

Make Well – Be Well – Be Blessed
The Makari Method To Neuro Health

Neurological – Brain Health

Neuro Nutritional Supplements

- **Longvida Curcumin** 1 cap twice per day

Seems to pass blood brain barrier to suppress pre-tangle that may cause Alzheimer's / Parkinson's

- **Neuroactives brain sustain** 2 caps/ twice per day

Supports brain health, memory recall, and provides nutrients to the brain that support anti-oxidative mechanisms

- **Krill oil** 2 per day

May help to reverse and slow memory loss because it's bound to phospholipids that humans become deficient in.

- **High oral probiotic** 1 per day

Big links being found between gut bacteria health and brain health. The better the environment in the gut the better utilization of supplements, medications and foods

- **Humic & Fulvic Acid** can strengthen stomach acid, improving the gut/brain connection and may also help detox/chelate heavy metals in the body.

- **Natural brain enhancers** 2 per day.

Brain cell membranes SHOULD be Rich in these two PRIMARY phospholipids. Due to age and neuronal damage.

- **SR-PQQ COQ10** -2 per day.

This is a complement of CoQ 10 and PQQ together in one to help dissolve Amyloid deposits.

- **Coq10**, reduces the deposition of destructive amyloid proteins in the brain .

- **L carnitine**

Your nervous system is composed of cholesterol and is apx. 70% cholesterol by weight. Eating healthy, naturally occurring fats is beneficial while eating processed food provides fake and damaging fats. •**Omega – 3 •Coconut Oil, Avocados** can supplement the good fats. Avoid processed foods.