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HEALTH & WELLNESS



Occupy Health: *What's Real and what is not* with Susan Downs, MD

Occupy Health
Friday at 11 AM Pacific
July 27th 2018: How To Feed A Brain

Cavin's approach to repairing his brain is relevant for us all. Most of us unknowingly have brain damage either from unrecognized traumatic injuries or from the onslaught of toxins from the environment some of which open the protective blood brain barrier which protects us from toxin induced brain injuries. His recommendations for brain health include -focusing on gut health -an organic diet, -healthy oils (avoiding vegetable and hydrogenated oils) -eating plenty of fruits, vegetables including leafy greens, and sulfur containing substances. -superfoods including organ meats,

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Featured Guest



Cavin Balaster

Cavin Balaster suffered a severe traumatic brain injury that left him comatose with less than a 10 % chance of regaining consciousness beyond a persistent vegetative state.

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