Follow a low-carbohydrate, Mediterranean-style diet rich in lean protein, poultry, fish, eggs, legumes, vegetables, olives, nuts, seeds, berries and low-fat dairy. This style of diet is rich in the beneficial omega-3 fatty acids.

Avoid the following: simple carbohydrates (bread, pasta, white rice, crackers, etc.), saturated fats, trans-fats, processed foods, sugar, and sugary foods.

Limit your exposure to environmental toxins. Eat organic, stay away from processed foods with chemical additives, colors, and preservatives. Use natural cleaning products, avoid pesticides and herbicides, limit nicotine, alcohol, and caffeine.

Work with your doctor to reduce prescriptions, particularly cholesterol-lowering drugs (remember you need cholesterol—keep HDL above 45 in women and above 50 in men). While at the same time, be sure to keep your blood pressure in check, which can be done with the right diet and exercise.

Exercise. Aim for 30 minutes, 3 times per week. Intensity doesn’t matter—just a simple walk can do the trick.

Take measures to reduce the effects of stress, such as practicing daily meditation, yoga, biofeedback, prayer, and even light exercise. Get involved, volunteer, and enjoy as much social interaction as you can with friends and loved ones.

Stay mentally active. Continue to work for as long as you can, sign up for a course at your local community college or library, volunteer, read, play games with friends & family or online. Stay up with new technology, take up a new hobby like painting or photography.

Supplement daily with supportive nutrients…
1. **Glutathione support from un-Denatured Whey Protein Powder** made with advanced low-temperature ultrafiltration technology and patented for immune support and synthesis of glutathione (additional vegetable extracts is a plus if you can find a product with both).

2. **High-Quality Powdered Multivitamin-Multimineral** featuring a minimum of 35 mg of each of the B-complex family, plus vitamin D, choline, inositol, lecithin, calcium, magnesium, l-glutamine, coenzyme Q10, carnitine and digestive enzymes.

3. **Balanced blend of flavonoids** called anthocyanins and flavanols, including purple fruits and vegetables… a powdered blend including blueberries, blackberries, black cherries, beets, acai, mangosteen, goji berries, etc… totaling about 4,900 mg (one scoop)

4. **The neurologicals—a group of 7 powdered nutrients.** Look for a blend (or two) that includes at least the following…
   - Phosphatidylserine (PS)
   - Cytidine diphosphate choline (CDP-Choline)
   - Acetyl l-carnitine
   - Myo-inositol
   - Astaxanthin
   - Phosphatidylcholine

Combine 1 scoop of each of the un-denatured whey protein, multivitamin-multimineral powder, powdered purple flavonoids, and powdered neurologicals into 8-10 ounces of pure water or juice (you can shake it or stir it, you don’t have to blend it)…

Drink it slowly over 15-30 minutes…

Followed by a protein breakfast (animal or vegetable protein) within a half hour.

After that, take 300 mg of coenzyme Q10 (in softgel or chewable form). Some may benefit from up to 1,200 mg of coQ10 a day. And 1,000 IU of fish oil standardized with EPA & DHA (in softgel or liquid form).

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**Source Directory**

If you are having difficulty finding sources for the ingredients of the “brain brew,” Dr. Pressman has worked with a manufacturer to create custom combinations of everything in powdered form, including the neurologicals, in order to make it easier for his patients. You can purchase his formulations at www.DrPressman.com.

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For more about Dr. Alan Pressman’s Restorative Neurology complete healing protocol, visit: www.ovhlearning.com

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