

Neuronal Retraining and Limbic System Reset

The limbic system is a complex set of structures in the midbrain that includes the hypothalamus, hippocampus, amygdala, and cingulate cortex. It has been described as the “feeling and reacting brain.” It is responsible for the formation of memories and is constantly determining our level of safety. The limbic system assigns emotional significance to everything we smell, see, hear, feel, and taste. It is known as the seat of social and emotional intelligence and is the brain’s anxiety “switch.” It is closely integrated with the immune system (our defense against disease), the endocrine system (hormone regulation), and the autonomic nervous system (regulation of unconscious body processes like blood pressure and breathing as well as regulation of the functions of our internal organs such as the heart, stomach, and intestines).

A number of factors can significantly impair limbic system function, such as:

- Chemical exposure
- Mold toxicity
- Viruses or infections
- Inflammation
- Psychological and/or emotional trauma
- Physical trauma
- Accumulated stress

When not functioning properly due to injury or impairment, the limbic system becomes hypersensitive and begins to react to stimuli that it would usually disregard as not representing a danger to the body. This results in inappropriate activation of the immune, endocrine, and autonomic nervous systems that can lead to varied and seemingly unconnected symptoms.

This hypersensitivity of the limbic system causes over-firing of protective and threat mechanisms in the midbrain. This can result in distorted unconscious reactions, sensory perceptions, and protective responses.

Over time, this state of hyperarousal can weaken the immune system and affect motor and cognitive function and systems associated with rest, digestion, detoxification, and mood stability.

DYNAMIC NEURAL RETRAINING SYSTEM™

Dynamic Neural Retraining System™ (DNRS) is a natural neuroplasticity-based healing program that can help you recover from chronic illness. Many conditions are related to a chronic stress response and limbic system dysfunction. DNRS targets this response and teaches you how to change the function and structure of your brain, which starts the healing process.

We would like you to layer in some neuroplasticity and neuronal retraining interventions into your treatment plan. We have listed a few options for getting started down this path. We have found that this can be an integral part of the healing process.

We recommend the following to start:

- Watch **this video** on YouTube.
- Read the book ***Wired for Healing*** by Annie Hopper. She discusses DNRS in-person seminars quite a lot throughout the book, but if you can work past this, it's a great introductory book to DNRS. Some other helpful books are:
 - ***The Brain's Way of Healing*** by Norman Doidge
 - ***The Mind-Gut Connection*** by Emeran Mayer
- Watch the **DNRS testimonials**.
- Complete the DNRS online course (or a live course) to allow your limbic system (nervous system) to rebalance. This program requires daily practice, and I would suggest consulting with a DNRS coach at least once after you've worked through the DVDs/online course to ensure you're optimizing the practices.
 - **<https://retrainingthebrain.com/>**
 - **<https://retrainingthebrain.com/the-program/>**

As you work through these steps, let us know if you have any questions. The DNRS website has **a page** with many resources that can support you on this path.