

Patient Fact Sheet

**Total Brain (veg)TM Support for Balanced Mental Health:
Support of Right & Left Hemispheres & Enhanced Functioning**

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Anxiety disorders from mild unease to intense panic and fear affect 10 million people. Over 28% of Americans suffer from some kind of mental disorder severe enough to require treatment. 4 million people in the U.S. suffer from Alzheimer's, afflicting 10% over the age of 55 and 50% over 85. Senile Dementia is the 4th leading cause of death in people over 60. Depression and anxiety are the most common emotional problems, and incidences among children, adolescents, and the elderly are rapidly increasing.

50% of preventable vascular problems can be responsible for many kinds of confused thinking patterns. Tissues decline and die from lack of nutrients and oxygen. Nutrient deficiencies and nutrient malabsorption, brain chemistry and hormone imbalances, immune system malfunction, poor handling of stress, hypoglycemia, allergies, toxic metals, aspartame, alcohol, smoking, medications, addiction and withdrawal, environmental causes, and lighting have all been implicated as causes in poor mental health.

Social ties, support groups, stress reduction, relaxation techniques, music, breathing exercises, nutritional supplements, dietary and environmental changes can all help prevent mental health problems and help restore healthy mental functions.

Phosphatidylserine supports healthy mental function, enhanced memory, and improved mental function in Alzheimer's.

DMAE helps Attention Deficit Disorder, learning, mood elevation, memory, and increases intelligence.

5-Hydroxy-Tryptophan helps in obesity, sleep disorders, depression, stress, and anxiety.

Vinpocetine helps protect the brain, improve alertness, concentration, and memory.

Glutamic Acid helps the brain detoxify, improves personality disorders, and has tranquilizing effects.

L-Glutamine promotes normal mental ability, enhances mental function, benefits people with developmental disabilities, impotence, schizophrenia, and senility.

L-Arginine helps repair damaged tissue, improve hormone balance, and immune function.

DNA & RNA help build brain cells, enhance memory, and reverse declines in brain cell efficiency.

B-6 & Pyridoxal 5 Phosphate help maintain mental health, promote relaxation, prevent depression, help learning difficulties and weak memory.

L-Ornithine improves nutritional status, healing, and immune function.

L-Methionine helps protect the brain from toxic metals and reduced blood flow. **B-6, B12, Folic Acid, Choline, and Magnesium** work with methionine to protect the brain.

Vitamin C is needed for brain chemistry, helps cope with stress, prevent depression, and decrease anxiety.

L-Lysine helps prevent reduced ability to concentrate, enhance memory, social abilities, and overall function in Alzheimer's.

Reishi helps improve vitality, high blood pressure, fatigue, and to build resistance to disease.

Ginkgo Biloba Extract (GBE) helps improve mood, memory, attention, and helps to slow progression of Alzheimer's.

Co-Enzyme Q-10 helps improve and protect brain oxygenation and energy production.

Inositol helps calm irritability and alleviate depression.

Niacin promotes healthy brain function, enhances memory, exerts a calming effect, is helpful in schizophrenia and other mental illnesses, can prevent depression, confused thinking, indigestion, and low blood sugar.

Folic Acid is a brain food necessary for brain cell building and repair, helps elevate mood, alleviate depression, anxiety, prevent apathy, memory problems, paranoia, and fatigue.

Vitamin E protects brain cells and slows the progression of Alzheimer's.

Dong Quai helps relieve stress, purify blood, balance female hormones, and improve circulation.

B-1 helps maximize brain function, promote calmness, enhance circulation, prevent forgetfulness, irritability, nervousness, and general weakness.

Phosphatidyl Choline promotes normal brain function, good memory, helps Alzheimer's, and alleviates manic depression.

B-12 helps memory, learning; protects nerve and brain health; prevents depression, irritability, memory loss, moodiness, and nervousness.

Glutathione helps protect the nervous system and brain, detoxify the liver, prevent coordination problems, tremors, difficulty in maintaining balance, and mental disorders.

Pregnenolone helps prevent arterial disease, improve memory, and prevent Alzheimer's.

Rosemary helps alleviate stress, relieve headaches, counteract depression, and improve memory.

Alpha Lipoic Acid enhances brain cell protection and maintenance, protects capillaries, helps detoxify heavy metals, protects the liver and nerves.

Huperzine-A helps improve memory, thinking, and behavior in Alzheimer's.

Manganese helps nourish the brain and nerves, prevent irritability, tremors, and psychosis.

Magnesium helps relieve nervousness, tension, anxiety, muscular spasms, prevent confusion, irritability, seizure, tantrums, depression, insomnia, and cardiovascular problems.

Boron improves brain function, hormone levels, and reduces heavy metal poisoning.

Potassium helps maintain a healthy nervous system and brain and prevent cognitive impairment, depression, diarrhea, nervousness, glucose intolerance, weakness, and lethargy.

Selenium helps decrease anxiety and elevate mood and protect against the toxic effects of mercury on the brain.

Zinc helps remove toxins from the brain, helps prevent brain plaque in Alzheimer's, enhance immune function and prevent depression.

Chromium helps fuel the brain and prevent nervousness, shakiness, and sugar intolerance.

Calcium is a natural tranquilizer that can prevent nervousness, thinking impairment, depression, hyperactivity, and delusions.

*References for all statements are available from Nutri-West, please call toll free 1-800-443-3333