

Dr. Mark Gordon Protocol



Traumatic Brain Injury and Hormones

Traumatic Brain Injury (TBI) occurs when a sudden trauma, such as a bump, blow or jolt to the head disrupts the brain's function. Whilst TBI is commonly evident in soldiers and professional athletes, most TBI occurs in everyday life and is a leading cause of death and disability worldwide.



Dr. Mark L Gordon, interventional endocrinologist and traumatic brain injury treatment specialist at Millennium Health Centres in Los Angeles, California.

“Traumatic brain injury can be caused by a direct impact, or by acceleration alone.”

“Brain trauma also causes secondary injury, which takes place in the minutes and days following the injury, which include alterations in cerebral blood flow and increased pressure within the skull, contributing substantially to damage from the initial injury.”

— DR. MARK L GORDON, MILLENNIUM HEALTH CENTRES

Traumatic brain injury can cause a host of cognitive, emotional, physical and behavioural effects, which may be difficult to detect. Dr. Gordon and his team are now discovering that traumatic brain injury is also a causative factor for accelerated hormonal deficiencies. These hormonal deficiencies can cause a host of physical, physiological and psychological problems.

Dr. Gordon found from his studies that at least 50% (and up to 76%) of traumatic brain injury patients showed some loss of pituitary hormone function immediately after their brain injury occurred. Additionally, 52% of patients developed new pituitary hormone deficiencies after one year of the accident. The deficiencies led to a reduction in the regulation of the thyroid gland, the adrenal glands, and the gonads, which are all very important to produce critical hormones in the body.

What is the Mark Gordon Protocol?

Over several years, Dr. Gordon has developed a panel of comprehensive hormone testing for Traumatic Brain Injury patients. The patient's history, a detailed physical examination, and lab

results are correlated to create a treatment protocol for individualised hormone replacement. Patients typically respond within 1- 4 weeks to the approach used by Dr. Gordon, and more frequently than not, the responses tend to be dramatic. Dr Gordon's statistics taken from the many patients seen in his clinic show a 63% response rate.

Is the Mark Gordon Protocol available here in New Zealand?

Dr. Elizabeth Harris trained with Dr. Gordon at his inaugural practitioner teaching event in San Diego in 2015. Providing this protocol in New Zealand means that patients are saved the trip to the States.

What is involved?

Generally, we like to do some local testing first to see if it appears likely that the Mark Gordon protocol is right for you or a loved one who has suffered a brain injury. At present the testing is expensive and difficult to organise as it is sent overseas. Therefore, we want to make sure that this process is something we only do for those that hormonal dysregulation appears to be indicated on preliminary testing. Once the results are back, hormone support is given and carefully followed up and measured. This allows the brain to be able to function in what Dr. Gordon terms a "neuro-permissive environment", one with decreased neuroinflammation as a result of normalizing hormone levels in the brain.

We also recommend other components to the protocol which include eating a specific diet, supporting sleep and ensuring that as the patient improves, they allow their brain time to heal. We have had many patients who have felt markedly and

rapidly better on the protocol. However, we strongly recommend that they don't go back to living a full and normal life straightaway from onset of the support program (which virtually all of them want to do!). The extra energy and increased sense of wellness needs to be utilised to heal the brain. Thus, we advocate a gradual return to previous levels of activity.

Patients often ask how long the support program of supplements will be needed. In Dr. Gordon's clinic, many patients need support for around 2 years.

More about Integrative Medicine

Here at the Brain Health and Biofeedback Clinic we offer you holistic care as we are an integrative medicine clinic. Integrative medicine consists of a combination of two approaches to health.

Firstly, a functional view of health in which we look at your lifestyle. While we know that diet, sleep, stress management and exercise are all critical for health, many of these areas are difficult to cover in standard care as there often just isn't the time to address lifestyle factors. One solution would be referral to a nutritionist, a psychologist or mindfulness coach and a personal trainer to separately address these areas in a patient's life. Functional practices include a lifestyle assessment and plan.

At the Brain Health and Biofeedback Clinic we provide the latest technology in stress management assessment including capnometry, galvanic skin response and heart rate variability assessments. Personalised diet, sleep and exercise support is provided.

Added to this is a systems-based approach in which we look to understand the root cause of diseases or symptoms. The person is a whole and in an integrative medicine framework, we treat the person rather than the disease. The latest advances in medical science are supporting a move towards personalized medicine. New technological developments allow us for the first time to offer individualized testing if indicated when no progress is being made with simpler approaches. Genomics (genetic testing), metabolomics (testing of individual biochemistry such as methylation capacity), autonomic assessments (the balance between the "fight and flight" and "rest and digest" systems which is often an issue in chronic disease), and microbiome studies (to identify imbalances in gut organisms which impact our health) are all now possible. Combining this with a person's environment (their environment including lifestyle) allows for the ability to look across systems to determine an underlying cause behind an individual person's presentation.

Integrative Medicine has gained popularity. Here at the clinic we believe that personalized medicine is without a doubt, the future model of medical care.

Your Practitioner



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The Brain Health and Biofeedback Clinic is here to partner with you on your wellness journey. We do this by offering a range of innovative technology, diagnostic tools, and a holistic view to those who are looking to address the root cause of their problem and supplement their experience within the traditional health structure. We are more than a clinic; we are a community who are here to empower you to reach your complete and full human potential, in wellness, happiness and health.