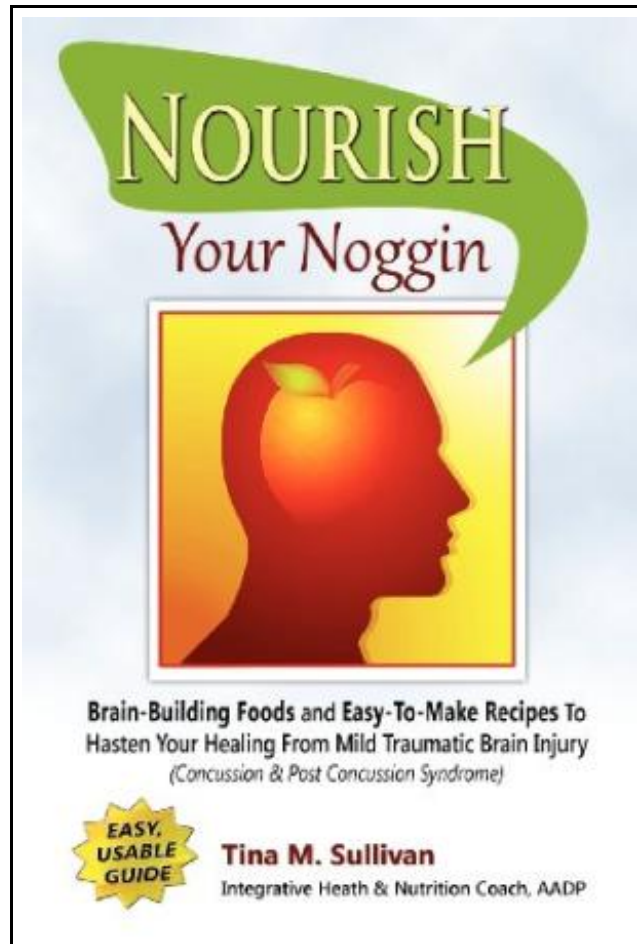


## Nourish Your Noggin: Brain-Building Foods Easy-To-Make Recipes to Hasten Your Healing from Mild Traumatic Brain Injury (Concussion Post Concussion Syndrome)



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## **NOURISH YOUR NOGGIN: BRAIN-BUILDING FOODS EASY-TO-MAKE RECIPES TO HASTEN YOUR HEALING FROM MILD TRAUMATIC BRAIN INJURY (CONCUSSION POST CONCUSSION SYNDROME)**

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Outskirts Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Nourish Your Noggin! Brain-Building Foods Easy-To-Make Recipes to Hasten Your Healing From Mild Traumatic Brain Injury In May of 2010, my 13 yr. old son suffered a very severe concussion. He fell backwards and slammed the back of his head on a wood floor. A MONTH A HALF LATER, while playing, he fell to his knees. This seemingly innocent fall was enough to shake his brain and disrupt his brain tissue and brain function. Within the hour, he had lines in his vision, echoed hearing, and he was very scared and disoriented. This time, the symptoms did not go away; they got much worse. Thus, began my son's journey into the scary world of Mild Traumatic Brain Injury and Post Concussion Syndrome. Our lives STOPPED. Along with having him evaluated by a Pediatric Neurologist, I continued to do the things I could do: pray and become his advocate by researching proactive steps to help him to heal as quickly and fully as his brain would allow. As an Integrative Health and Nutrition Coach, I understood that the foods that my son ate could positively or negatively affect his brain's ability to heal. This is where our family's personal journey with MTBI and my nutritional coaching experience come together to serve you. This book explains about nutrition and the brain, foods and additives to stay away from and why, and wonderful foods that you can eat as you heal from brain injury. Included are over 60 recipes that taste great and won't break the bank. BONUS: I provide Go-To websites for food products and helpful resources. I did ALL the work so you...



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