

RHT BRAIN & NERVOUS SYSTEM SUPPORT GUIDE





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We've put together this valuable resource guide to make it easy for you to implement what you learn in the masterclass - and make positive changes right away! This isn't a substitute for watching the presentations. Think of it more like a "Cliff's Notes" version with the most relevant tips, suggestions, and recommendations from our expert presenters. So print this out, keep it handy, and reference as needed.

If you find this guide valuable, we highly recommend you check out the [full Brain & Neuro Masterclass](#) experience! There's much more from 18+ leading experts where this came from!

[Click Here to sign up for a 48-hour Free Trial!](#)

The information in this book is for information purposes only and should not be considered a substitute for medical advice. It is not the purpose of this book to diagnose, treat, or cure any disease. Consult with your doctor or a qualified practitioner before making dietary changes, using any supplements, or partaking in any exercise program.

1

Common Brain & Neuro-Related Symptoms

HERE IS A QUICK REFERENCE CHART OF COMMON SYMPTOMS RELATED TO VARIOUS BRAIN & NERVOUS SYSTEM DYSFUNCTION. SPECIFIC PRESENTATIONS WITH MORE INFORMATION ARE IN PARENTHESIS.

NEUROINFLAMMATION
(Kharrazian)

- Brain Fog/Confusion
- Brain Fatigue re: Foods, Scents Depression
- Sleepiness/Must Sleep 8+ Hours
- Lethargy/Fatigue
- Loss of Appetite
- Malaise/Inactivity
- Lack of Motivation

NEURODEGENERATIVE
(Sharlin, Toups, McEvoy)

- Brain Fog/Confusion
- Cognitive Impairment
- Memory Loss
- Apathy
- Anxiety
- Agitation/Irritability
- Loss of Inhibition
- Mood Changes

MOLD TOXICITY
(Kharrazian)

- Brain Fog/Confusion
- Light Sensitivity
- Fatigue/Exhaustion
- Vertigo/Light-Headedness
- Tingling, Tremors, Numbness
- Joint Pain, Stiffness, Aches
- Congestion, Cough
- Excessive Thirst/Urination
- Mood, Appetite, Temp Swings

PANS/PANDAS
(Song)

- OCD/Tics
- Fears/Phobias/Anxiety
- Behavioral Regression
- Personality Changes
- Rage/Tantrums/Violence
- Handwriting Decline
- Frequent Urination
- Memory/Focus Decline
- Hyper Alert/Vigilant

TRAUMA WOUND
(Greco)

- Chronic Fatigue
- Anxiety
- Depression
- Autoimmunity
- Fibromyalgia
- Chronic Pain Conditions
- OCD
- AD/HD
- Addiction

STUCK IN STRESS RESPONSE
(Chiu)

- Chronic GI Symptoms
- Autoimmunity
- Cold Hands/Feet
- Lightheadedness
- Light/Sound Sensitivity
- Chronic Pain
- Insomnia
- Anxiety
- Irritability

NOTE: This is NOT a diagnostic tool of any kind. Please see your doctor for any diagnostics.

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Common Root Causes & Triggers of Brain and Neuro-Related Dysfunction

COMMON ROOT CAUSES & TRIGGERS OF BRAIN AND NEURO-RELATED DYSFUNCTION

- Disrupted Circadian Rhythms / Poor Sleep (#1)
- Infections (Viral, Bacterial, Fungal, etc...)
- Brain Injury/Concussion
- Emotional Trauma
- Early Childhood Attachment Wounding
- Toxicity (Metals, Chemicals, Pesticides, etc...)
- Mold Exposure/Mycotoxicity
- Chronic Systemic Inflammation
- Blood Glucose (Sugar) Dysregulation
- Gut Dysbiosis/ Inflammation
- Low Quality Diet (Processed Foods)
- Food Sensitivities
- Chronic Stress
- Mineral Imbalance / Nutrient Deficiency
- Autoimmunity
- High EMF Exposure
- Excessive Alcohol Consumption
- Smoking



Recommended Functional Lab Testing

FOR THE PRACTITIONERS OUT THERE, HERE'S A LIST OF LAB TESTING RECOMMENDED BY OUR PRESENTERS.

