

The Dynamic Neural Retraining System™



WWW.DNRSYSTEM.COM
Program Transcript



As a company, and as people, we at DNRS are very passionate about the environment and take an active role in being responsible for it.

We believe in the importance of caring for our people, the planet and all of its inhabitants. We are committed in our mission to create healthy products that have the least environmental impact.

This makes good business sense, and as people living in this world, it is simply the right thing to do.

The Dynamic Neural Retraining System™

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Forward

This booklet represents a complete transcription of the 14 hour Limbic System Neuro Rehabilitation DVD Program released in October 2011. Our intention is to deliver this vital information and these tools for recovery in every format possible. With this in mind, we have created this product to meet the individual needs of those who suffer from Electric Hypersensitivity Syndrome (EHS) who cannot attend an “in person” program.

Along with this transcription, we are also in the process of providing subtitles and complete translations in foreign languages for greater distribution. Enclosed in this package you will also find a Student Manual. It is imperative that you follow along with the Student Manual throughout. This will mean that you will be switching from the Student Manual to this transcription a number of times. Please start by reading the Student Manual. Read the information in the order that it is presented, follow along and complete the exercises when instructed. The transcription has been separated into four days. It will be evident when it is time to move to this transcription.

We have included the DVD version in this package for you, as it is our firm belief that you will work your way up to being able to watch it, even if you can't do so at this moment. My wish is for you to witness that you are not alone and that along with this vital formation, knowledge and tools for recovery, we are sending much love to you as you embark on your own journey of recovery.

The Dynamic Neural Retraining System represents the foundation for your daily practice for the next six months of your life where you will dedicate yourself to the task of rewiring your limbic system. Remember to have patience, stay positive and post to the on-line Community Forum as soon as you are able.

To keep you on track with your recovery we also offer individual telephone counseling services for an added fee, available to members only. We have Certified DNRS Coaches to assist you with your program. The fee for this service is \$100 for the first session (one hour) and \$ 55 for follow up sessions. You can only purchase this service on-line through our website at this time. Coaching is not a replacement for the work represented within this book, but rather a service that we provide in conjunction with the program. We will also be offering a 12 week support tele-conference

It is important for you to practice diligently for the next six months of your life. Know that you are not alone in this journey and that we fully support you on your road to recovery!

Good luck with the program. We look forward to reading about your dedication to practice and your personal success stories on our Community Forum soon!

All my best!
Annie

Annie Hopper and DNRS Team
The Dynamic Neural Retraining System™ Ltd
www.dnrsystem.com

NOTE: We highly recommend reading the book “The Brain That Changes Itself” by Dr. Norman Doidge to gain a basic understanding of the concepts of neuro-plasticity. Video clips based on this book will also be referenced throughout the program.

The Dynamic Neural
Retraining System™

DVD 1
Preparation Day

Welcome to the Dynamic Neural Retraining System.

I'm Annie Hopper, the founder of the Dynamic Neural Retraining System and I'll be guiding you through this transformational, neuroplasticity-based program.

As a result of recovering from my own experience with severe Multiple Chemical Sensitivities, Fibromyalgia and Electric Hypersensitivity Syndrome, I have put together this program for effective recovery from Limbic System impairments.

The Dynamic Neural Retraining System will help you understand this impairment, explain how it perpetuates itself and give you the tools to retrain your brain, transform your health and reclaim your life! Prior to developing a limbic system impairment in 2004, my life was full and my career was very rewarding. As a therapist, life coach, counselor, group facilitator and emotional wellness expert. I was familiar with the subtlety and complexity of healing.

I was a published author and regular featured guest on talk radio as an expert in emotional wellness. I was also entering my fourth year of ministerial training in a spirituality-based teaching that combines spiritual principles with philosophy and science. Yet, none of this prepared me or protected me from a limbic system injury. Everything in my life came crashing to an abrupt halt and my life path shifted dramatically as a result of this injury. Within two years my life had gone from thriving to merely surviving, one day at a time.

At the height of symptoms, this limbic system impairment expressed as severe Multiple Chemical Sensitivities, Fibromyalgia and Electric Hypersensitivity Syndrome and I found myself in the most unfortunate position of experiencing homelessness. Not because of lack of finances, but because of my brain injury. My physical reactions to common sensory stimuli were so severe that I could no longer reside in what is considered a "normal" environment or participate in everyday life.

