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

WIRED  
— for —  
HEALING



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.

## Book Information

File Size: 1400 KB

Print Length: 240 pages

Publisher: Friesens; 1 edition (April 30, 2015)

Publication Date: April 30, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00WYPXHKO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #61,652 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #28

## Customer Reviews

This book doesn't describe what her method is. It provides a description of the science behind the method and lots of stories about how the method has helped people, but it doesn't say what you do. The method may be fantastic and effective, but you're not going to learn how to do it here. I had already read Norman Doidge's *The Brain That Changes Itself*, which gives a deeper description of the science, and I'm not interested in the testimonials, so for me, the book offered nothing.

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 was housebound for several years (and could not travel outside of my small town) and if I left the house I wore a mask everywhere ~ a "girl in a bubble," allergic to the world, who was totally dependent on others to survive. I lived in constant fear, a result of Post Traumatic Stress Disorder from so many frightening "life or death" experiences. (And I wasn't afraid of dying, I was afraid of being terrorized and further traumatized, while alive.) I had no quality of life left. I was frightened, depressed, miserable and a shadow of my former, once joyous and thriving, healthy

self. I shelled out huge amounts of money over a 10 year period, I literally tried everything. Every healing modality, every protocol, everything you can think of, to the Nth degree and back again. NOTHING worked. Some things worked a bit, but I would end up back in the same place, or worse. I felt cursed. (And as someone who helped others heal, by profession, I took it extra hard that no matter what I did, I could not "heal myself.") I always knew there was some missing link--but I couldn't figure out what it was, and I no longer had the time, energy, money or mental faculties or acuity to continue to dig. I almost gave up. Actually I did, several times--but then I would pick myself back up and try again. But I was depressed, unhappy and chronically ill with a list of symptoms and grievances longer than the Gettysburg address. I was told by doctors, both traditional and environmental, that it was unlikely that I would ever recover from this list of chronic illnesses and would have to live with them for the rest of my life and learn to adapt. But I couldn't adapt to a life that was no life at all. I was losing the will to live. And then, like a shot out of the blue, when I had almost given up all hope, like an answered prayer--that's when I found Annie Hopper's work, and the Dynamic Neural Retraining System. Although by that point, I was naturally filled with skepticism and doubt (as most people with Limbic System Impairment are, due to their experiences), even with my initial resistance to it, a part of me intuitively and innately knew that this was the missing link. After seeing Annie's description of Limbic System Injury and its effects on YouTube (now beautifully and thoroughly detailed in this book, for you) as well as the testimonials of people just like me, it made sense--and if other people could recover--why couldn't I? I wept at their stories, and of their re-claimed lives. So I gave it one last chance. On my last leg, I purchased the DVDs and then when I was well enough to do so (yes, that happened from the DVDs), I got myself to an in person Limbic System Rehabilitation Program (2013), hosted by the inimitable, awe-inspiring powerhouse Annie Hopper and the fantastic Candy Widdifield. What happened after that is beyond words, so I will just cut to the chase. I have a New Life. I am now 100% fully and completely recovered from ALL of those conditions. I did the 5 day in person program and the 6 months of daily neuroplasticity-based therapy/brain re-wiring exercises, in order to repair the injury in the limbic system--which is stuck in an unconscious/subconscious maladapted stress response--and to restore it to proper functioning. (And I continue to do the practices to this day, for the outstanding quality of life they give me.) Initially, it was incredibly hard work and constant, relentless dedicated effort and unwavering commitment, 24/7--that's what it takes to rewire and remap the infrastructure of your brain, down to the level of the unconscious, which runs your biology--but every single second was and IS worth it, to re-claim your entire life. BEYOND worth it. As Annie says: "It's hard work--working for a miracle!" And when, like me, you are healthy and free to live your life again, unfettered and unbound from

