

NATURAL WAYS TO HEAL THE BRAIN

LESSON 8 GUIDED NOTES

Many medications consequently deplete important vitamins so that some patients may need supplementation.

The benefits of taking supplements include:

- One's insurance company does not need to know.
- They are typically less expensive than medication.
- They usually have fewer side effects. Thus compliance is enhanced.

NOTE: They are not necessarily free of side effects.

- Some supplements are useful for mild or moderate brain health problems.

Conditions Associated with Low Levels of Omega-3 Fatty Acids

Problems with supplements can include:

- They are not covered by insurance, so they may be expensive.
- Some people are unaware of potential side effects.
- There are issues with quality control and standardization.
- Supplement consultants in stores are not necessarily professionals in the field.
- There are fewer studies on supplements because it's hard to maintain patents.

- Heart disease
- Stroke
- Depression
- Suicidality
- ADHD
- Dementia
- Obesity

LOW LEVELS OF VITAMIN D

Affects 2/3 of the American population.

Implications include:

Depression
Alzheimer's disease
Multiple sclerosis
Heart disease
Diabetes
Cancer
Obesity

If you are interested in learning more specific information about the many high-quality brain-directed nutrients that go into the supplement products, Dr. Amen created, please visit <https://brainmd.com>. There is educational information about each nutrient's beneficial properties for each product page that goes into the various effect.



BRAIN-TYPE HELP

- **Impulsive types** benefit from supplements that boost dopamine, such as found in *Focus and Energy*.
- **Compulsive types** benefit from supplements that boost serotonin to calm the cingulate, such as *Serotonin Mood Support*.
- **Impulsive/Compulsive types** benefit from a combination of both supplements.
- **Depressive types** can benefit from SAME or supplements with 5HTP, among others.
- **Anxious types** can benefit from supplements with magnesium, such as found in *Everyday Stress Relief*.
- For the **Ring of Fire brain types**, treatment can be supplemented with Neurolink, which contains GABA, 5HTP, and L-Tyrosine, and helps because of their calming properties.