The Dynamic Neural Retraining System is the combination of a number of different elements; the scope of my personal knowledge and skill set, my experience in a number different practices, my research in diverse and not commonly related fields, my intuitive knowledge that the illness was somehow brain related, my enduring faith, and my dogged determination to recover.

My own recovery inspired and motivated me to accept the gracious position that I find myself in now... teaching others this method of recovery.

By 2009, I was speaking as a keynote presenter at a Brain Injury Conference in British Columbia, Canada delivering my theory on Limbic System injuries and neuroplasticity. Since 2008 I have been traveling globally to bring this information to the people who need it the most. People all over the world have been getting great results from my Dynamic Neural Retraining System Seminars. However, I realize that there are many people who cannot attend this program in person due to the financial or physical limitations that often accompany conditions like Multiple Chemical Sensitivities, Chronic Fatigue Syndrome, Fibromyalgia and other related conditions.

Welcome

With this in mind we have created a DVD version of this new paradigm in healing. We have designed it so that you can implement the program from the comfort of your own home.

Make the Commitment:

The primary portion of this program is the live recording of a three day seminar held in the Spring of 2010. For best results, imagine yourself participating in the seminar. This DVD version of the program also includes a number of additional video segments explaining various exercises, principles, homework instructions, and two guided meditations. Due to the amount of additional information it is recommended that you take at least four days to go through the full DVD program.

- Please approach this as “neuroplasticity boot camp” and schedule your four days wisely.
- Please do not schedule other plans during this time, as this program will take your full commitment and attention for four full days.

The nature of the program requires consistent repetition of neuroplasticity based exercises on a daily basis. Each day you will watch a portion of the seminar where I will teach you about the function of the limbic system and how to influence it.

You will participate along with the class, answering questions and analyzing your own situation. After the seminar segments you will watch the instructional videos for the homework assignments and do the respective homework for each day. You will notice a “take a break” graphic throughout the program. It is important to stretch and take frequent breaks throughout to allow your brain time to digest the information.

How to do this program:

There are a few things you should keep in mind before you begin this program. My teaching style is based on the principles of Neuroplasticity: Learning; Focus; Changing your associations and Repetition. The Dynamic Neural Retraining System is constructed with these principles in mind. Please be aware that the repetition of information is intentional. It is central to the type of learning that is required for success with this program.

For this same reason, it is also important for you to go through every element of the DVD *in the order that it is presented.*

Have patience and don't skip ahead.

To gain the most benefit from this program, I recommend that you keep the following guidelines in mind:

- Be sure to create a productive learning environment that is comfortable and free from distractions and any extraneous stressors.

- It is common in people who have limbic system impairments to experience a heightened stress response. Therefore it is best to do the program when you are not experiencing an overwhelming amount of stress, for example, on the heels of a relationship break up or after the death of a parent or when you are in the process of moving.
- Have a notebook and pen ready; you should be prepared to take notes and you will be required to do some writing through out the program.
- Keep your DVD remote control handy as you go through the program. There are a few spots where the DVD will pause to allow you to complete an exercise and you will need to restart the DVD when you are ready to continue.
- Having access to the internet will also be helpful to obtain additional support material (free broadcast video clips).
- If you are viewing the DNRS program on your computer and have a connection to the internet, you will be able to link directly to the online clips from the DVD. These clips are considered to be additional resources. They in no way represent an endorsement of the DNRS. They are educational materials only and are not affiliated with the DNRS program.
- Have your Student Manual at hand.

In the Student Manual you will find a User Guide, outlining the entire DVD program in the order that you should complete it. You will also find exercises, workbook sheets and information that will help you with your Limbic System Retraining practice. At times throughout the DVD, I will refer to the Student Manual.

These initial four days are the beginning of your commitment to your neural rehabilitation. This will eventually become a new way of living for you. Be prepared to practice for at least an hour a day for the next six months. ***Make that commitment to yourself.*** The exercises themselves are not magic; rather it is your understanding of the entire system and your commitment to practice that will assist in your recovery.

My hope is that you will commit yourself fully to this program and apply what you learn on a daily basis.

The Seminar featured on the DVD is the second of two back to back seminars that I facilitated in the spring of 2010. During the DVD, you will be following one participant's progress in the second seminar.

