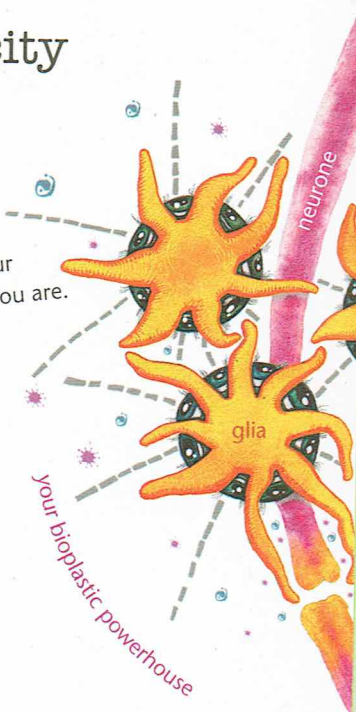


# The wonderful side of bioplasticity and why you should be hopeful



You might have heard of *neuroplasticity* – the ability of your brain to change over time, no matter how old or young you are. Well it is not just your brain – it is all of you, all of your systems, which is why we call it *bioplasticity*. Bioplasticity got you into this situation... and bioplasticity can get you out again! But you also need to know about...



## The dark side of bioplasticity

Increased sensitivity of your danger transmission systems is the dark side of bioplasticity. The short version of this story is:

**The longer your nervous system has been protecting you, the better it gets at doing it.**

Another way of thinking about this is that the nerves that convey danger messages to your brain become more sensitive, and the brain cells that make your pain become more sensitive too. All sorts of things that didn't hurt before, now hurt.

However, it is not just about your pain system – all of your systems are very adaptable and this may show up with the changes in your movements, emotions, sweating – things that we discussed back on page 25. [EP70-79]

The effect of increased sensitivity is that the Protectometer becomes more sensitive to DIMs – it very easily moves upwards and is more likely to be *on alert*.

On the positive side, you can learn how to lower your Protectometer to a normal state. Learning how to be less protective is just another skill – you can learn to move differently, to breathe differently, to speak differently, to think and behave differently. The more you practice the better you will become. This really is fabulous news for pain sufferers.

The challenge here is that adapting your system back to normal won't happen overnight, but it will happen. This is a journey. It is a new way of being, not a new pill. Just like anyone can learn to play the piano, everyone can learn how to switch off and turn down their protective systems.

