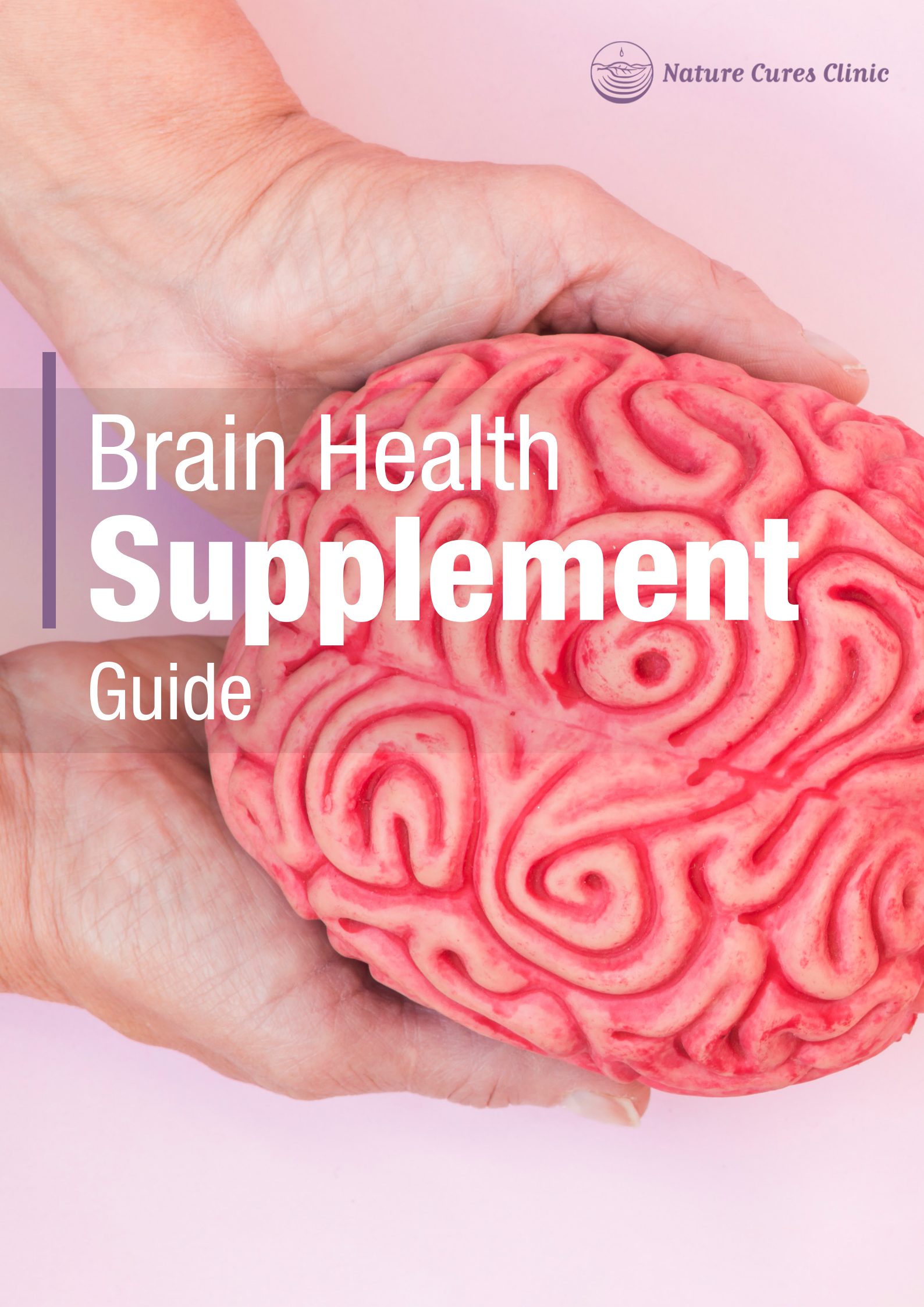




Nature Cures Clinic

Brain Health **Supplement** Guide



These are some of the most prescribed supplements that Dr. Eckel has prescribed for his patients with chronic neurodegenerative conditions. Please do seek professional medical advice before starting any supplements or treatments. This is not an exhaustive list. In his book *Shake It Off: An Integrative Approach to Parkinson's Solutions*, Dr. Eckel introduces the concept of the Zheng of a formula. More is not better. The Zheng of a formula has a meaning in Chinese herbs for the direction of the formula. There is a need for synergy and direction in what you are taking.

