

# Brain CARE

Concussion ♦ Assessment ♦ Recovery ♦ Education

## The Omega Protocol

### Purchase two 120-count bottles of Nordic Naturals ProOmega2000 or UltimateOmega-2X

- This omega-3 fish oil is molecularly distilled, pharmaceutical grade, triglyceride form (not ethyl esters), and meets European Pharmacopeia standards. It exceeds all safety standards.
- *These highest quality, concentrated softgels contain 1000mg EPA+DHA combined per softgel.*
- You can purchase Nordic Naturals products at Whole Foods, MOM's, and similar stores, or online.
- If you'd like Dr. Lewis to set up a FullScript.com online account for you, please let him know.

### PHASE 1: LOADING DOSE (FIRST BOTTLE)

- **TAKE THREE (3) SOFTGELS - - - THREE (3) TIMES A DAY (Breakfast-Lunch-Dinner or Morning-Afternoon-Night).**
- ***THIS IS A TOTAL OF NINE [9] SOFTGELS PER DAY and WILL LAST YOU JUST OVER 13 DAYS PER BOTTLE.***

### PHASE 2: TAPER DOWN OR CONTINUE AT THE HIGHER DOSE (SECOND BOTTLE)

- If you are significantly improved at the end of the first bottle, you should decrease the daily amount of fish oil consumed starting with the second bottle and ongoing.
- If you decrease to one or two doses (three or six softgels) and still feel great, stay on the lower dose.

#### **IMPORTANT NOTE:**

*If you are not yet back to where you think you should be after the first bottle, strongly consider staying at Phase 1 for a longer period until you achieve the results you believe you should achieve. If you try a lower dose, have a low threshold for going back to a higher dose if you don't feel as good. That might be two softgels, it may be 5 or 7 or 9. You have to find the right amount for YOU. You can also take extra doses if you are having a bad day or find yourself in a stressful situation and not coping too well.*

### PHASE 3: CONTINUE A MAINTENANCE DOSE TO MAINTAIN OPTIMAL BRAIN HEALTH

- **CONTINUE TO TAKE TWO-to-THREE SOFTGELS EVERY DAY ONGOING.**
- **Purchase more omega-3 supplements at <https://fullscript.com>**

The journey to regain brain health is often long and convoluted. I look forward to walking the labyrinth with you to achieve the optimal brain health deserved. For a paid consultation, you can contact me through [www.braincare.center](http://www.braincare.center).

To your health,



Michael Lewis, MD, MPH, MBA, FACPM, FACN  
Colonel (Retired), U.S. Army

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. The FDA classifies omega-3 fatty acids (EPA+DHA) as up to 3 grams as "Generally Recognized As Safe" (GRAS). The use of this protocol is voluntary by the user and does not constitute a doctor-patient relationship. It does not imply, explicitly or implicitly, any knowledge of your condition. When using higher amounts of omega-3s, it is important to do so under the supervision of a healthcare provider.

**7811 Montrose Road Suite 215 Potomac, Maryland 20854 [braincareclinic@gmail.com](mailto:braincareclinic@gmail.com)**