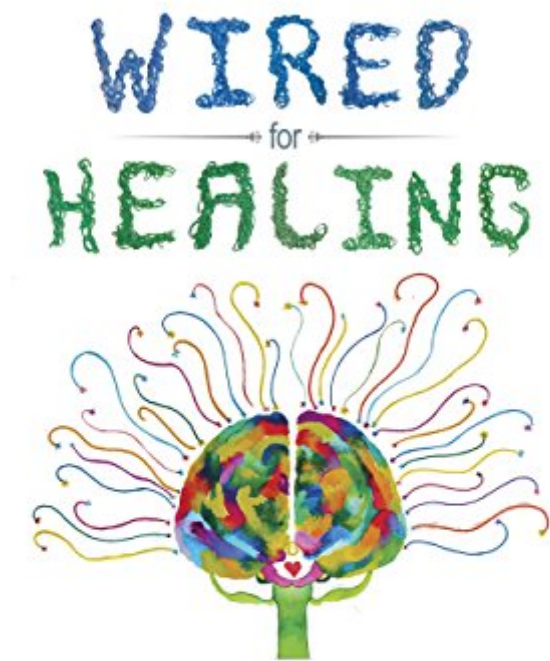


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Wired For Healing: Remapping The Brain To Recover From Chronic And Mysterious Illnesses



Remapping the Brain
to Recover from
Chronic and Mysterious Illnesses

ANNIE HOPPER



Synopsis

Annie Hopper had exhausted the medical system and was still suffering from disabling symptoms of multiple chemical sensitivities, fibromyalgia and electric hypersensitivity syndrome. Hopper deduced that a toxic trauma had over activated threat and protective mechanisms in her brain that were keeping her body stuck in a cycle of chronic illness and inflammation. In her search for healing, she masterfully created a system that would remap her brain, end her suffering and restore normal health. *Wired for Healing* sheds light on how trauma causes the brain to disorganize neural circuits and shares triumphant stories of recovery of people who have been liberated from chronic and mysterious illnesses through remapping the brain. Hopper shares her transformational healing method with the world through in person programs, along with a fourteen hour instructional DVD that has been translated into seven languages. The Dynamic Neural Retraining System™ is a drug-free, neuroplasticity-based approach to remap neural pathways in the limbic system and has helped countless people recover from many illnesses, such as: Multiple Chemical Sensitivities, Fibromyalgia, Chronic Fatigue Syndrome, Chronic Pain, Food Sensitivities, Electric Hypersensitivity Syndrome, Post-Traumatic Stress Disorder, Depression and Anxiety, Irritable Bowel Syndrome, Postural Orthostatic Tachycardia Syndrome, Inflammatory Conditions and other Chronic Illnesses.

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Customer Reviews

I am a living example of the miracles that are possible by applying the techniques and scientifically sound neuroplasticity-based therapy--specifically Annie Hopper's Dynamic Neural Retraining System--written about in her incredible, profound, ground-breaking first book, "Wired For Healing." Hopper's cutting-edge approach to healing "mystery" illnesses through re-wiring the brain and healing its dysfunctional, impaired, injured limbic system (that which processes trauma and gets "stuck" in a traumatic loop, and thus begins "cross-wiring" and improperly filtering information, thus producing strange and frightening physiological responses) is not only revolutionary, in the big picture scheme of things for millions out there suffering from limbic system disorders due to trauma/injury--but for myself, it literally saved my life. Not just changed it, but gave me my life back. Literally. Before my injury, I was a happy, passionate, fearless, confident, independent, successful, vitally healthy, world-traveler. As a result of a combined injury from mold biotoxin illness/black mold exposure and a pharmaceutical injury (overdoses at the hands of doctors) in the midst of several other traumatic incidents, including a car accident and a pregnancy loss--at my lowest point I was in an wheelchair, unable to walk, bedridden for months and in ER's and hospitalized dozens of times, had severe POTS (Postural Orthostatic Tachycardia Syndrome, aka heart rate racing over 100 BPM upon standing) and life-threatening anaphylactic reactions to everything--food, medicines, chemicals, perfumes, exhaust, electricity, the environment, life itself--and could only eat 2 foods. I weighed 83 lbs.

I've given this book 5 stars, not because it is a literary masterpiece, although it is certainly readable and engaging, but because, if you are a person suffering from a strange chronic illness, that doctors cannot seem to diagnose or treat, it is possible that reading this book could be the start of a journey that transforms your life. The types of symptoms that may benefit from Annie's approach are:

- Hypersensitivity to smells, fragrances and chemicals
- Hypersensitivity to light, sound or touch
- Food intolerances
- Chronic fatigue
- Fibromyalgia
- Strange bodily reactions resulting from exposure to mould, Epstein Barr virus or Lyme disease
- Postural Orthostatic Tachycardia Syndrome (POTS)

I am an Australian science and medical writer and as such I know that the gold standard for research is randomised clinical trials. It is only seven years since Annie developed her brain retraining technique, which she designed to rescue herself from the awful isolation of living with severe sensitivity to chemicals, and as yet no-one in the scientific or

medical community has stepped forward to run independent trials on her approach. Annie has, however, an increasing list of people who have recovered from debilitating chronic illnesses by rigorously using her techniques. Indeed, a close family member of mine has recovered from a desperate situation by â ^Hoppingâ ™ her way through, which is why I am endorsing this book. The sceptical scientist within me knows that my relativeâ ™s recovery might have happened anyway â “ it is possible it was a coincidence - but I doubt it.

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