Seek out a trusted source, licensed medical professional for proper support. You are welcome to schedule a complimentary consult with Dr. Eckel here: <https://naturecuresclinic.com/complimentary-consultation/>

Items Dr. Eckel Will Prescribe For Chronic Neurodegenerative Conditions, Including Parkinson's Disease.

- HOCL/DMSO nasal spray:** Formulated by Dr. Eckel, patients living with Parkinson's are reporting better speech after using this amazing nasal spray. DMSO (dimethyl sulfoxide) is used as a chaperone molecule, carrying the HOCL through the sinus cavity. HOCL (anhydrous chloride) has been shown to deactivate prions (misfolded proteins), which may be implicated in the pathology of Parkinson's. This is ordered with prescription from Nature Cures Clinic.
- Cannibidiol (CBD):** The endocannabinoid (eCB) system wasn't even known about when Dr. Eckel went to medical school. CBD is all the rage these days, though for good reason. The eCB system maybe the missing link for a long list of conditions, including neurological ones, such as Parkinson's. Nature Cures Clinic has a private line of CBD oil, that is certified organic and is made from seed to bottle at the same property. This is ordered with prescription from Nature Cures Clinic.
- Liposomal Glutathione:** Liposomal Glutathione is an exciting glutathione product formulated with liposomal technology. Liposomes are spheres made of phospholipids—the primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to facilitate intracellular delivery of their nutrient cargo. Thanks to this enhanced delivery and absorption, nutrients delivered in liposomal form offer superior absorption and bioavailability.
- Chinese Herbs:** Skilled Chinese herbalists prescribe directly to what your pulses/ constitution say about your health. Dr. Eckel's training is in Taiwanese style prescribing. Though classically trained Chinese herbalists are also very helpful to have on board. Brain Essentials: Dopafactors: Dopa Factors contains botanical extracts, antioxidants, and 5-MTHF to support healthy levels of neurotransmitters which may be depleted by stress and a hectic lifestyle.
- Vitamin B6/ P5P:** Vitamin B6 is required to metabolize proteins, carbohydrates and fats, and is important in the production of antibodies and red blood cells. It also helps regulate bodily fluids and helps support the nervous and musculoskeletal systems. Pro Omega 2000 With nearly double the omega-3s as our best-selling ProOmega, ProOmega® 2000 features a breakthrough omega-3 oil. Ultra-concentrated EPA+DHA in the highly absorbable, triglyceride molecular form. In a slightly larger soft gel, this powerful concentrate is ideal for patients' requiring the highest levels EPA+DHA.
- MCT Colada:** MCT Colada contains emulsified medium-chain triglycerides (MCTs) with a great-tasting natural pineapple/coconut flavor. Its emulsification allows for unparalleled absorption, and it will completely disperse when mixed into any liquid. Medium-chain triglycerides are a unique form of fat requiring less energy and enzymes in order to be digested into its derivatives, medium chain fatty acids (MCFA) and monoglycerides. MCTs have some very impressive health benefits, which may include support for cognitive health, athletes (*fuel for intense exercise*), and metabolic function.

Supplements may be purchased here:
<https://us.fullscript.com/welcome/naturecures>

- **Resilience Whey:** from Living Love Super Foods. <https://www.livinglovesuperfoods.com/collections/nutritional-superfood-powders> Build resilience, boost endurance and support workout recovery with clean, wholesome protein from LivingLove Superfoods *Resilience Whey Superfood Protein Powder*. Featuring 100% grass-fed whey, a balanced source of complete amino acids and peptides, and considered “nature’s perfect protein”, with an 80% protein efficiency ratio. This is a very ethical company and they are meticulous of their sourcing. We private label this in our clinic, though they can be found online.
- **Trehalose Complex:** Trehalose Complex acts on multiple levels, and may help protect nervous tissue from the destructive forces of aging and environmental toxins, as well as supporting optimal nerve function. Pro greens (nutricology brand) ProGreens® is an all-natural blended variety of “Super Foods” that provide broad-spectrum nutritional support from green grasses and natural food factors not found in isolated vitamins or mineral concentrates.* In addition to the green grasses, sea vegetables (seaweed) and algae, ProGreens® contains adaptogenic herbs, active probiotics, fiber, and a variety of nutrient-rich superfoods.*
- **Giant Keto:** Beta hydroxybuterate blend. Found in stores and online. Great addition to a brain health smoothie. Exogenous ketones (meaning you can ingest these ketone bodies). Helpful for feeding the brain and staying in a ketosis state. Liposomal DHA (if vegetarian): Docosahexaenoic acid (DHA) is an omega-3 fatty acid that is a primary structural component of the human brain, cerebral cortex, skin, and retina

