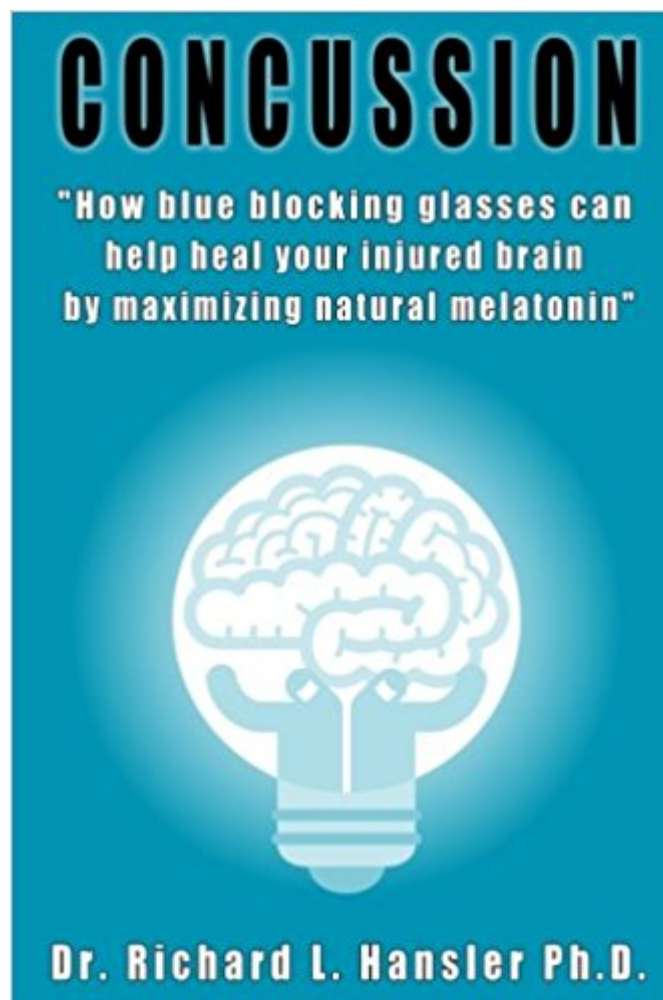




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Concussion: How Blue Blocking Glasses Can Help Heal Your Injured Brain By Maximizing Natural Melatonin



Synopsis

Concussion or mild traumatic brain injury occurs as the result of a car accident, fall or as a sports injury. It is important to follow the doctor's instructions. This book answers the question "What else can I do to help heal my injured brain?". The scientific evidence is presented that melatonin is helpful to an injured brain. Wearing orange glasses for a few hours before bedtime will maximize the body's production of melatonin. This simple change in life style may help heal your injured brain. Supplementing with oral melatonin is also discussed.

Book Information

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