Association for the Treatment of
NEUROPLASTIC
SYMPTOMS

For My Loved Ones

I Have Neuroplastic Symptoms.

What are those? Neuroplastic symptoms are real pain or illness generated by the brain or nervous system rather than by disease or injury. They can occur anywhere in the body and persist for years or longer. Medical diagnostic tests tend to show little or nothing wrong.

Is this a mental health problem? This condition is a universal human response to overload by stress, trauma, or emotions. It is how our bodies work and everyone has experienced it. For example, if you have ever blushed when embarrassed or felt a "knot" in your abdomen in a tense situation, then you have experienced this process. People with this condition are mentally strong but are coping with more powerful challenges in life than the average person. Fortunately, these issues can be successfully addressed, and the pain or illness improves as this happens.

What kinds of stress are you talking about? Many issues can lead to physical symptoms in the body - job stress, relationship problems, not taking time for self-care, and effects of stress or trauma from childhood.

Are you going to get better? I believe so. I am working to identify and treat all the challenges that are contributing to my condition. Most people steadily improve though there can be ups and downs along the way.

How can I help? You have already, by reading this paper. Also, don't be afraid to ask me how I'm doing. I'll let you know if I want to talk about it or not. In the meantime, please understand if I'm not at my best and need time for myself.

How can I learn more? Thanks for being interested in what I'm going through. There is more good information at www.Neuroplastic.org.