

# 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.