Barb had suffered from Multiple Chemical Sensitivities since childhood (for approximately 40 years), as well as Fibromyalgia and Post Traumatic Stress Disorder for 18 years. Barb attended the Dynamic Neural Retraining System program in April of 2010 and has graciously allowed us to document her progress and recovery both during and after the seminar. Barb's story is featured in the testimonials segment of the DVD where you will meet several other past participants and witness their dramatic recoveries after attending the Dynamic Neural Retraining System Seminars.

You will also meet Bil, the university professor, who attended the first seminar and speaks to the second group less than a week later. Prior to attending the

Welcome

Dynamic Neural Retraining System Seminar. Bil had suffered from severe Multiple Chemical Sensitivities, Chronic Fatigue Syndrome, Post Traumatic Stress Disorder, and food sensitivities for five years.

The Dynamic Neural Retraining System has been tremendously successful in helping people recover from Multiple Chemical Sensitivities, Chronic Fatigue Syndrome, Fibromyalgia, Electric Hypersensitivity, Chronic Pain, Anxiety Disorders and Obsessive Compulsive Disorder.

Although the DNRS Program has not been academically reviewed or recognized as a medical treatment, observational studies, to date, indicate that over 90% of participants who practice on a daily basis for a six month period report significant improvements in their conditions. We are currently in the process of compiling research for medical publication.

Purchase of the Dynamic Neural Retraining System DVD automatically entitles you to membership and access to the community forum on our website. This online support system provides a venue for participants to share their experiences and success stories, and will keep you motivated for the required six months. Dynamic Neural Retraining System participants, coaches and moderators communicate regularly on the forum. There are also links to additional resources such as supporting research, articles, books and other recommendations.

Individual counseling is available through the site to members at an additional cost. Please keep the Dynamic Neural Retraining System web site bookmarked and check in often for new information, announcements and upcoming events like webinars, teleconferencing and the launch date of Annie's book, "From Exile to Excellence".

Also, be sure to sign up for our newsletter which will also keep you up to date on any new developments. It is my absolute pleasure and honor to share this information with you and I wish you great success. Remember to be flexible, to keep an open mind and commit to your daily practice.

I look forward to hearing your success stories as you retrain your brain, transform your health and reclaim your life.

All My Best,

Annie

The Dynamic Neural Retraining System™



If you know someone who is suffering from Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Electric Hypersensitivity Syndrome, Chronic Pain, Anxiety, Obsessive Compulsive Disorder and associated Depression, feel free to let them know about this program and direct them to our website. It could very well mean a life changing experience and a return to happy and healthy living.

Annie Hopper is a Limbic System Rehabilitation Specialist who has been in the health and wellness field for over twenty years. Annie is an expert in acquired Limbic System brain injuries and neuroplasticity.

As a keynote speaker at a national Brain Injury Conference in June 2009, Annie delivered ground-breaking research on “Acquired Toxic Brain Injuries and Neuroplasticity.”

Annie had her own first hand experience of impaired Limbic System function and how devastating it can be. In 2005, at the peak of her overflowing counseling practice, she developed severe and disabling Multiple Chemical Sensitivities (MCS) from working in a sick building, which progressed to include Fibromyalgia (FM) and Electric Hypersensitivity Syndrome (EHS).

Annie is now completely recovered through self-directing neuroplastic changes in the Limbic System. Since 2008 Annie has traveled internationally to bring these tools to patients who suffer from various Limbic System related illnesses. In addition to being a Limbic System Rehabilitation Specialist and Environmental Advocate, Annie also has years of experience as a Core Belief Counselor, Life Coach, Workshop Facilitator, Keynote Speaker, Newspaper Columnist and featured guest as an Emotional Wellness Expert on talk radio.

With a deep understanding of illness and brain function, today Annie provides a wide range of programs and services to facilitate healing for others. Through Limbic System Neuro Rehabilitation programs, counseling services, writing and keynote speeches, Annie provides vital, ground-breaking information and tools for recovery.

In 2011, due to overwhelming demand, the severity of suffering, and the growing incidence of Limbic System related illnesses globally, Annie developed a DVD series with over 12 hours of instructional video that take you step by step through this new paradigm in health care. This transformational program gives you the tools and necessary understanding to rewire your limbic system.

Let the Dynamic Neural Retraining System show you how to retrain your brain, transform your health and reclaim your life!

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