

THE CONCUSSION REPAIR MANUAL

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THE CONCUSSION REPAIR MANUAL

Visit ConcussionRepairManual.com,
FullSpectrumMedicine.com and
DrDanEngle.com for more information.



FULL SPECTRUM
MEDICINE

*To all fellow voyagers along the path of Concussion Repair,
May your path to healing be a fulfilling journey of self discovery.*

*To all my teachers, mentors, and guides along this one precious life,
Thank you for your dedication to the healing arts and your willingness
to venture outside the box.*

If you want to awaken all of humanity, then awaken all of yourself.
If you want to eliminate the suffering in the World, then eliminate all that is
dark and negative in yourself. Truly, the greatest gift you have to give is that
of your own self-transformation.

— *Lao Tzu*

SOME PRAISE FOR THE CONCUSSION REPAIR MANUAL

PHYSICIANS AND CLINICIANS

“A Game Changer. This book is the most useful piece of literature I have ever read on concussions. It gives patients all the tools, techniques and treatments they can use to heal themselves, as well as providing a workbook that lets them track their progress. It’s also useful to doctors as the most comprehensive look at brain injury and all of the modalities currently available to treat it. In its class, it is the best book on the market.”

~ **Matt Cook, MD** Founder, BioReset Medical

“The conventional model of concussion recovery is broken. Finally, there is a book that codifies what I truly believe; that there is another, more comprehensive and integrative approach that can vastly improve the lives of patients. Dan’s CRM is required reading for concussion patients, their caregivers, and all allied healthcare practitioners who care for these patients. There is a better way and this is it.”

~ **Scott Sherr, MD** Founder, Integrative HBOT,
Head of Protocol and Innovation at Hyperbaric Medical Solutions,
@hmsHBOT

“Medice, cura te ipsum, Physician heal thyself. Dr. Dan Engle has put together something truly valuable for those suffering from Traumatic Brain Injuries. Dr. Dan’s personal TBI recovery, as demanded by a cracking of his own “cosmic egg”, opens the door for many warriors to recover from such an insidious ailment. This book takes deep cuts into understanding TBI’s, and details approachable, effective treatments. Soldiers, football players, and physicians alike will benefit from studying its content in an ideal way.”

~ **Jason McNeil, NMD** President,
North Valley Medical Center

“The real title of this book is “The Brain Health Optimization Manual.” Whether or not you have had a concussion, read this book and follow the strategies used by biohackers like me to achieve optimal brain function: clarity, focus, memory, attention, cognition, concentration, learning, mood, stress adaptation, tranquility of thought, stillness of emotion, and “eye of the storm” equanimity. Except for injecting stem cells directly into my brain, I have used all the modalities laid out clearly by Dan, and they do work, especially if customized as a N=1 self-research protocol. The big secret that Dan is not telling you is that when you optimize your brain health, you optimize your entire body’s health. And that is the biggest bonus of this book!”

~ **Dr. Ted Achacoso**, Founding Pioneer,
Health Optimization Medicine and Practice (HOMe/HOPe),
Interventional Endocrinology / Nutrient Therapy,
European Board Certified in Anti-Aging Medicine,
European Board Certified in Nutritional Medicine

“There are few topics in healthcare today receiving more attention than the long term damage from traumatic brain injury. Dr. Dan Engle has delivered the definitive resource that weaves together cutting edge technologies with traditional practices to provide both clinician and patient with the necessary tools to heal the injured brain. Whether you are a young athlete, military veteran, or an aging adult, *The Concussion Repair Manual*, is an invaluable guide to assist you on your path to recovery.”

~ **Harry McIlroy, MD** Integrative Physician

ATHLETES AND ADVOCATES

“I’ve never read such a comprehensive manual for treating TBI’s and concussions using the most cutting-edge protocols that exist - protocols that combine ancient wisdom and modern science in an informed, educational and easy-to-understand way. What I especially like about *The Concussion Repair Manual* is that the book can also be used as a simple tool to get smarter and think better, even if you haven’t had a concussion. Whether you are a physician, a patient or simply an optimal health seeker, this book is a must-have for your personal health library.”

~ **Ben Greenfield**, Human Performance Consultant,
BenGreenfieldFitness.com

“When a problem has as wide a scope as traumatic brain injury, you need someone to tackle it from as many angles as possible, and Dr. Engle is exactly that guy.”

~ **Aubrey Marcus**, Founder and CEO of Onnit

“No one plans for a brain injury and no-one knows what to do when they or their loved one is faced with the effects of one. Researching the safest and most effective treatments and modalities becomes a full time job with numerous twist, turns, and toll booths along the way. With today’s bombardment of conflicting information, it is near impossible to sift through the contradictions and sales pitches to find the tools that are going to be effective to optimize brain function and repair.

This is not the kind of information that you will hear from your standard medical doctor. *The Concussion Repair Manual* provides an immensely useful guide to navigate ***the turbulent waters of recovery by weighing the risks and unknowns to the possible benefits of*** particular therapies.

For patients, practitioners, and loved ones, Dr. Daniel Engle, MD brings an invaluable resource.”

~ **Cavin Balaster**, Author of *How to Feed a Brain*,
Creator and CEO of FeedaBrain.com and
AdventuresinTBI.com

“Dr. Dan Engle is simply magnificent. With his experience and knowledge transcending cultural, historical, and global medicine protocols- western clinical medicine, tribal technologies, eastern practices and much more it’s safe to say the lens by which Dr. Dan evaluates and treats brain injuries is uniquely profound. As a TBI and Post Concussion syndrome sufferer myself, his insight has provided significant healing I could not find elsewhere. If you are suffering or know someone who is, stop what you are doing, and pick up this book immediately.”

~ **Guenter Bergmann**, Entrepreneur and Adventurist, CEO,
High Five Digital, LLC

“*The Concussion Repair Manual* sheds light on many of the alternative health care modalities that are often over looked in the medical field. Many of these modalities have helped me tremendously in my own recovery, and my hope is that this book finds its way into the hands of those who are in need of these treatment options. It’s never too late for your brain to heal.”

~ **Amy Zellmer**, Faces of TBI,
Advocacy Platform and Podcast

“People and head injuries are like snowflakes in that no two are ever the same. They are uniquely individual. Likewise, the path of healing needs to be individualized based on each person’s needs. Dr. Dan can talk the talk because he has walked the walk. *The Concussion Repair Manual* gives us the information, tools, and strategies needed to put together our own unique recovery plan. You can recover from head trauma to live and perform at elite levels. Dr. Dan and I are living proof. Let the CRM serve as your guide.”

~ **Andrew Marr**, U.S. Army Special Forces (RET.),
Co-founder of Warrior Angels Foundation, Co-host of the Warrior Soul
Podcast, *Tales From The Blast Factory: A Special Forces Green Beret’s Journey Back
From The Brink* (2017)

“Dr. Dan Engle is the one person I turn to when my brain isn’t functioning at its full capacity. His wisdom and compassion are palpable, and through his experience both in and outside of academia, he shepherds those in need towards better brain health.”

~ **Jonathan Levi**, Founder Becoming SuperHuman

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