TACKLING BRAIN INFLAMMATION FULL PROTOCOL

SUPPLEMENTS

The following are maintenance doses. Whenever brain inflammation is reactivated, consider doubling the dose of all the supplements. In some cases, see even higher dosing where indicated.

These supplements can be taken all together and at any time of the day.

1. Magnesium L-Threonate: 2000 mg daily (providing 144 mg elemental magnesium): 1 capsule in the morning and 2 capsules before bed. Dose may be doubled or tripled during activation, and can be taken throughout the day.
2. N-acetylcysteine (NAC): 600-1000 mg once daily. During activation, take 2000-3000 mg daily.
3. GABA: 500-1000 mg daily in divided doses, including before bed for sleep support. When brain inflammation is active, 2000-4000 mg daily based on symptoms and benefits.
4. Turmeric: 500-1000 mg daily
5. Resveratrol: 250 mg daily
6. Liposomal Glutathione: 175 mg daily

Additional Resources (often used as a supplement blend/combination):

7. N-acetyl L-carnitine: 500 mg daily
8. Alpha-GPC: 250 mg daily
9. Try to find a blend of the following which specifically target microglia support: vinpocetine, huperzine A, apigenin, luteolin, rutin, skullcap extract

Consider referencing Dr. Aimie's Basic Bundle for Supporting the Body's Trauma Response and the Brain Inflammation Support Protocol in FullScript.

Other tools to consider as secondary or tertiary line treatments (not first line treatments) - available by prescription:

- Melanotan II Peptide
- Progesterone: dose for neuroinflammation / brain injury is 25-100 mg
- Low Dose Naltrexone: 0.25-2 mg
    - trials should be started at an even lower dose given possible side effects of depression since we are blocking the opiate (endorphins) system)

Consider the following supplements which are sometimes taken with the brain inflammation protocol to dampen gut inflammation:

- L-glutamine
- Marshmallow Root Extract
- Butyrate

LIFESTYLE

Sleep/Rest:

- Tracking your symptoms in order to avoid wearing down into overwhelm and bringing in a strategic nap (sensory rest) before moving into overwhelm can pull your system back very powerfully by avoiding a flare-up of symptoms or leading to a progression of disease.
    - Plan for a daily power nap/sensory rest, ideally no later than 2 pm. When brain inflammation is active, rest every 3-4 hours.
        - 2 naps daily: 3-4 hours after waking, then again in early afternoon
        - How long: best support for the brain is 27-28 minutes but it can also be shorter than this.
        - Create a safe soothing place to give your nervous system a sensory rest:
            - eg. bedroom, where it's dark, cool and quiet.
            - Block out sounds: listen to soothing music without words (slow tempo classical song on repeat eg. Paul Cardall Sweet Escape), meditation music (om mantra chanting at 528 Hz), a boring audiobook, or have white noise on
            - Avoid any lights stimulating your system: use blackout curtains or try wearing an eye mask
    - Do not nap on a full stomach.
    - Heat on your back, along your spine may help you relax. Also keeping your feet and/or hands warm eg. use warm wool socks on feet.
    - Help your body to feel fully supported, especially on your back and head
        - Put legs up on pillows if laying flat on your back
        - If side lying, put pillows behind your back and head
    - Provide a sense of protection for your body by putting something on top of your chest and stomach eg. weighted blanket, pillows.

Diet:

- Avoid simple sugars & fructose, alcohol, and wheat (avoid both gluten & gliadin).
- Avoid any foods that might be food sensitivities or that cause reactions

Nature

- Spend time in nature, with exposure to sunshine

General

- Sunglasses: experiment with wearing sunglasses when brain inflammation is active, even indoors, if light sensitivity is an issue

Tracking:

Throughout the day, continue to track which state your nervous system is in. Identify triggers as well as patterns that activate and calm/deactivate brain inflammation, to manage brain inflammation and keep it in a resting state.

- This allows you to structure your day in order to stay within your window of tolerance.

Common triggers that re-activate brain inflammation:

- Poor or not enough sleep
- Low sugar levels caused by not eating
- Leaky gut
- Food sensitivities
- Viral infections eg. cold, flu
- Injury that is causing inflammation in the body
- Stress
- Internal body inflammation eg. from chronic conditions such as diabetes, etc.

THERAPEUTIC TOOLS

- **Infrared therapy**: Reduces generalized and local inflammation
    - BioMat therapy: Can easily be used daily, as well as for your power nap or to sleep on overnight.
        - Dr. Aimie uses and recommends: The Biomat https://thebiomatstore.com/?ref=107
            - Professional - BioMat 7000MX
            - Mini - BioMat 7000MX

HOLISTIC TOOLS

Somatic Practice for Safety & Support:

- Regarding brain inflammation, the Ocular Cardiac-Reflex can be helpful - use as needed throughout the day:
    - Covering the eyes with the palms of your hands, letting your eyes settle into your hands in a position that is comfortable, apply very gentle pressure and stay there for at least 15 to 30 seconds.

- Experiment with using a weighted blanket to support an overwhelmed nervous system
- Experiment with the use of heat and cold applications to different parts of the body to see what helps to regulate your nervous system.
    - Start with heat.
        - Heating up the core, experiment on the belly and back
        - Experiment with heat on the feet