

Brain-Based Breakthroughs

with Dr. Gilbert S. Jaudy, D.C., C.C.S.T.



Your Brain — An Owner's Manual

Bewildered patients enter my office daily with a checklist of symptoms they were told they had to live with “as part of normal aging.” They complain of fibromyalgia, migraines, chronic fatigue, weight problems, digestive disorders, dizziness and more. They arrive tearful, heavily medicated, and often after many surgeries. They are shocked at the thought that this has become part of their daily life or that it is all in their mind. Do you think painful, stiff joints, fatigue, chronic pain, memory lapses, diminished libido, disease and symptoms are part of “normal aging?” Just look at any infirm patient and ask yourself, “Is that how I want to be in the future?”

What if there was a way to troubleshoot the causes of these degenerative conditions, which cause a gradual downward spiral of health, at any age? Here is a revolutionary statement that is based on contemporary scientific research: There is a way to troubleshoot. It's your brain and it is your owner's manual.

President George H.W. Bush signed a presidential proclamation designating the 1990s as the “decade of the brain.” Now we are reaping the benefits of that investment and research. The latest discoveries in functional neurology point to intricate interconnections of brain cells and their ultimate control of the human body. These discoveries have revealed a missing dimension in health care, breakthroughs in contemporary neuroscience. Resulting applications are drug-free and non-invasive.

A functional neurological examination performed by a qualified doctor can map faulty pathways and regions in the brain, areas that are not transmitting signals properly or efficiently, so messages get jumbled. The wiring is still there, it's just not working at top efficiency. There is an electrical imbalance in the brain circuitry. If one part of the brain begins to function below optimal level, signals are misinterpreted by brain cells.

How does the body
break down?

Then the system goes into a wind-down mechanism and can no longer meet the physiological demands of the body. Precision, timing and coordination become heavily compromised; accomplishing daily tasks become a challenge. Once you become more uncoordinated you start feeling like a vegetable. In scientific terms this is called a functional disconnection syndrome (FDS). Short-circuits in the system persist.

Try this: Close your eyes and have someone gently but firmly hold an outstretched hair on your head. You can sense the exact location. That's because those cells are recognized in a sensory region of your brain (the post-central gyrus). Just as you are able to pinpoint the location of that pulled hair, so is your brain able to detect and precisely report the status of all your body parts many times per second and process this information.

This means every cell, gland, organ, muscle, tendon and more are constantly monitored by the brain's complex wiring system. When this system is compromised, people tell me, "I lose focus very easily," "I often forget what I was doing," and "I can hardly do more than one thing at time, and it just takes forever."

Patients also tell me, "I am not the same person I used to be, and just this last year I feel like my health has gone down the drain. Nothing I've done is helping. This is scary; I have no control over it. You are my last stop."

As symptoms worsen and our ability to accomplish daily activities becomes a challenge, we tend to neglect tasks basic to daily life. For example, if you have leg pain you might avoid getting up to drink water, cook a healthy meal or go out with friends. This has a snowball effect; it leads to more symptoms.

The brain is an electrical organ. If it has electrical activity, we are alive; if not, we die. If the heart stops it may still be revived but when the brain dies we're pronounced dead. The brain controls the heart, not the other way around.

We can map brain function through a comprehensive brain-based examination. Without that, there is no way we can measure our current health or any possible failures or symptoms. What causes functional disconnection syndrome? In functional neurology, the expression "you're only as strong as your weakest link" could not be more true. The breakdown is like a weak link in a chain of commands. Pain and instability result.

For example, with failing memory, the first thing that happens is that the brain loses speed. Then it deteriorates and memory is compromised. If the brain slows down by just 100 milliseconds, we become senile. It's frustrating when a specific organ, such as the thyroid, is treated but symptoms remain. When the brain slows, conductivity to the organs slows.

When the brain is remapped, it is rewired to do what it was designed to do: direct your body systems and take back control of systems that have gone haywire. The doctor's brain-based treatments allow the brain to reboot.

Dr. Gilbert S. Jaudy, D.C., C.C.S.T., has advanced training in brain-based functional/clinical neurology. If you would like to know how to benefit from this care, contact the office at 760-340-4777 to schedule a complimentary consultation.

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