Abstract

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Neuroplasticity, change and addiction disorders?

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Abstract

The cerebral cortex of the Macaque monkey is very similar to humans, each part of the brain is responsible for a behavior, in a healthy brain these parts work together coherently to enable us to execute behaviors. Engaging in some activities more than others shapes our brains and results in us having more white matter in the areas that are utilized regularly. Under or over use of certain parts of the brain can cause problems in later life. An FMRI scan will show you where you have more white matter, more neuronal connections and more activity, it's easier to do something that your brain has been conditioned to do, rehearsal leads to more connections and this creates emotional addictions, be they positive or negative, your cells will adapt to crave the lifestyle and behaviors that you repeat over a period of time. So it's easier to change a child or a teenager, many experts say that adults over the age of 25-35 cannot change because their brain is set in their old patterns. This is not true; the brain creates 700 new neurons every single day through a process known as neurogenesis. Your hippocampus creates these new neurons..

The peptides that the hypothalamus creates are strong chemicals. Whilst these peptides are they happy or sad are attached to the cell they are changing the cell. These sets off a whole cascade of biochemical events, some of these events change the nucleus of the cell. Cells know whether they are about to divide or in a program to stop dividing. According to Dr. Candace B Pert each cell has a consciousness and knows where it is, where it's going, and what proteins its making. She says that the cell is the smallest unit of consciousness in the body. Joe Dispenza says that cells will start sending impressions in the form of images to the brain so it can start to formulate imagery, he goes on to say that this will sound like voices in our head to think of a reason why we should engage in a behavior that our cells are addicted to, be that depression, confusion, excitement or joy. Then he says that the body will tell the brain that it's not getting its chemical needs met. Then the brain will activate and go into our past situations and flash pictures to our frontal lobe to stimulate us to engage in the old behavior. This is where frontal cortical control comes in handy; meditation is one method that can be used to enable us to have more self-control.

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Biography

Eliza Mc Namara started writing a book about the brain in 2017 and fell in love with this area of research, she is currently running The Bondi Retreat & helps her clients to incorporate changes in their life or their business using a unique process called NSP.

Nsp is a unique meditative technique that is based on neuroplasticity, when you have a thought or take an action your hypothalamus releases specific neuropeptides that make you feel good or bad depending on your past conditioning. This research was started by Dr. Candace B Pert in the 1980s. She has written & published 8 books and hopes to publish her book about the brain this year..

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