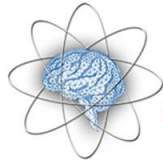


## General Recommendations

- **WAVI Scan**
  - <https://wavimed.com/find-a-pactitioner/> and [tbitherapy.com/imaging](http://tbitherapy.com/imaging)
  - Sometimes insurance will cover this treatment. This scan is helpful but not essential.
- **Hyperbaric Oxygen Therapy**
  - It is recommended that you do 40 treatments daily in a medical facility at 1.5 to 1.75 ATA (per doctor's order) with a repeat of 20 treatments after 3 months.
  - Alternatively, consider getting a **home hyperbaric chamber**. We usually recommend the Summit to Sea Dive or Grand Dive: [tbitherapy.com/hbot-home](http://tbitherapy.com/hbot-home). Contact Tanya at 970-927-0308 to find out more about how to get a hyperbaric chamber. We recommend using the chamber 5-7 days per week for approximately 4-5 months and then 3-4 days per week for the next 4-6 months for 1.25 hours per day.
- **Ketogenic Diet**
  - 2-3 months strictly if your stomach can tolerate it. Most importantly, stay away from all sugar, dairy, and wheat products.
  - For more info:
    - Read the book Fat for Fuel as well as the associated cookbook.
    - [amazon.com/Fat-Fuel-Revolutionary-Combat-Increase/dp/1401953778](https://amazon.com/Fat-Fuel-Revolutionary-Combat-Increase/dp/1401953778).
    - [amazon.com/s/ref=nb\\_sb\\_ss\\_i\\_1\\_16?url=search-alias%3Dstripbooks&field-keywords=fat+for+fuel+cookbook&sprefix=fat+for+fuel+coo%2Cstripbooks%2C206&crd=37DPP2K4ZZ20G](https://amazon.com/s/ref=nb_sb_ss_i_1_16?url=search-alias%3Dstripbooks&field-keywords=fat+for+fuel+cookbook&sprefix=fat+for+fuel+coo%2Cstripbooks%2C206&crd=37DPP2K4ZZ20G)
- **Cranial osteopathic manual therapy**
  - 1x/week for 6-12 weeks. [cranialacademy.org/find-a-physician/](http://cranialacademy.org/find-a-physician/)
- **MCT Oil**
  - Use daily [wildfoods.co/products/mct-oil-16oz-organic](http://wildfoods.co/products/mct-oil-16oz-organic) - 2 tbsps with meals. Do not mix into any plastic cups...only use glass.
  - You can also add this powder to your meals [aspenintegrativemedicine.ehealthpro.com/products/kto-360-powder](http://aspenintegrativemedicine.ehealthpro.com/products/kto-360-powder)
- **Supplement Protocols**
  - While doing HBOT and before getting any PRP or PRP and Stem Cell package.
  - [tbitherapy.com/supplements](http://tbitherapy.com/supplements)
- **TBI Therapy's Standard or Premium PRP and Stem Cell Package**
  - After doing at least 15-20 treatments in the medical hyperbaric facility (or one month in a home chamber) [tbitherapy.com/tbi-therapy-packages/](http://tbitherapy.com/tbi-therapy-packages/)
  - Contact Tanya at 970-927-0308 when you are ready to do this program and she will send you the necessary supplements. We will need about 2-3 weeks of advanced notice to schedule the treatment.



# TBI Therapy

Regenerative Therapy for Brain Injury

- **Testimonials**
  - From other patients here: [tbitherapy.com/testimonials](http://tbitherapy.com/testimonials)
- **Webinars**
  - [tbitherapy.com/webinars](http://tbitherapy.com/webinars)
- **Adjunctive and Optional Therapies**
  - InLight Therapy [inlightmedical.com/our-products/packages/6-port-expandable](http://inlightmedical.com/our-products/packages/6-port-expandable)
  - VieLight [vielight.com/devices/vielight-neuro-alpha](http://vielight.com/devices/vielight-neuro-alpha)
  - Alpha Stim Device use 20 min/2x/day to reduce anxiety: [alpha-stim.com](http://alpha-stim.com)
  - Brainwave player apps:
    - Binaural rhythms -- 30 min per day while at rest.
    - Brainwave programs--use 30 min 2x/day [apps.apple.com/us/app/brain-wave-35-binaural-series/id307219387](https://apps.apple.com/us/app/brain-wave-35-binaural-series/id307219387)
    - Also, check out [eocinstitute.org/meditation/brainwave\\_charts\\_brainwave\\_patterns/?mind\\_power&gclid=CjwKCAiAi\\_D\\_BRApEiwASslbJ85Adb-HhhcKVfGxGNuoyWQUi5j4NmARMX7LrYxmrT6AvkklUCShhoCnIQQAvd\\_BwE](http://eocinstitute.org/meditation/brainwave_charts_brainwave_patterns/?mind_power&gclid=CjwKCAiAi_D_BRApEiwASslbJ85Adb-HhhcKVfGxGNuoyWQUi5j4NmARMX7LrYxmrT6AvkklUCShhoCnIQQAvd_BwE)

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.

## Contact Information

TBI Therapy: 888-489-6665

150 Old Laramie Trail, E Suite 120, Lafayette, CO 80026

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