

# Getting to Know and Care for Your Body Lecture Series Part 4: Brain and Central Nervous System Health

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## Books and Educational Material

1. *The Edge Effect*. Dr. Eric Braverman. Neurotransmitter assessment and correction
2. *Younger You*. Dr Eric Braverman.
3. *Brain Longevity*. Dharma Singh Khalsa.
4. [www.naturaldetox.com](http://www.naturaldetox.com) BioRay, Inc. website with great information on detoxification and brain health.
5. *Flood your body with Oxygen*. Ed McCabe [www.oxygenhealth.com](http://www.oxygenhealth.com) Ed McCabe's website.
6. *The hundred year lie: how food and medicine are destroying your health*. Randall Fitzgerald.
7. *Excitotoxins: The Taste that Kills*. Russell Blaylock, MD.
8. *ADD The Natural Approach*. Nina Anderson and Howard Peiper
9. *Take off your Glasses and See*. Dr. Jacob Lieberman.
10. [www.huperzine.net](http://www.huperzine.net) – everything you want to know about Huperzine A effect on cognitive function and memory.
11. [www.handle.org](http://www.handle.org) – institute that treats ADD/ADHD, dyslexia and other learning disabilities naturally with holistic approach.

## Products for Healthy Brain and Central Nervous System function

1. **Quantum Brain Complex**. Includes all 4 phosphatidyls (serine, choline, inositol, ethanolamine), the rare hericium (nerve rejuvenation) & ginkgo (brain circulation). Premier Research Labs.
2. **DHLA**. Micro-digested highly bioavailable lipoic acid and resveratrol. Best antioxidant on market. Brain protection from every known free-radical. Premier Research labs.
3. **NDF and NDF Plus**. Natural Detox Factors. Pro-biotic digested chlorella and cilantro. Highly effective formula to chelate heavy metals and chemicals. BioRay, Inc.
4. **Liver Life**. Awesome liver support formula from BioRay.
5. **Huperzine A** is a phytonutrient that helps maintain proper brain function. It accomplishes this by slowing the breakdown of acetylcholine, a process that accelerates with aging. Acetylcholine plays a vital role in the cognitive function of the mind by enabling the delivery of messages from neuron to neuron in your brain. Life Enhancement, Nature's Plus and more.
6. **Omega 3 EFAs**. Many brands including: Udo's Oil, Carlson, Nordic Naturals. I use NanoOmega from Biopharma.
7. **Mineral supplements**. Many brands including: New Chapter, Garden of Life (both food grown). Also Coral Calcium. I use pH powder by PRL.