what once felt like a prison--you will thank the heavens, and Annie Hopper, each and every day--for giving you the key to unlock yourself from your hellish cell, to free yourself back out into the world again. And I did it. I healed myself, with the priceless gift of Annie's technology, and the indispensable support of the DNRS coaches and forum. What can I do now? Everything. You name it. I can go anywhere and do anything and eat and drink anything I want, anytime I want, with ease, grace, and confidence. Not only can I smell perfumes, but I often truly enjoy them and can wear them if I would like. (That's if I even notice them anymore, which I rarely do, and if I do, it's positive.) I can sit in crowds and go to the theater. I can go to stores, malls, concerts--take my daughter to see Santa at Christmas! I can eat at restaurants, go to huge parties, get stuck in traffic on the freeway. I can go on road-trips and stay in hotels, easy peasy. I can dine outdoors on crowded streets, go to museums, parades, festivals, galleries, go dancing -- have a drink at a bar! I can eat nuts and ALL things that I used to have anaphylactic reactions to. (Can you imagine?) I can go to brand new, freshly painted buildings, no problem. I can be in old buildings. I can travel. I can work. I can paint my nails, have facials and get highlights in my hair! This is HUGE. (UNTHINKABLE for nearly 8 years! And a BIG deal for a woman.) I can be alone, if I would like. I am independent and thriving! I am the Mom, the partner and the woman that I want to be. I can do ANYTHING I want, without a second thought! I am a normal person again. I can take medicine. I've even had anesthesia and a surgical procedure and sailed through it with ease, unimaginable before! I love myself and I love my life. I can wear make-up, use hairspray, drive my daughter to school. The everyday little things that most people take for granted, all of which are MIRACLES for me. I AM a MIRACLE. But most importantly--I am HAPPY. Not only as happy as I was before the injury, but even happier than I can remember. And that may be the biggest miracle of all: alongside my restored health, vitality and well-being (with the lab results to prove it), my quality of life has been profoundly transformed, beyond measure. I am happy and joyous, I laugh and sing and dance--life and I are best friends again and I savor every single second of it. I am in love with life again, and I feel safe in the world and in my body. I am calm and capable and confident, with a renewed vigor and zest and passion for life that I thought was gone. I am happier than I've been in 15 years, maybe truly happier than I've ever been in my entire life, now that I have mastery over my brain and am in the driver's seat--now having witnessed and lived firsthand what miracles are possible through harnessing the power of the brain. That I am, and we are, indeed, truly--wired for healing. All we need is a map and a little toolbox, and Annie's got one. And it's a science. Neuroscience. It's a brain injury that causes the symptoms, and when the injury is addressed at the root, it addresses everything. What Annie has created, like a brilliant engineer, a neuroplastician, is a technology that works, if you apply it. As

she says, "With this protocol, the brain has no other choice but to change." And the body follows. When you read the amazing, unbelievably true stories in this book, you will feel your hope begin to alight anew, that this type of full recovery, this restored quality of life is also possible for YOU. It is. I am living proof. The work outlined in this book is the future of modern medicine, the healing of the future available to you NOW. Through the neuroplasticity-based therapy and rehabilitation process of DNRS, as outlined in Annie Hopper's "Wired For Healing," I have re-trained my brain, transformed my health and re-claimed my life. And if I can do it--so can you. Give yourself the gift of this book and Annie Hopper's revolutionary work. You just might--like I did--save your own life.

Great book to accompany Annie's DVD course or seminar. I attended DNRS in Boynton Beach, FL,, November, 2015...it is life altering.

This book was very beneficial and has given me more insights into rewiring the brain. The brain training program is amazing and I highly recommend the book and the program to those with Limbic System impairments. The people mentioned in the book have had great successes and it's worked for me too!

The book is inspiring and convincing. As someone who's been sick with CFS/Lyme/food sensitivities/adrenal/thyroid/mold/MTHFR/etc issues for 4 years, and has done a TON of previous reading and research, the book felt like it provided some missing pieces for me. It's true that Annie doesn't reveal, in this book, the exact steps her program teaches to actually rewire the limbic system - but I'm not sure she'd be doing anyone a service if she did. I bought the 14-hour DVD program and can see that the various ways she presents the info in that program are really necessary. I am a real do-it-yourselfer but there is no way I'd have the ability to do the necessary work just from reading a book. The whole point is that you can NOT just "think yourself well" - these techniques are really about doing some very powerful restructuring of emotional, mental and physical response patterns, and I think describing them in a book would give people false hope that just reading about them would do the trick. It won't. I think there is something about seeing, hearing and even physically moving through the techniques, and getting the video and audio encouragement, that is key (and of course, practicing the techniques for an hour a day for 6 months, as Annie says). The main function of the book, I think, is to shift peoples' thinking enough to convince them that healing IS possible via this method - or that at least, it might be - and to me, that is incredibly valuable in itself. Most health books by doctors don't substitute for actually seeing a

doctor - so why should anyone expect that this book would substitute for actually buying and working the program? Would I love to see some parts of the book be a little more substantial? Sure. For instance, the book as it stands is so much more targeted to people with MCS than to other conditions. I would love to see that emphasis be expanded. Still, as it is, it is radical and important, and I'd love to see everyone I know with a "mysterious" chronic illness read it.

I am only getting started reading this book, but Annie Hopper's style of writing is very easy to follow. Expecting much improvement in myself.

Interesting ideas.

Excellent book, and everyone with MCS or chronic fatigue could benefit from reading this book.

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