

“Stay Sharp, Stay Strong: Supporting Grey Matter with ProdromeNeuro™

Grey Matter: The Brain’s Processing Power

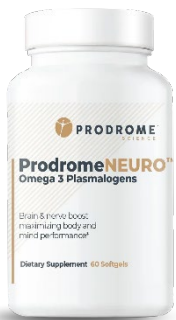
When you think, remember, or make decisions, your brain’s **grey matter** is doing the heavy lifting. Grey matter is like the **CPU of your nervous system**—the control hub where information is processed and signals are sent out to the rest of the body.

It’s packed with neuron cell bodies, which act as command centers for thought, memory, and emotion. Without healthy grey matter, cognition slows down, memory fades, and even physical coordination can suffer.

The Challenge: Aging & Inflammation

Like the rest of the body, grey matter changes with age. Over time, **synaptic membranes**—the delicate junctions where neurons communicate—become less efficient. At the same time, **mitochondria** (the energy factories inside cells) lose their power.

Add chronic inflammation to the mix, and the result is slower processing, memory lapses, and reduced mental sharpness. These changes don’t just affect thinking—they can also influence movement and overall nervous system health.



The ProdromeNeuro™ Advantage

This is where **ProdromeNeuro™** comes in. It delivers omega-3 plasmalogen precursors, specialized nutrients that support both:

- **Synaptic membranes** – Protecting the communication points between neurons
- **Mitochondrial energy production** – Ensuring brain cells have the fuel they need

WHAT EXACTLY IS GREY MATTER?

Grey matter is concentrated in areas like the **cerebral cortex**, **hippocampus**, and **brainstem nuclei**—regions responsible for higher thinking, emotional control and memory storage.



KEY ROLES OF GREY MATTER

- **Memory & Learning** – Stores experiences and helps you acquire new knowledge
- **Decision-Making** – Processes information to guide choices and problem-solving
- **Emotions** – Regulates feelings and responses
- **Sensory Interpretation** – Translates signals from your eyes, ears, and skin into perception



ITS STRUCTURE:

- **Neurons** (the information carriers)
- **Dendrites** (branches that receive signals)
- **Synapses** (connections where signals are transmitted)
- **Glial support cells** (which keep neurons healthy)

By targeting the metabolic core of grey matter, ProdroneNeuro™ helps maintain sharp cognition, resilient memory, and even strong muscle responsiveness. In other words, it keeps the brain's "CPU" running at full speed.

Why This Matters

Cognitive decline isn't inevitable. By protecting grey matter at the cellular level, it's possible to preserve memory, decision-making, and emotional resilience well into later years. Supporting grey matter health is about more than staying sharp—it's about living fully and independently.

Partner with Total Body Health Today

At **Total Body Health**, under the guidance of **Dr. Kevin Greene**, we specialize in advanced approaches to brain health and longevity. Tools like **ProdroneNeuro™** are part of our commitment to protecting the nervous system at its core, so patients can thrive cognitively and physically.

👉 **Ready to support your grey matter and protect your brain's processing power?**

Contact **Total Body Health** today to learn precision supplementation and expert guidance from Dr. Kevin Greene can help you safeguard memory, resilience, and long-term brain health.

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