

Nutritional Guidelines for TBI & Concussion Recovery

Anti-Inflammatory Diet

Omega-3-rich foods: Wild salmon, sardines, flaxseeds, chia seeds, walnuts.

Colorful vegetables: Kale, spinach, broccoli, beets, carrots, red cabbage.

Berries: Blueberries, blackberries, and strawberries (high in antioxidants).

Healthy fats: Avocado, olive oil, coconut oil (MCTs for brain fuel).

Bone broth: Rich in amino acids and minerals that support gut and brain healing.

AVOID:

Processed foods, seed oils, refined sugar.

Artificial additives and preservatives.

Gluten and dairy, which are inflammatory for many people, especially post-injury.

Key Brain-Healing Supplements

These are evidence-backed nutrients that can be part of a recovery protocol. Many are anti-inflammatory, neuroprotective, and promote mitochondrial and cognitive function.

Omega-3s: 2-4g daily. Helps reduce neuroinflammation and supports brain cell repair.

Magnesium (L-threonate): 400 mg daily, aids neuroplasticity, calms the brain, supports sleep.

Vitamin D3/K2: 2000-5000 IUs daily. Modulates immune function and inflammation.

Curcumin: (Liposomal or BCM-95): 500-1000mg daily. Strong anti-inflammatory for brain.

B-Complex: Supports neurotransmitter synthesis and energy metabolism.

Zinc: 20-30mg daily. helps brain repair and immune function.

CoQ10: 100-300mg daily, supports mitochondrial energy production in the brain cells.

Phosphatidilserine: 200-300mg/day, supports memory, cognition, brain cell membrane repair.

HERBS

Gingko Biloba: increases blood flow to brain, supports cognitive clarity.

Lion's Mane Mushroom: promotes NGF (nerve growth factor)

Ashwagandha, reduces cortisol and supports nervous system recovery

Gotu Kola, improves brain circulation, promotes nervous tissue repair.

Additional Tips

Hydration: Aim for 100-125 oz of clean water daily (add electrolytes if needed)

Green tea or matcha: Contains L-theanine and catechins for calm focus and antioxidant support.

Intermittent fasting or time-restricted eating: May help stimulate autophagy (cellular cleanup).

Avoid alcohol: Slows healing and increases inflammation.