

# P r e f a c e



This book is about my discovery that I could help my brain and my body heal using some specific alternative treatments. I have learned to awaken my brain's healing capacity by using natural and noninvasive interventions. This empowered me to participate in my own healing and made the road to my recovery following a severe traumatic brain injury (TBI) a lot easier. The brain is not hardwired to remain the same, like a computer, but rather it continues to grow and change throughout one's life. These treatments that I used following three traumatic brain injuries may enable a person to pursue healing on their own rather than waiting for someone to do it for them. Health is much more than the absence of illness; it involves learning to live responsibly, which in essence is living in a way that promotes an internal state that helps to prevent illness.

The human body is a magnificent creation born with all the tools to heal itself. Being in charge of our health is what nature intended for us.

I acknowledge that doctors, surgeons, and other health-care professionals are important. In fact, I would not be alive if it were not for the skill of some great doctors and surgeons who helped save my life. However, a doctor's therapeutic bag of tricks often does not recognize that healing involves the mind, the body, and the spirit and is a process of becoming whole.

From an early age we are trained to go to the doctor when we believe something is wrong. This idea that doctors know best underestimates the extraordinary ability we have to heal ourselves. Wellness is trusting in the ability and desire of your mind and body to heal itself and make things better if it is given a chance.

Doctors are trained in disease, diagnosing, and treatment. We trust that modern medicine, with doctors as its soldiers, will win the war against disease, illness, and injury. Drugs are often the weapon of choice to help doctors win the war. The high-tech treatments available, as well as the

innovations of drug companies, are intended to create new possibilities for patient care. Yet now, more than ever, many patients feel disconnected when it comes to their health care, like a helpless bystander.

The time has come for all the players in modern medicine to be more open to learning from their patients and not to discourage them from pursuing alternative treatments as an avenue toward healing. It is time for us to rethink, redo, and rewire ourselves to harness the mind, the body, and the spirit as allies in healing. We can heal ourselves.

This book is a guide and outlines what I have done to heal my brain and my body. I have researched, explored, and tried many alternative treatments and have written about those that have worked for me. The choice is now yours. My suggestion: try them out and see if they work for you. Always be sure to discuss with your doctor any treatments that you are thinking of using.

Please keep in mind that this book is about my own experiences. It is important to be aware that everyone's experiences will differ, as does the magnificent design and construction of people's brains.