



INFLAMMATORY RESPONSES WITHIN THE BRAIN AND SPINAL CORD ARE GENERALLY REFERRED TO AS "NEUROINFLAMMATORY"

Support for the Autistic Patient

- **Vitanox – 2/day**
- **Sleep support as needed (see below)**
- **GI Flora Balance Protocol**
- **Turmeric Forte – 4/day (NI)**



Support for Patients with Cognitive Challenges

- **Bacopa Complex – 3/day**
- **Turmeric Forte – 4/day (NI)**
- **Vitanox – 2/day**
- **Nevaton Forte – 3/day**
- **5-Point Microcirculation Phytonutrient Protocol**
- **Address other drivers of Neuroinflammation via Systemic Inflammation**

Support for Patients Dealing with Depression

- **St John's Wort – (1) 3x/day***
- **Nevaton Forte – (2) 2x/day (source of Saffron) ***
- **Turmeric Forte – 2-4/day**
- **Other Key Herbs if Needed:**
 - **Rhodiola & Ginseng - 3-4/day**
 - **Kava Forte – 2-3/day (if anxiety present)**
 - **Ginkgo Forte – 2-3/day (circulatory support)**
- **Address Neuroinflammatory drivers**
- **Increase Nrf2, sleep quality and add'l mitochondrial support depending on case. Exercise is extremely beneficial**

*May not need additional St John's if taking 4/day of Nevaton as it has 375 mcg Hypericin per tablet totaling 1500 mg/day. 900-1200 is typical dose of Hypericin

Support for Healthy Sleep

- **Sleep Onset (trouble falling asleep)**
Choose From:
 - **Valerian Complex – 6/day**
 - **Kava Forte – 2 before bed**
 - **Chaste Tree – 2 at 8pm**
 - **Nervagesic – 2-3 at bedtime if pain is a factor**
- **Sleep Maintenance (waking up at night)**
Choose From:
 - **St John's Wort – 3/day**
 - **Chaste Tree – 2 at 8pm**
 - **Valerian Complex – 6/day**
 - **Adrenal Complex – 3-4/day**
- **Restorative Sleep (waking unrefreshed)**
Choose From:
 - **Ashwagandha Complex – 4/day**
 - **Rhodiola & Ginseng – 3/day**
 - **Adrenal Complex – 3-4/day**

NRF2 Activating Herbs
Turmeric Forte – 2/3/day
Vitanox – 3/day
Garlic Forte – 1-2/day

5-Point Dietary Plan

- ✓ **Boost dietary nitrate – green leafy vegetables, esp beets as juice or supplement**
- ✓ **Increase cocoa intake: 90% chocolate or cocoa – 0.7 oz/day**
- ✓ **Increase berry anthocyanin intake – 3-4 oz/day of blueberries, strawberries, raspberries blackberries**
- ✓ **Raw crushed garlic – 1/2 to 1 clove/day**
- ✓ **Increase herbs & spices: esp Green Tea (3-4 cups/day with meals), Turmeric and ginger**