TESTING FOR INFECTIONS

- Strep, EBV, Enteroviruses, Mycoplasma, etc... (Blood)
- Lyme & Co-Infections (Blood)
- Fungal/Yeast (Organic Acids, Stool)
- Mycotoxin (Urine), VCS, Mold Antibodies, NueroQuant

BLOODWORK

- Inflammatory Markers, Minerals, Antioxidants, Lipids

TESTING FOR INFECTIONS

- Home Mold/Mycotoxin: Moldtesting.com & Mycometrics.com (ERMI), myhousemakesmesick.com
- Heavy Metals (Hair, Blood, Urine)
- Sleep Apnea (Home sleep study/testing now available!)
- Chemical Toxicity Panel
- Genetic Screening
- Functional Neurological Assessment

NOTE: We recommend you work with a functional health practitioner regarding labwork. Please reach out for a referral if needed.



Recommended Practices for Brain & Nervous System Health

HERE IS A LIST OF SIMPLE PRACTICES THAT YOU CAN DO ON YOUR OWN, FOR LITTLE-TO-NO MONEY, WHICH CAN HELP BALANCE THE NERVOUS SYSTEM AND OPTIMIZE THE HEALTH OF YOUR BRAIN. SEE THE PRESENTATION LISTED FOR MORE INFORMATION.

1:2 BREATHING | DR. TITUS CHIU

Exhale 2x length of inhale. Breathe through the nose, into the belly. Rec'd length is 4-5 second inhale, 8-10 second exhale. Will have a calming effect on the nervous system. (Parasympathetic)

PALMING | DR. TITUS CHIU

Gently press the fleshy part of your palms over/into your closed eyes. Should have a calming effect on the nervous system.

BELLY MASSAGE | DR. TITUS CHIU

Warm the hands (rub together) and then gently press them into your belly. Feel the warmth from your hands. Do NOT poke or press hard if you're not a trained bodyworker.

QIGONG | SHAMINI JAIN, PHD

Ancient Eastern practice of gentle movement and energy flow. There are free videos everywhere online. We recommend the YouTube channel of Mark Tanaka, one of Michael's teachers at the Luminous Awareness Institute.

[CLICK HERE](#) for free Qigong w/ Mark.

BREATHING/BREATHWORK | SAMANTHA SKELLY

Another ancient practice with Eastern origins, "breathwork" is a term that encompasses many different styles and methods of breathing which have a profound impact on the nervous system. See Sam's presentation for a simple exercise you can start doing at home every day! (HINT: It's near the end.)

You can visit her website for more information: [Pause Breathwork.](#)

MEDITATION / "EFFORTLESS MINDFULNESS" | LOCH KELLY

There are dozens (or more) different styles and methods of meditation. It's one of two ways to significantly stimulate neuroplasticity (new neuronal connections in the brain!) and is the most effective way to calm your nervous system. We recommend you watch Loch Kelly's presentation to learn more.

EXERCISE

Along with meditation, exercise is a powerful way to increase BDNF in the brain, a very important protein for brain health! Almost every presenter referenced the benefits of exercise for the brain - so get up and move!

CONNECT W/ NATURE

It's been long-known in traditional cultures that immersion in nature is calming/healing for the body. There are many reasons for this, which are just now starting to be understood by modern science. Find your favorite nature spot, and get there often!





**Recommended
Therapies for Brain
& Nervous System
Health**

THE FOLLOWING THERAPIES WERE RECOMMENDED BY OUR EXPERT PRESENTERS. SEE THE PRESENTATION LISTED FOR MORE INFORMATION.

ACUPUNCTURE | SHAMINI JAIN, PHD

She didn't go into much detail on acupuncture, but did mention it as a therapy which works on the biofield/energetic level. Many people with various neurological symptoms find relief and balance via this traditional Eastern therapy.

THERAPEUTIC TOUCH | SHAMINI JAIN, PHD

A form of energy-based healing, studies on the effectiveness of Therapeutic Touch were referenced in Dr. Jain's presentation several times. There are many forms of energy medicine to explore... some with much more science behind them than one might think! Learn more about Therapeutic Touch [HERE](#).

PRANIC HEALING | SHAMINI JAIN, PHD

Another form of energy-based healing cited in Dr. Jain's presentation on biofields, placebo, and psychoneuroimmunology. You can learn more about Pranic Healing [HERE](#).

SOMATIC EXPERIENCING/SOMATIC REPATTERNING | KRISTEN GRECO

Somatic Experiencing is a trauma-specific therapy, based on many traditional embodiment practices. It is now practiced by thousands of therapists around the world. It is one of many ways to process stored trauma in the body, which leads to the resolution of physical symptoms for many people. Learn more about Somatic Experiencing [HERE](#).

