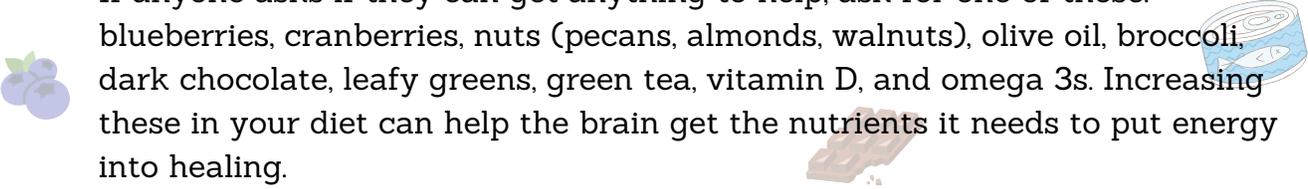


crap, you got a concussion

I DID TOO. HERE'S WHAT I LEARNED TO AND NOT TO DO

**I am not a doctor! The suggestions on this list are what worked for me. Consult your doctor before adjusting your routine.

The Good

- If anyone asks if they can get anything to help, ask for one of these: blueberries, cranberries, nuts (pecans, almonds, walnuts), olive oil, broccoli, dark chocolate, leafy greens, green tea, vitamin D, and omega 3s. Increasing these in your diet can help the brain get the nutrients it needs to put energy into healing. 
- Don't push too hard at the start, but watch for plateaus when you're recovering. When you're ready, play memory games with cards. 
- Drink lots of water. Probably more than you think you need to.
- Read a book or magazine. Magazines are like favorite books that never have to end. 

The Bad

- Avoid painkillers - pain killers can create blood-thinning and cause more damage to the brain 
- Do not drink alcohol or caffeine - basically, stay away from anything that affects the brain's normal functions. This includes sugary drinks like soda. 
- Drugs are bad mmkay, especially for a healing brain. If you were looking for a good time to quit smoking, this is it.
- Avoid dairy (yes this includes butter, cream, milk, and cheese) 
- Ask those around you to keep the volume down. Loud noises, sometimes even the way silverware scrapes a plate, can be too much. The louder it is, the longer you risk extending recovery. 

The Ugly

- Absolutely no screens! I know it's hard, but I mean it. Give the phone to someone you trust and enjoy disconnecting for a bit. 
- When you're able, talk with your doctor about adding aerobics to your daily routine. Start with 2 min intervals. I used a SimplyFit twist board and adding this was when I honestly saw the most improvement. 

Good luck with your recovery! You can do this. "This too shall pass."

Thanks for visiting windmillways.com.

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