

BRAIN THAT CHANGES ITSELF



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Norman Doidge MD

The Brain That Changes Itself has sold over 1 million copies and is now in over 100 countries, and chosen by the Dana Brain Foundation's Journal Cerebrum, from among the 30,000 books on the brain in English, as the best general book on the brain. It, and The Brain's Way of Healing, are both New York Times Bestsellers, and #1 Bestsellers in Canada.

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Despite the fact that the concept of neuroplasticity is broad, vague, and hardly new (the theory was born in the mid-1800s and was heavily researched throughout the 1990s), it is one of the most reliable and fundamental discoveries about the brain that we have to date.

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Neuroplasticity Wikipedia

Neuroplasticity, also known as brain plasticity, neuroelasticity, or neural plasticity, is the ability of the brain to

change throughout an individual's life, e.g., brain activity associated with a given function can be transferred to a different location, the proportion of grey matter can change, and synapses may strengthen or weaken over time. . Research in the latter half of the 20th

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Drugs and the Brain National Institute on Drug Abuse NIDA

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LONDON (Reuters) - Since he ditched Marlboro Lights five years ago, Daniel's fix is fruit-flavored nicotine gum that comes in neat, pop-out strips. He gets through 12 to 15 pieces a day and says

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What are marijuana's long term effects on the brain

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N 1 Experiment Using Ketosis to Fight a Brain Tumor The

Putting the body into ketosis and controlling blood glucose levels may prove to be effective therapy against certain cancers. This real case reveals one aggressive self-experimenter who used a combination of the ketogenic diet, fasting and other tools to control his epilepsy and send his brain cancer into remission.

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