ATTACHMENT REPAIR | KRISTEN GRECO

Early childhood attachment wounding results in the development of survival patterns, or patterns/loops of behaviors, actions, etc... that we find ourselves stuck in throughout life. There are many schools of thought when it comes to Attachment Theory, many books, many teachers, and many ways to repattern ourselves.

STEM CELL THERAPY | DR. KEN SHARLIN

Dr. Sharlin shares some very promising research pertaining to specific stem cell treatments and impact on the progression of neurodegenerative disease during his presentation.

COGNITIVE BEHAVIORAL THERAPY | DR. ELISA SONG

This is actually a category which includes many different forms of psychotherapy, which Dr. Song recommends for her child patients (and their families) who are suffering from neurological symptoms. It's a very popular style of therapy, practiced by thousands of therapists around the world. You can learn more about [CBT HERE](#).

She also recommended CBT-related books from author Dawn Huebner, Phd. See them all [HERE](#).





**Recommended
Technologies for
Brain & Nervous
System Health**

THE FOLLOWING TECHNOLOGIES WERE RECOMMENDED BY OUR EXPERT PRESENTERS. SEE THE PRESENTATION LISTED FOR MORE INFORMATION.

HEARTMATH (HRV) | ROLLIN MCCRATY, PHD

Dr. McCraty is the director of research for the Heartmath Institute, the leaders in heart rate variability and heart-mind coherence research. Watch his presentation for a full understanding of the power of heart-mind coherence for overall health & wellness. This was the single most recommended practice among the presenters. Sign up [HERE](#) for a Free Heartmath Experience or [SHOP HERE](#).

LOW-LEVEL LASER THERAPY | DR. KIRK GAIR

Dr. Gair is one of the country's premier educators on low-level laser technology and use. Check out his presentation for some incredible case studies and research! Dr. Titus Chiu also shares some DIY ways to implement lasers!

MEDITATION APPS & RESOURCES | LOCH KELLY

Meditation is one of the most powerful practices for optimal brain health and nervous system balances. Here are some resources:

[Loch Kelly's Website](#) | [Calm App](#) | [Insight Timer App](#) | [Headspace App](#) | [Stop Breathe Think App \(for kids!\)](#)

(PEMF) | SHAMINI JAIN, PHD

These technologies have many health-related uses and benefits - from pain reduction to nervous system balancing. A great resource for PEMF information is the website of Dr. William Pawluk [HERE](#).

BRAINHQ | DR. KAT TOUPS

BrainHQ is a desktop and phone app used by Dr. Kat Toups in her protocols for patients with neurodegenerative diseases, but it has many more programs, functions, and uses for those interested in stimulating their brains! Check it out [HERE](#).

INFRARED SAUNA | DR. KAT TOUPS

This was a common recommendation to aid in detoxification and other benefits related to the health of our brain & nervous system. If you're interested in investing in a home sauna, we highly recommend Radiant Health Saunas. [Watch our webinar with founder Randy Gomm HERE](#). The RHT community gets \$500 OFF a Radiant Health Sauna!

RED LIGHT/NIR THERAPY | SEVERAL

Mentioned as a way to improve mitochondrial function, detoxification, hormone balance, and other benefits pertaining to the brain & nervous system. We recommend the RedRush360 or RedRush720 from Red Therapy Co. as the best value on the market. [CLICK HERE to watch our webinar with their founder, Eric James](#). The RHT community saves \$25-\$45 w/ Code: RHT.



Dietary



**Recommendations
for Brain & Nervous
System Health**

HERE ARE SOME GENERAL AND MORE SPECIFIC RECOMMENDATIONS DRAWN FROM SEVERAL OF THE PRESENTATIONS REGARDING A BRAIN & NERVOUS SYSTEM FOCUSED WAY OF EATING.

FOCUS ON QUALITY

Organic, wild-caught, pastured, grass-fed, local, seasonal, fresh foods as much as possible.

AVOID

Processed foods, added sugar, fast food, hydrogenated oils, gluten, artificial flavors, dyes, and preservatives. A few of the presenters also recommended an entirely grain-free diet.

HIGH ON HEALTHY FATS

Coconut, avocado, wild/pasured fish/meat, nuts, seeds, olive oil

DR. JARED SEIGLER'S (MOLD PRESENTATION)

"Likes" - Celery, parsley, cilantro, chives, coriander, chlorophyll, broccoli sprouts, ginger, royal jelly, watercress, saffron, turmeric

"Doesn't Like" - Wheat, oats, barley, rye, bananas, dates, added sugar

DR. KHARRAZIAN'S NEUROINFLAMMATION STRATEGY

This is to be done in sequential order, NOT all at once. Please see his presentation for specifics and details.

