



TBI Therapy Post-Treatment Protocol

I. Hyperbaric Oxygen Therapy: 3 months or 25 sessions total

- Locals: Schedule an appointment with the [Colorado Center for Hyperbaric Medicine](#)
- Non-Locals: [Find an HBOT clinic here](#)
- Other options: [Purchase an at-home chamber](#)

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. Nutrition / Supplements: 8-12 weeks

- A. [Stem XCell by Enzymedica](#): 2 pills 2x/day
Continue 15 days after PRP or Stem Cell treatment
- B. [Elk Antler by High Wire Ranch](#): 2 pills 2x/day
Continue 8 weeks total
- C. [E3 Live BrainON](#): 1 pill in am; 2 pills in pm
Finish one bottle

V. Ketogenic Diet: 3 months

Consume high quality fats and protein, low carbs, no sugar. Consider intermittent fasting. Check out [Bulletproof Intermittent Fasting](#) and [Bulletproof Coffee](#) in the morning (in place of regular coffee) – otherwise avoid coffee. Read [Fat for Fuel](#) by Dr. Mercola.

Please follow up with TBI Therapy with any questions about these treatments.