

# Brain Recovery Diet

Some foods can support brain function and healing



Eat three balanced meals, including protein, fibre and plenty of vegetables.



Fruits and veggies are full of antioxidants that may reduce nerve damage. Aim for 8 servings per day!



Eat good fats like olive oil, coconut oil, fish (salmon) and nuts (almonds, walnuts, cashews).



Healthy spices like turmeric and ginger may help to reduce inflammation.



No alcohol! It can impair brain repair and cause inflammation.

Brain healthy diet is one part of CCMI's treatment protocol.  
Visit a CCMI clinic to learn more.