- **Anti-Inflammatory Diet:** No gluten or dairy – grain-free paleo – autoimmune paleo (if AI is suspected) w/ testing for sensitivities
- **Stabilize Blood Sugar:** Smaller portions – avoid sugar – limit carbs – don't skip meals
- **Modified Ketogenic Diet:** 20-50g carbs/day – 70-80% calories from fat - Measure ketones (blood is best) – Rec'd Ketomojo
- **Intermittent Fasting:** 1st Meal is 12-18 hours after last meal of previous day (work your way up)
- **Longer (Water) Fasts:** 3 Days is optimal (must be stable enough) – Once/Month – NEVER start here!





Time Restricted Eating (TRE) or Intermittent Fasting (IF)

MANY PRESENTERS RECOMMENDED SOME FORM OF TIME RESTRICTED EATING/INTERMITTENT FASTING TO REDUCE NEUROINFLAMMATION, OPTIMIZE CIRCADIAN RHYTHMS, AND STIMULATE AUTOPHAGY. HERE ARE SOME TIPS, RECOMMENDATIONS, AND INFORMATION PERTAINING TO THIS PRACTICE.

8-12 HOUR EATING WINDOW

Start with a 12-hour eating window each day, gradually reducing it down to 8 hours. Example: First meal at 8am, last meal at 4pm.

CIRCADIAN CONSIDERATIONS

For purposes of optimal circadian rhythm, it's recommended to finish eating by sundown/no meals after dark.

CONSISTENCY

"It's recommended to adjust your circadian rhythm to fit your desired sleep-wake cycle by waking up at the same time each morning, as well as going to bed at the same time each night.

NOT FOR EVERYONE

People with poor blood sugar regulation, adrenal challenges/insufficiency, and/or thyroid-related problems may not do well with TRE / IF. It's best to get those things in order first before beginning this practice.

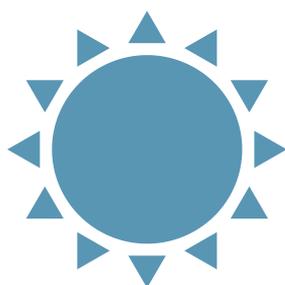




**Optimizing
Circadian Biology
Priority #1 for Brain
& Nervous System
Health**

NOTHING WAS DISCUSSED MORE THAN SLEEP AND OPTIMAL CIRCADIAN RHYTHMS FOR BRAIN HEALTH, DETOXIFICATION, AND OVERALL BALANCE OF THE NERVOUS SYSTEM. WHETHER SOMEONE IS DEALING WITH BRAIN INFLAMMATION, NEURODEGENERATIVE DISEASE, DEPRESSION, OR INFECTIONS IN THE BRAIN - SLEEP AND CIRCADIAN BIOLOGY ARE PRIORITY #1. HERE ARE SOME TIPS:

1. The variables which control circadian rhythms are: light/dark, calorie restriction/fasting, hot/cold, and exercise/movement.
2. No screens 1-2 hours before bed.
3. Minimal artificial light exposure after sunset.
4. Maximal natural light exposure during the day - especially in the AM. (Use a light box in the morning if you're up before the Sun.)
5. Exercise in the first half of the day.
6. Minimal eating after dark/at night/after sundown.
7. Use blue light blocking glasses. There are day (partial blocking) and night (full blocking) versions. We recommend [True Dark](#) and [Swanwick](#).
8. Install (free) circadian-friendly apps on your computer and phone. We like [f.lux](#) (CPU), and [Twilight](#) (Android). iPhones have something called "Night Shift".
9. Consider [Melatonin supplementation](#). This is a powerful antioxidant, in addition to being neuroprotective and important for quality sleep. Our current lifestyle (lights/screens at night) destroys natural melatonin production.



