

The Full Picture of Brain Resilience: Grey and White Matter Together

Complete Brain Health

Why Supporting Both Is Essential

Cognitive decline, motor dysfunction, and neurodegenerative conditions usually involve the breakdown of both grey and white matter.

That means brain health requires more than just boosting memory or movement—it demands a system-level restoration.



ProdromeNeuro™
Fuels grey matter for optimal communication, memory, and cognition



ProdromeGlia™
Reinforces white matter for fast, reliable signal transmission and coordination

Together, they provide comprehensive nervous system support—from thought to action, from memory to movement.

The Importance of Supporting Both Grey and White Matter

When people think about brain health, they often focus on memory or movement. But true neurological resilience depends on more than just one piece of the puzzle. Both **grey matter** and **white matter** must be supported for the brain and nervous system to function at their best.

The Role of Grey Matter

Grey matter is where information is processed. It contains neurons and synapses—the command centers that allow you to think, feel, remember, and make decisions. When grey matter breaks down, problems like memory loss, slower learning, and emotional dysregulation can follow.

ProdromeNeuro™ directly supports grey matter by providing **omega-3 plasmalogen precursors**, which nourish synaptic membranes and mitochondria. This helps fuel communication between neurons, keeping cognition sharp and emotions balanced.

The Role of White Matter

White matter is the brain’s wiring system. It consists of myelinated axons—long nerve fibers wrapped in protective myelin that ensure signals travel quickly and accurately. When white matter integrity declines, coordination falters, thinking slows, and communication between brain and body becomes less reliable.

ProdromeGlia™ strengthens white matter by delivering **omega-9 plasmalogen precursors** that support glial cells, the builders of myelin. By protecting and maintaining myelin, it ensures fast, reliable signal flow across the brain and down the spinal cord.

Call to Action: Complete Brain Health at Total Body Health

At **Total Body Health**, under the direction of **Dr. Kevin Greene**, we recognize that lasting brain health requires precision care at every level. By combining advanced tools like **ProdromeNeuro™** and **ProdromeGlia™**, we help patients protect both their processing power and their wiring system.

 **Ready to take a complete approach to your brain health?**

Contact **Total Body Health** today to discover how Dr. Kevin Greene and his team can help you protect cognition, coordination, and long-term neurological resilience.

Total Body Health

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