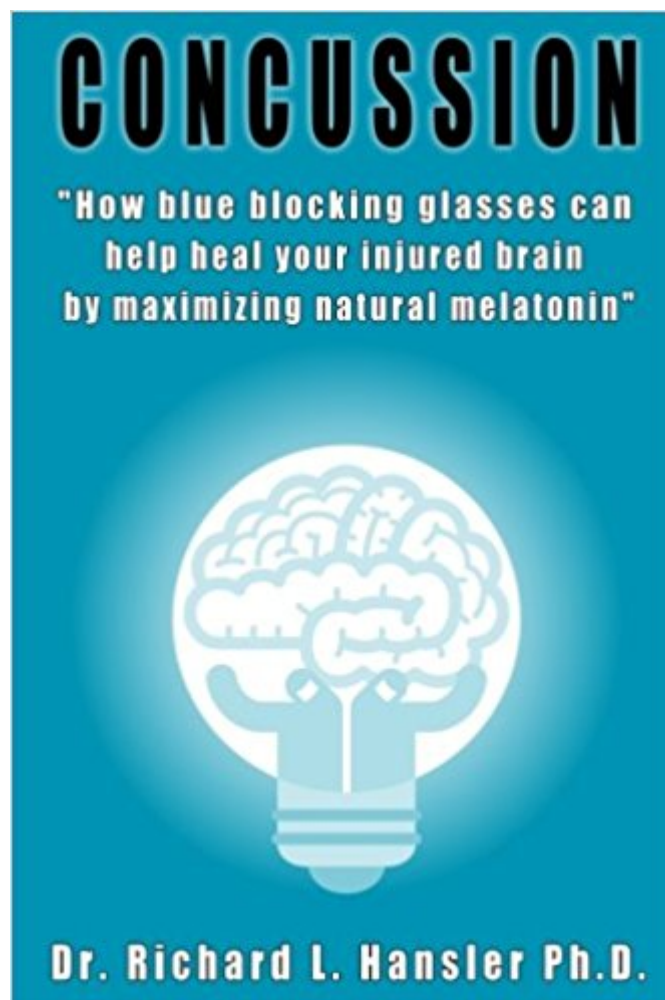




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Concussion: How Blue Blocking Glasses Can Help Heal Your Injured Brain By Maximizing Natural Melatonin



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.

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