10

Reduce Toxic
Exposure and
Burden on the
Brain & Nervous
System

IN TODAY'S SOCIETY, WE LIVE IN A TOXIC SOUP - WHICH IS A DISASTER FOR OUR BRAINS AND NERVOUS SYSTEM. MANY DIFFERENT TYPES OF ENVIRONMENTAL (AND BIOLOGICAL) TOXINS ARE IMPLICATED IN ALL FORMS OF NEUROLOGICAL DISEASE AND DYSFUNCTION. HERE ARE SOME SUGGESTIONS FROM OUR PRESENTERS:

- Remove Toxic Amalgam Fillings (Must be done properly!)
- Reduce the use of aluminum
- Eat organic/pesticide-free and non-processed foods free of dyes, colorings, preservatives, and artificial flavors
- Use non-toxic beauty and skin care products - We like [Anmarie Skincare](#), [Beautycounter](#), [Alitura](#), and [Bare Naked Botanicals](#) (Save 20% w/ Code: REBELHEALTHTRIBE)
- Use non-toxic cleaning/home products - We like [MyGreenFills](#) and [O3 Waterworks](#)
- For those with mercury toxicity, reduce/eliminate most fish/seafood for 3-6 months
- Use in-home air purifiers - we recommend [AirDoctor](#) (use this link for \$300 off!)
- Reduce electrosmog/EMF exposure - We like [AiresTech](#), [Defender Shield](#), and [Somavedic](#) (Use code RHT for 10% Off!)
- Hydrate w/ clean water and electrolytes - We like [Berkey Water Filters](#)
- Pee, poop, and sweat! (IR sauna or Exercise) - We love Radiant Health Saunas ([Watch webinar HERE](#)) \$500 RHT discount!



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Recommended
Supplements for
Optimal Brain &
Nervous System
Health

OUR PRESENTERS MADE MANY RECOMMENDATIONS, MOST BEING SPECIFIC TO CERTAIN USES/CONDITIONS. WE'VE ORGANIZED THEM ALL HERE IN ONE PLACE FOR EASE OF USE. AS ALWAYS, CONSULT WITH YOUR DOCTOR BEFORE ADDING ANY SUPPLEMENTS INTO YOUR ROUTINE.

CALMING

- Phosphatidylserine (lowers cortisol)
- L-Theanine Inositol
- 5-HTP (serotonin precursor)
- Homeopathic Remedies (See Dr. Song's presentation for specifics)
- GABA ([GABA & L-Theanine liposomal](#))

ANTI-INFLAMMATORY

- Turmeric/Curcumin
Resveratrol ([Curcuma NF-kB: Turmeric Supreme](#))
- Green Tea Extract (EGCG)
- [Gut-Specific Fish Oil](#)

MITOCHONDRIAL SUPPORT

- CoQ10 (Ubiquinol)
- Acetyl L-Carnitine
- Antioxidants
- Vitamins C & E
- Alpha-Lipoic Acid (ALA)
Riboflavin

Also: Red Light/NIR Therapy can enhance mitochondrial function.

([Watch Webinar HERE](#))

IMMUNE MODULATION

- IV Immunoglobulins (Doctor)
- SBI's ([MegaIgG2000](#))
- Low-Dose Naltrexone (LDN)
- SPM's (Mediators from fish oil)
- CBD (Cannabidiol) Chinese Skullcap

DETOXIFICATION SUPPORT

- Sulforaphane ([BioImmersion](#))
- Glutathione (Nebulized or [Liposomal](#))
- N-Acetyl Cysteine (NAC)
- Milk Thistle/Silymarin
- [EcoDetox](#) (fully comprehensive detox supporting formula)
- [GlyphoDetox](#) (specific formula for pesticides and glyphosate)

GUT HEALTH/REPAIR

- Probiotics ([Megaspore](#))
- Prebiotics ([MegaPrebiotic](#))
- Betaine HCL ([HCL Guard](#))
- Digestive Bitters
- Digestive Enzymes ([Holozyme](#))
- Mucosal Repair ([MegaMucosa](#))
- Fermented Foods (When tolerated)

Also: CHEW your food thoroughly!

**IF YOU FOUND THIS GUIDE HELPFUL, YOU MAY WANT TO CHECK
OUT THE FULL BRAIN & NERVOUS SYSTEM MASTERCLASS
EXPERIENCE!**

REBEL *Health Tribe* PRESENTS

BRAIN & NERVOUS SYSTEM *Masterclass*

**GRAB YOUR FREE
48-HOUR TRIAL**



**19 LEADING EXPERTS SHARE THE LATEST SCIENCE,
BEST PRACTICES, AND CLINICAL PROTOCOLS TO
OPTIMIZE YOUR BRAIN & NERVOUS SYSTEM**

**WE HOPE THIS GIVES YOU ENOUGH INFORMATION TO GET
YOUR JOURNEY STARTED!**

Please feel free to join our [Rebel Health Tribe group on Facebook](#) – you'll find thousands of health rebels, practitioners, experts, and others along similar healing paths as yourself!

Thank you being part of our community!

