



Food toxicology principles for recovery after a TBI

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Abstract:

To understand how to instruct on which foods will create positive synaptic connections following neuroplasticity principles to help patients become efficient independent adults after brain injury.

Design-nonrandomized controlled study with select patients following similar protocols and statistics connected to Vancouver General Hospital.

Setting - general community and hospitalized care

Participants- participants that volunteered.

Interventions

Capitalize on correct food choices

Why the outcome you predict comes true

Which habits to create and how - neuroplasticity

Food Tips on recovery from brain stem damage

Post outpatient food therapy care

Power of positive mindset

Difference between support and coddling

Importance of prescribing natural remedies

Benefits of spiritual practices

Main outcomes/measures- Food choice allowed new synaptic connections to be created in the brains of subjects following intervention to allow them to function at an independent efficient level by creation of these habits in their lives.

Results- A study on the principles of neuroscience gives strength to this finding that the habits created during and after hospitalization create the outcomes a patient receives.



Conclusion- Evidence-based change in approach to treatments focusing on neuroplasticity protocols increase the number of patients returning to a functioning successful life after an acquired brain injury

Author disclosure None

Identify all participants in this Abstract and ensure all requirements are met

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Biography

On April 11, 2015 Jamie was flown in a helicopter to Vancouver General Hospital (VGH), her fatality report was written by her first responders and her prognosis was bleak. She had 8 spots of bleeding in her brain, right brain stem damage causing paralysis on the right side and she was unable to breath on her own. Yet today she has graduated from Westminster College, both sides of her body work equally and she has no long term deficits or disability. Was her recovery a miracle no one else could achieve, or could the habits her family instilled with an understanding of neuroscience and psychology be repeatable with similar results?.

[Webinar on food toxicology and safety |July 6,2020|London ,U.K](#)

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