



## Supplements to the Rescue for Concussions!

Most people know that **supplementation with vitamins and minerals can help to prevent disease and even injury**. In the event that an injury occurs, however, the benefits that supplements can have in speeding the healing process go vastly overlooked. This is particularly true in the case of concussions. **Omega-3's** found in fish oils not only have **anti-inflammatory properties**, but are also **neuroprotective**, helping to activate and preserve the mechanisms in the brain responsible for maintaining brain cell integrity. An animal study recently published in "The Journal of Neurosurgery" found that "Animals receiving the daily fish oil supplement for 30 days post-concussion had a greater than 98 percent reduction in brain damage compared with the animals that did not receive the supplement". This is impressive. N-acetyl cysteine is another compound that has been shown to help reverse the behavioral symptoms that can occur after a head injury, including personality changes and aggression. Other notable players that should be considered for post-concussive supplementation include curcumin, vitamin D, zinc, choline and antioxidants. You may not know that it is important to avoid having a big, fatty meal after sustaining a head injury. A high amount of calories, sugar and cooked oils can be damaging and inflammatory. **Limiting calories, sodium and saturated fat and increasing omega-3's and foods with a high antioxidant** content, such as blueberries, can help to **decrease inflammation, swelling and edema**. Adequate water consumption is key here as well!

This information can provide a starting point when talking to your doctor about which options might work best for your athlete's individual needs. Starting good habits at a young age will give them the best possible chance to stay healthy and succeed both now and in the future!



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*Note: This is my personal opinion and does not substitute advice from your doctor.  
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