatic brain damage that left him comatose with less than a 10% potential for regaining awareness beyond a vegetative state. He continued to discover feedabrain. The book includes downloads to printable charts, lists, and user-friendly handouts to take to the supermarket or placed on the refrigerator in order that readers can simply apply what they figure out how to optimally feed their brains.), where he interviews doctors, practitioners, experts, and others involved in neurorehabilitation and mind function. After sustaining his severe injury, the author devoted years to researching and connecting with doctors, nutritionists, practitioners, neuroscientists, and more to understand how to optimize brain recovery and function. He was breathing from a tube in his neck, receiving diet from a tube in his tummy, and his left hand was totally flexed inward. This book is not only for someone with a brain injury or disease, also for anyone seeking to enhance their brain.

- Dr. This publication will give you the nutritional equipment to optimize your brain function. This reserve explains about specific brain-supporting nutrition, how these nutrients have an effect on us, and what we can eat to support our mind function. He didn't waste time, the research and scientific outcomes prove that our dietary options have a profound influence on our function. Cavin wrote this publication to talk about with others the nutritional information that has helped him to regain his mind function, hoping of changing lives and helping others enhance their brains. David Perlmutter, MD, FACN, board-authorized neurologist and author of New York Times #1 bestselling books *The Grain* and *Human Brain* and *The Grain Brain Whole Life Plan* More About the writer: In 2011 Cavin Balaster sustained a severe traumatic brain injury that left him comatose with less than a 10% potential for ever regaining awareness beyond a persistent vegetative state. This book is a welcome tool for people with neurological circumstances and anyone who wants to optimize their mind performance." Ready to get started? Tag Hyman, MD, ten-time New York Times #1 bestselling writer and Director of the Cleveland Clinic Middle for Functional Medication "His ideas are absolutely in line with current neuroscience and have the added validation of personal knowledge." - Dr. The principles he discusses are supported by an evergrowing body of research proof. Nourishment is fundamental to your brain wellness. I eat, walk, or talk for months while he was in a healthcare facility. *How to Feed a Brain* is the culmination of the nutritional equipment that he has learned through this journey and used in his very own recovery. About a yr after his damage, he was released to a nutritional protocol that helped him start to restore some mental clarity. That's when he dove into a rigorous study of why nutrition made such a difference. For over 6 years, he offers devoted his existence to studying metabolism, neurometabolism, mechanisms of neuroplasticity, neuroscience, and nourishment, while reaching out to doctors, researchers, practitioners, and neuroscientists, to learn everything he can to optimize his brain function and to maximize his recovery. Cavin began an award-winning blog and a podcast ("Adventures in Brain Injury" The book also provides special instructions for supplementation and tube feeding. It really is available on iTunes and at [adventuresinbraininjury.com](http://adventuresinbraininjury.com). In this book, he shares real-life tales of how he utilized nutrition in his own brain recovery, along with scientific studies and analysis explaining why and how diet makes such a notable difference in our human brain function.com. In *How exactly to Feed a Human brain*, Cavin uses his own

personal experience for example and creates an easy-to-implement street map of nutritional adjustments to support the human brain function and repair.



