

BRAIN-BASED WELLNESS

An Answer to Autoimmune

Among other crises as a nation, we are facing a huge health crisis, and one that may change the health of our nation from this point forward. This crisis is a long, time coming, unnatural and adulterated food, rampant usage of medications, toxins in the environment, cosmetics, clothing, stress, and excessive media overstimulation like we've never seen before. It's enough to drive people crazy and sick, and it is. The American Autoimmune Related Disease Association (AARDA) has reported that 50 million Americans suffer from Autoimmune Disease with costs of 100 billion dollars.

The problems are that our bodies and brains are overwhelmed, overloaded, and unbalanced. This leads to an inability to regulate our nervous systems, and as we can see, people become "wired to fire." Eventually, with the stress and overload, and often triggered by hormone changes, our bodies break down. As stress hormones increase, including cortisol, adrenals burn out, hormones are altered, digestion breaks down, and immune symptoms occur. Once our immune systems are in a chronic state of dis-regulation, autoimmune sets in and the body begins to attack its own tissues. Autoimmune conditions are listed in the top 10 leading causes of death for women under age 64.

In the United States, estimates report that cancer affects 9 million people, 100 million people have diabetes, 1 in 8 seniors develop Alzheimer's, and 1 in 8 children are diagnosed with a brain disorder. Twenty-four million people have dementia and this is expected to double over 15 years. Anti-depressants are the second most commonly prescribed medication in the U.S. Early signs of brain dysfunction are anxiety, depression, insomnia, learning disorders, and cognitive decline. Our bodies and brains are completely overloaded with toxicity and stress, with little or no emotional or spiritual connection.

The causes of autoimmune remain unknown to the medical community. Autoimmune conditions include 80 conditions including Epstein-Barr, Lyme, rheumatoid arthritis, Crohn's, celiac, allergies, skin conditions, and more. They lead to pain, brain fog, trouble sleeping, depression, and a complete lack of energy. The AARDA states that commonly used immunosuppressant treatments lead to devastating long-term side effects. Triggers for autoimmune conditions are stress, change in hormones (adolescence, pregnancy, menopause), heavy metals, food, pesticides, and poisons. Dietary and lifestyle changes are a necessary start as research shows that epigenetics are a stronger factor than genetics for these conditions.

Our systems are not designed to handle long-term chronic stress. Furthermore, there is a strong connection between the health of the nervous system and emotional, physical, and mental health. Our central nervous system responds no differently to an emotional crisis as it does to chronic infections, toxic exposure, or poor nutrition. In fact, research shows that emotional stress paves the way for immune breakdown later in life. According to research done by a group in San Diego in 1995, childhood traumatic stress or adverse childhood experiences (ACE) increase the risk for autoimmune disorders. Compared with persons with no adverse childhood experiences, people with two or more adverse childhood experiences (including physical, emotional, or sexual abuse, divorce, and unsafe or unstable living conditions) had an 80-100 percent chance to be hospitalized with an autoimmune disorder. Compared with persons with no ACEs, persons with more than two ACEs were at a 70-100 percent risk for autoimmune conditions. Autoimmune conditions are debilitating and present great personal, financial, and emotional burden to the individuals suffering from them. This research shows that there is a direct correlation between feeling unsafe,

abandoned, unloved, or unworthy and later inflammatory and immune conditions.

Thankfully, there are better and better solutions that are being taught, practiced, and used in the field of natural medicine to overcome not only the emotional stress and trauma, but the resulting physical symptoms. One of the most incredibly effective techniques I've found is called Quantum Neuro Muscular Reset, QNRT a technique developed by Dr. John Turner, D.C., that balances the brain, allowing the body to regulate, detoxify, absorb nutrition, balance sleep, hormones, and the nervous system. By training and "resetting" the brain, while stabilizing the adrenals, hormones, nervous system, and organs/glands of the body at the same time, I see that chronic and debilitating conditions can be overcome and health restored. Usually within a few sessions sleep, energy, and mental clarity significantly improve.

Brain training most likely truly began with ancient techniques of meditation and contemplation. Modern brain training was rediscovered in 1960 with Dr. Barry Stermann at UCLA. He initially did experiments on cats, measuring their brain activity with sound and behavioral rewards. Years later as he was conducting experiments for NASA (with the same cats) on the fact that astronauts were becoming sick from jet fuel exposure, Stermann noticed that some of the cats seemed to be immune to the toxic effects of the jet fuel. He discovered that the cats that were resilient to the side effects were the ones that had had brain training through neurofeedback. NASA incorporated neurofeedback into their training system to effectively reduce seizures, drowsiness, and sickness from toxic exposure to jet fuel. This was the beginning stages of neurofeedback. Truly consider that discovery—cats could overcome the toxic effects of jet fuel, one of the most toxic substances on earth, with brain training. They could become resilient and immune to

an incredibly toxic substance. This is exciting in the field of neuroscience and natural medicine as we live in an incredibly toxic world on many levels.

So many people, after numerous incorrect diagnoses, thousands of dollars spent on medication, supplements, doctor's visits, IV infusions, and changing their diet, don't have long-term success. I've moved my wellness practice towards a predominantly brain-based wellness practice and see that it saves time, money, and precious energy for those looking everywhere for solutions. QNRT is quite amazing for sleep and anxiety, allergies and immune, and so much more. QNRT directly links emotional stress and trauma, often from early ages, changes in life, and even generational stresses to current health and inflammatory problems. QNRT has led me to witness incredible recovery with autoimmune conditions. To see people's joy, energy, and satisfaction in life restored is amazing.



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