



# Wired for Healing - Remapping the Brain to Recover from Chronic and Mysterious Illnesses

*By Annie Hopper*

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## Wired for Healing - Remapping the Brain to Recover from Chronic and Mysterious Illnesses By Annie Hopper

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 ensuing search for healing, she created The Dynamic Neural Retraining System (DNRS) program - a drug-free, neuroplasticity-based approach to remap neural pathways in the limbic system. Since 2008, the program has helped countless people recover from many chronic conditions that have baffled the medical system for decades, 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.

Wired for Healing; Remapping the Brain to Recover from Chronic and Mysterious Illnesses, is Hopper's account of the innovative science behind DNRS and sheds light on how trauma causes the brain to disorganize neural circuits. Hopper also shares her personal recovery story as well as triumphant stories of recovery from people who have been liberated from chronic and mysterious illnesses through remapping the brain.

The book is not a replacement for the Dynamic Neural Retraining System™ DVD program or the In-person program.

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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 ensuing search for healing, she created The Dynamic Neural Retraining System (DNRS) program - a drug-free, neuroplasticity-based approach to remap neural pathways in the limbic system. Since 2008, the program has helped countless people recover from many chronic conditions that have baffled the medical system for decades, 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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**Wired for Healing - Remapping the Brain to Recover from Chronic and Mysterious Illnesses** By Annie Hopper **Bibliography**

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### **Editorial Review**

#### **Review**

Annie Hopper weaves together cutting-edge scientific research based on neurological rehabilitation and functional imaging, with the age-old traditions of mindfulness and healing. Her program has the potential to significantly dampen inflammatory conditions and, perhaps more importantly, encourage self-empowerment. --Dr. Cynthia Li, MD, Internal Medicine, Berkeley, CA

Annie Hopper's program, which addresses the limbic system engrained memory aspect of Multiple Chemical Sensitivity and many other conditions, is the only way I have found for some patients to get out of their illnesses. Physical treatment is often just not enough. There are now patients I won't even begin to treat until they go through her program. --Dr. William Shrader, MD, Environmental Medicine, Santa Fe, NM

Annie Hopper understands that in order for our brains to cope with the world, the feeling - thinking - integrating - and - doing - circuits need to talk to each other. Annie Hopper understands these principles, and, as her work demonstrates, is able to use these in a practical and sensible manner, in a way that resonates. Her work enables our brains to become more efficient communicators, not only with ourselves but with the world around us. Read this book! --Dr. Les Koopowitz, MBBCh, FFPsych (SA), Clinical Associate Professor in Psychiatry, University of Adelaide, Practising in Neuropsychiatry

#### **About the Author**

Author Annie Hopper is an internationally recognized expert on toxic brain injuries, limbic system dysfunction and rehabilitation. Her speaking engagements include the Canadian Brain Injury Association, the American Academy of Environmental Medicine, and the Canadian Counseling and Psychotherapy Association.

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