



Manifesting Your Best Brain Health

By Pamela J. Costello, MD PhD

The art of healing comes from nature...therefore the physician must start from nature, with an open mind. ~ PHILIPPUS AUREOLUS PARACELSUS (1493-1541), FATHER OF MODERN TOXICOLOGY

As my friend and author Ellen Tadd* taught me, acting with insufficient information gives your power away. For one to remain empowered in their lives and to thrive, a key component in establishing and maintaining your best brain health requires a thorough, holistic understanding of how neuroinflammatory disease manifests.

An integrative or holistic approach to healing involves assessing illness from its deepest base causes, rather than merely looking at the level of symptoms. Symptoms are the body's language to express dysfunction or imbalance. Thirst is a very clear message that our body needs water, hunger that we need to eat, and fatigue that we need to rest. In today's world of increasing toxicity, with air, water and food pollution, our ecosystem has become saturated with the byproducts of industrialism, food modification, nuclear waste, etc.

Because we are part of that ecosystem, we are simultaneously being saturated with toxins, many of which

are stored in the fat or lipid bearing tissues of our nervous systems. Healing best occurs through addressing underlying causes and treatment modalities that support the body and its ability to restore balance and wellness, and our best cognitive and physical function.

As a holistic physician, neurological surgeon, and a neuroscientist, additionally trained in biological medicine, I provide a comprehensive healing approach to identify and correct imbalances in the brain and the nervous system. After completing a neurotoxin burden assessment, a customized repair program allows the patient to manifest their best brain health.

In the process of restoring wellness, a path to long-term brain health maintenance and our ability to thrive is discovered.

I'd like to offer the option of health restoration to those who want the highest health of their brain and nervous systems, as well as to those struggling with their health in general. I've outlined below a list of considerations that are part of my treatment approach:

- 1. Clean drinking and cooking water.** Despite centuries of awareness of disease caused by toxins in drinking water, we remain without safe water to drink, as poisons such as lead leach into our tap water from unsafe plumbing. When we drink or cook with tap water, we are actually consuming water that contains a mixture of toxic poisonous chemicals that are rapidly absorbed by our bodies, and stored in our nervous systems, bones and tissues. These stored toxic substances create a constant stimulation of the brain's immune system, leading to chronic brain inflammation, which has been linked to abnormal brain development and to neuroinflammatory disorders. Drinking and cooking water are a direct route for toxins to our brains, therefore, establishing a clear, safe source of water is critical.
- 2. Dietary choices.** Dairy, gluten, sugar, and GMO's are all toxic to the body and brain. As far as the brain is concerned, it's much more than just having a well-rounded diet anymore. Eat organically, and with the intention of providing the brain with good, safe, fuel sources, rather than short term energy fixes. Determine your greatest food intolerances or sensitivities. The immune system and nervous system are inextricably linked, and what antagonizes your immune system

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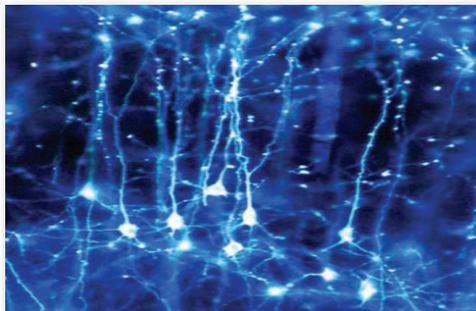
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also affects your brain. What are your greatest food sensitivities?

3. **Neurotoxin Burden.** Do you have mercury/silver fillings? Do you know the amount of heavy metals, pesticides, solvents, e-smog, radiation, etc., that is acting to prematurely age your brain? Acquired toxins from conception, throughout childhood and adulthood, adversely affect your neurological and physical health.
4. **Proper Elimination.** Keeping the bowels emptied on a regular basis keeps excreted toxins from being reabsorbed, decreasing the level of neuroactive toxins in your system.
5. **Physical and Emotional Cleansing.** Identifying and removing physical toxins is critical, and is most successfully accomplished when we emotionally release that which does not serve us. Our brain physiology and our behavior are interdependent.
6. **Dental Health.** Are chronic dental infections, toxic fillings, root canals, implants, or jaw malalignments compromising your best brain health? Some European countries have banned brain and immune system toxic mercury amalgams***, and American pregnant dental staff may not handle the amalgam materials. There's a very good reason for this. It's a toxic dental product, as is fluoride**. Please be cautious with anything you put in your body or is placed in your mouth, which positions the substance immediately in front of your brainstem and at the origin of your gastrointestinal tract.
7. **Exercise.** Regular exercise increases endorphins (natural morphine like substances) as well as brain-repair proteins. Exercise also strengthens the heart and cerebral circulation, mobilizing brain damaging toxins, which can be excreted via sweating. Even a gentle exercise program benefits the brain.
8. **Healthy Home.** Are your home and work environments free of molds, solvents, and other threats to good brain function? Be aware that your personal hygiene, perfume, make up, hair coloring products, laundry and household cleaning products contain solvents, heavy metals, and other toxic agents. Electromagnetic fields from electrical lines, indoor lights, computers, cell phones, and microwaves, as well as infectious opportunists and allergens, all burden our immune and nervous systems. Household, work, and car environments all contain toxic exposures. What cleaning products, materials, and dust or mold from air heating and cooling systems, are you



exposed to where you live, sleep, and work? VOC (volatile organic compounds) are found in toxic cleaning agents, paints, and many household products.

9. **Healthy Personal Habits.** Cosmetic and hygiene products. Be aware that your personal hygiene, perfume, make up, hair coloring products, are readily absorbed across your skin and into your tissues, including across the blood brain barrier into the brain. Hair coloring might be 'all natural' (so are arsenic and uranium), but they don't belong in your brain or body. There are much healthier European-designed products (Europe has much stricter rules as to disallowing toxins from cosmetic products such as hair color). Cologne and scented products contain solvents, amongst other brain irritants and, much like cigarette smoke, they are readily absorbed through the eyes, nose and skin. They also are toxic to others, so please consider what your unnatural body scents are doing to your own brain and that of others.

10. Healthy Attitude. Positive thinking strengthens the mind and the immune system and is a critical component to overcoming illness and achieving wellness. A healthy life focus and attitude, having the glass half full, is the best way to manifest or draw to you that same energy in your life. Personal responsibility is a critical factor in reclaiming your best brain health. Seeing yourself as someone on a path to healing, as opposed to being a victim, allows you to reclaim your power and focus on healing, recovering, and wellness, instead of the anger and frustration that are inherent to feeling victimized by poor health.

11. **Spiritual, Inspirational Support.** Meditation and prayer raise your consciousness, bringing you a sense of well being, peace, joy and inspiration. Having a spiritual focus, as well as creating music, art, speeches, lectures, or seeing plays which inspire you, reinforce the pathways of higher cognitive functioning, supporting the brain's longevity.

*See Ellen Tadd's newest book: *The Infinite View: A Guidebook for Life on Earth* on living a healthy, actualized, fulfilled life.

** See my website www.drpamelacostello.com for Fluoride and Mercury Toxicity scientific reference reading list.

***See www.ToxicTeeth.com (*Consumers for Dental Choice*) for international mercury and fluoride bans status.

If you'd like a comprehensive brain health/neurotoxin burden assessment and treatment plan for your best brain health, please contact my office at 505-503-8325, www.drpamelacostello.com