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This book is very informative and the author Cavin is definitely amazing. Cleanse your body and reintroduce foods to see what benefits you and what doesn't! Human brain functionality does not exclusively depend on just dieting alone. I AM Thus HAPPY. 5 months out from a concussion and struggling to recuperate that final 25% or so of my brain and function. I fully believe that diet and way of living can help heal many of our ills, and this book gives me a path forward at this time. Gavin's story is certainly inspiring, and his book is well-researched and clearly created. I am a meals geek and so innately understand a whole lot of his tips -- I'm not really intimidated by the thought of significantly changing my diet plan because I know well how exactly to shop and make for myself -- but I so value how his soft approach and stories about his own struggles with a new diet might help people who would think it is all daunting. Not only that but the Phytate content can be decreased and or totally removed by cooking food or soaking. (Titus Chiu's BrainSave plan). He previously created a lot of resources that have become helpful. Very informative publication and well organized, and written so it is understandable.. Studying about Head injuries. What an incredible journey for Cavin, from a predicted vegetative state, to an author and instructor, informing us how to feed our brains to optimize our lives. Your brain is only as good as the body's inner environment and Cavin did an amazing job on providing the information needed to obtain such! I prefer to learn about people who have lived recovery. I've had brain problems for several years. I bought the Kindle version. But this is great book nonetheless. Awesome I WISH I SAW THIS BOOK TWELVE MONTHS AGO. THANKS DR DEBORAH ZELINSKY FOR ASKING TO BUY IT. THANKS CAVIN FOR MAKING TIME TO SPEAK TO ME. I am 3.OmG.. For example the suggestion of totally banning foods such as legumes because of there Phytate acid content material and labeling it a anti nutrient can be wrong. It was my 1st immersion to the relationship between the mind and the guts. This book brought me to my feet as I browse the "ins" and "out" and threw out all the dangerous meals from my fridge. I will recommend this publication as a text reserve for medical students and healthcare professionals to help their individuals but most importantly, that folks take the driving chair of their health care by educating themselves independently for themselves. Stella Emeka-okoli Highly Recommended!! In the event that you, a member of family or friend has suffered a TBI, concussion or are just looking to be nicer to the human brain, then we recommend this book! Great Information! Best Guide to Human brain Health Ecstatic to have this book finally! Thank you Cavin and thanks to your Mother who didn't give up. Five Stars Very helpful information without being overwhelming. Mandatory for autoimmune sufferers! I purchased this book because We didn't want a weightloss diet, but I wanted the most optimal gut/brain food I could find to greatly help with an autoimmune. I sign up to Cavin's podcast and another newsletter for gut wellness which also suggested this publication. Also, he's a personal friend of mine who's recovery I have witnessed firsthand. Thank you so very much for all the research and your continued dedication never to just help yourself, but for also helping others! Wendell book is great, filled with recommended micro nutrient and reason why. Can not wait to finish it and implement more life changing nutrition changes INFORMATION IN THIS Reserve IS NOT FULLY ACCURATE I have read this book probably 20 times more than. I enjoy the personalization and the effort in research that went into composing this book. A must read in the event that you care about the human brain and the assaults onto it from environmental factors, including the "standard American diet plan", which is actually the industrial agriculture diet plan pushed on us by the federal government and giant agri-business. Appreciate the charts... But there is a problem. The research is not thorough enough to create such bold claims since it does. I contact "feed a human brain" my bible for human brain health. Bottom line,

exactly like anything in this realm of dieting. I am in week 2 of following his advice (and in addition Dr. also the anti-nutrient labelization applies only to those that do not have a properly balanced diet or one low in iron (vegans/ vegetarians). Also misleading may be the much allotted praise animal products get. I am not really a vegan but I am aware that there surely is extensive research on what animal items are HIGHLY INFLAMMATORY. Legumes generally have amazing health advantages. Do your own research and learn from trail and error.. We cannot overstate how grateful I actually am to Cavin for having published this publication (and launched his podcast) before I needed it. Must read Bought this to understand the simplest way to feed my boy after he sustained a hypoxic brain injury.but I do feel better in several ways that just might be related to . It isn't an instantaneous miracle remedy, but I really do feel better in several ways that just might be related to the dietary plan. My puppy Was Too Literal Fine reserve but grossly misunderstood by pet dog. She ate the pages & her human brain is okay. This speaks to the virtue of reserve's content. The Book is both interesting and helpful. Many thanks all very much. My husband and I (Ryan Cedermark) are so impressed with the study Cavin did when writing this reserve. I myself experienced a concushin. Thank you. A must read in the event that you care about the human brain and ... book is great, filled with recommended micro nutrient and reason why they are essential to brain health. Nonetheless it gets redudant over time when writer tried to promote his website and his online shop frequently all over the book. I love the idea of reading Cavins book because he has lived through terrible brain damage and has keep coming back victorious.



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