

Supporting Cognitive Health: Delivering Hope with Dr. Pamela Hyde

BIOCIDIN BOTANICALS™ WEBINAR RESOURCE SHEET

Biocidin Bioclear™ Cleansing Program

- [Product Sheet](#) for more information
- Bioclear Cleansing Program [Lifestyle Guide](#)



Total Brain

- The [Total Brain](#) platform is a neuroscience-based mental health and brain performance solution that starts with a powerful self-monitoring and self-care app for individuals that drives robust team analytics for companies and ongoing monitoring for providers.
- Total Brain offers assessment for mental health conditions like ADHD, addiction, anxiety, depression and more. Improve mental health and brain performance.
- The Total Brain app allows individuals to self-monitor brain capacities, screen for mental health risks, and improve overall mental health and brain performance with self-care exercises that are scientifically proven to improve overall brain capacity and mental health.

HeartMath

- [HeartMath](#) technology uses the science of Heart Rate Variability (HRV) as an innovative approach to improve emotional wellbeing. HeartMath HRV platform teaches users how to learn to change heart rhythm patterns to create physiological coherence: a scientifically measurable state characterized by increased order and harmony in the mind, emotions, and body.

Evoke Neuroscience

- The [eVOX system](#) offers diagnostics utilizing quantitative, 19 lead, EEG evaluation. eVox helps you evaluate brain health via neurophysiology biomarkers — as opposed to relying on effort-based tests or self-reported symptoms — in order to help determine the cause of cognitive impairment while there is still time to treat.



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Case Study Treatment Strategy Summary

In addition to the Bioclear™ Cleansing Program:

- Supplements clients were already taking combined into MedPax AM/PM/HS
- Xymogen BrainSustain™ shakes with OptiCleanse® daily
- Brain training exercises with BrainHQ, Lumosity
- Exercise – 5 Days weekly
 - Walking 3 miles – 3 days weekly
 - HIIT – 2 days weekly
- Mediterranean Diet – about 60% good fat, 20% carbs, 20% protein
 - Additional MCT in 2 cups of coffee in the morning
- Time-restricted feeding
 - 16/8 Intermittent Fasting – 8-hour feeding window with 1-2 meals daily in addition to shakes. No food 3 hours before bed.
- At-Home Far Infrared Sauna
 - 20-minute daily sauna
- Meal service
 - 10 meals weekly with local meal prep service

