

## 10 Day TBI Therapy Package

### I. Hyperbaric Oxygen Therapy (HBOT)

<http://tbitherapy.com/hbot/>

Benefits: Angiogenesis, Decreased inflammation, Tissue Regrowth, Mobilization of Stem Cells, Increased Metabolic Activity

### II. Intranasal and Intravenous PRP (Platelet Rich Plasma)

<http://tbitherapy.com/prp/>

Benefits: Regrowth of brain collagen, activation and targeting of stem cells, increased angiogenesis, decreased inflammation (decreased cox 1, 2), reduction of b-amyloid proteins (that result in memory loss), increased brain glucose utilization, increased neurogenesis, decreased cortisol

### III. Intranasal and Intravenous PRP-PDSC (Platelet Derived Stem Cells)

<http://tbitherapy.com/adult-stem-cells/>

Benefits: Regenerative and therapeutic properties, increased growth and healing factors, that initiate repair and attract the critical assistance of stem cells.

### IV. IV Nutrition

<http://tbitherapy.com/cellular-nutrition/>

Benefits: Improved metabolic activity, improved detoxification, reduction of Systemic pain and inflammation

### V. Cranial Osteopathy

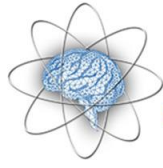
<http://tbitherapy.com/cranial-osteopathy/>

Benefits: Improved CSF flow, Reduction of headache pain, Improved nourishment

### VI. Ketogenic Diet

<http://tbitherapy.com/cellular-nutrition/>

Benefits: Improved protection from oxidative stress, Increased synthesis of calming neurotransmitters (including GABA)

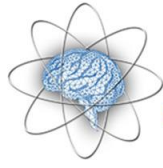


## VII. Dietary Supplements

- A. Brain Octane by Bulletproof: Brain Octane is made with only C8 MCTs, which metabolize more efficiently into ketone energy than more common oils with C10 and C12 (Lauric Acid) MCTs. <http://www.bulletproof.com/brain-octane-oil-16-oz>
- B. Elk Antler by High Wire Ranch: Anti-aging factors, immune system support and fortification mood disorders, blood enrichment, fighting liver disease, bone and joint health including management of pain associated with arthritis, bone and muscle growth and development, energy as well as many other benefits. <http://www.highwireranch.com/elk-velvet-antler.html>
- C. E3 Live BrainON: Promotes mood balance, enhanced focus, ability to manage everyday stress, modulates neurotransmitters, supports healthy inflammation responses. <http://www.e3live.com/p-9-brainon.aspx>
- D. Stem Xcell: Stem XCell™ contains a university-researched blend, NT-020, consisting of Blueberry, Vitamin D, Green Tea Extract and Carnosine. Scientific data suggests supplementation of NT-020 promotes the growth and health of stem cells, encouraging cell renewal.\* Unique enzyme blends have been added to protect the cells from the harmful effects of free radicals and help support the proliferation of stem cells.\*
- E. Book: *Fat for Fuel* by Dr. Joseph Mercola “As you read this book, you’ll learn in clear, rational terms how your body works at a molecular level. You’ll finally understand the type of fuel it’s designed to burn in the most efficient way possible. You’ll find detailed guidelines for starting and sticking with a ketogenic eating plan. And you won’t have to wait a decade or two for metabolic mitochondrial therapy to make its way into the mainstream. You can build a healthier body and brain at the cutting edge of this exciting new discipline, starting right now.”

## VIII. Drugs and Devices

- A. Brainwave training player: Stabilizes brainwave patterns through the use of sound waves devised by Dr. Jeffrey Thomson
- B. Intranasal Insulin: decreases head pain, increases energy production



**TBI Therapy**  
Regenerative Therapy for Brain Injury

## 10 Day TBI Therapy Mock Schedule

### Day One (1.5 hours w/ Dr. Hughes)

Physician consultation and ketogenic diet discussion (60 min)

Cranial osteopathy (30 min)

HBOT (90 min)

### Day Two

HBOT (90 min)

### Day Three

HBOT (90 min)

### Day Four (2 hours w/ Dr. Hughes)

Blood draw (20 min)

Intravenous PRP + Nutrition (60 min)

Intranasal PRP (45 min)

HBOT (90 min)

### Day Five (2.5 hours w/ Dr. Hughes)

Intravenous Stem Cells + NAD (90 min)

Intranasal Stem Cells (45 min)

HBOT (90 min)

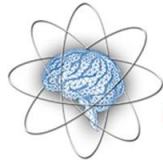
## **WEEKEND**

### Day Six (1 hour w/ Dr. Hughes)

Myers IV (30 min)

Cranial (30 min)

HBOT (90 min)



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## Day Seven

HBOT (90 min)

## Day Eight

HBOT (90 min)

## Day Nine (2 hours w/ Dr. Hughes)

Blood draw (20 min)

Intravenous PRP + Nutrition (60 min)

Intranasal PRP (45 min)

HBOT (90 min)

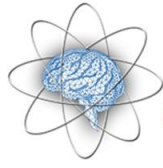
## Day Ten (3 hours w/ Dr. Hughes)

Intravenous Stem Cells + NAD (90 min)

Intranasal Stem Cells (45 min)

Review supplements and take homes (30 min)

HBOT (90 min)



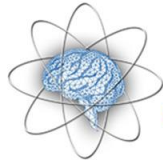
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## 10 Day TBI Therapy Package Overview

1. 60 Minute Physician Consultation
  2. Cranial Osteopathy (2 sessions)
  3. Ketogenic Diet
  4. Intranasal PRP (Platelet Rich Plasma) (2 sessions)
  5. Intravenous PRP (Platelet Rich Plasma) + Nutrition (2 sessions) plus additional Myers IV
  6. Intranasal PRP-PDSC (Plasma and Platelet Derived Stem Cells) (2 sessions)
  7. Intravenous PRP-PDSC (Plasma and Platelet Derived Stem Cells) + NAD (2 sessions)
  8. Take home supplements: Brain Octane MCT Oil by Bulletproof, Elk Antler by High Wire Ranch, BrainOn by E3 Live, Stem Xcell, and *Fat for Fuel* by Dr. Mercola.
  9. Take home drugs and devices: insulin for personal administration and brainwave training player.
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## Hyperbaric Oxygen Therapy

1. Basalt Patients: 10 sessions at the Colorado Center for Hyperbaric Medicine
2. Lafayette Patients: 10 sessions at TBI Therapy



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Regenerative Therapy for Brain Injury

## Contact Information

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[www.tbitherapy.com](http://www.tbitherapy.com)

Please see [www.tbitherapy.com](http://www.tbitherapy.com) for more in-depth information about each of these protocols and their benefits as well as adjunctive therapies. Please follow up with Dr. Hughes' office with any questions or information about these treatments. 303-447-1257