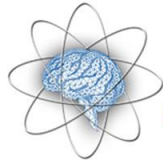


TBI Therapy Post-Treatment Protocol

- I. **Hyperbaric Oxygen Therapy: 3 months or 25 sessions total**
Consider getting home unit from [TBI Therapy](#) or return to medical grade facility.
- II. **Cranial Osteopathy: 1 session per week for 12 weeks total**
Patient should continue cranial therapy with a local provider ([find one here](#)): once a week or as their provider recommends.
- III. **Intranasal Insulin: 10-21 days**
Use every day for 10 days. If tolerated, it is recommended to continue use for 3 weeks then take a 1 week break. Contact TBI Therapy for a refill of insulin at your pharmacy.
- IV. **Brainwave Training Player: 12 weeks**
Listen to 30 minutes a day for 12 weeks. If patients have abnormal mood changes while listening to the player, they should decrease to 1x/week and call Dr. Hughes for further instructions
- V. **Nutrition / Supplements: 8-12 weeks**
 - A. [Stem XCell by Enzymedica](#): 2 pills 2x/day
Continue 15 days after PRP or Stem Cell treatment
 - B. [Brain Octane by Bulletproof](#): 1 tbsp 2x/day with meals
Continue 12 weeks total
 - C. [Elk Antler by High Wire Ranch](#): 2 pills 2x/day
Continue 8 weeks total
 - D. [E3 Live BrainON](#): 1 pill in am; 2 pills in pm
Finish one bottle
 - E. [Qualia by Neurohacker Collective](#): ONLY IF RECOMMENDED BY DR. HUGHES
 - F. [Mexidol](#): ONLY IF RECOMMENDED BY DR. HUGHES or use two pills after drinking alcohol



VI. Ketogenic Diet: 3 months

- A. Consider intermittent fasting. Check out [Bulletproof Intermittent Fasting](#).
- B. Use [Brain Octane](#), start with 1 tablespoon daily and then increase slowly to 2-3x/day
- C. [Bulletproof Coffee](#) in the morning (in place of regular coffee) – otherwise avoid coffee
- D. If you are going to do high heat cooking, use avocado oil, coconut oil, or grass-fed ghee.
- E. Make sure the meat you cook is not over-cooked. Cook it medium at most. Do NOT char or blacken.
- F. Good food choices: The [Bulletproof Diet Roadmap](#), [Headstrong](#) by Dave Asprey, or [Fat for Fuel](#) by Dr. Joseph Mercola

Please follow up with Dr. Hughes' office with any questions or information about these treatments. 303-447-1257