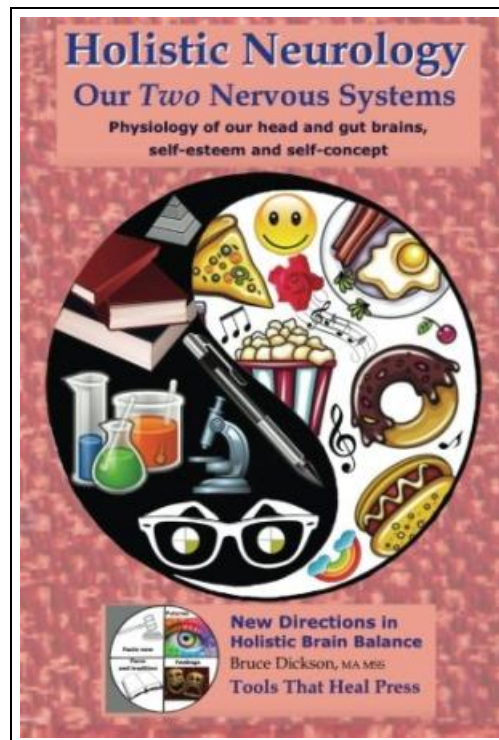


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Vol. 1 of New Directions in Holistic Brain Balance Neurology as if self-connection mattered. A neurology of connecting body-mind-spirit, of personal choice and personal responsibility. In brief, we each have two nervous systems, two neurologies. The two have closely equal nerve fibers by weight (1907 research). One nervous system is mostly in front and below, our gut brain. Our other is mostly above and behind, our head brain, spine and lateral spinal nerves. Having two neurologies is a good thing. Like two eyes, two hands, two feet, our two brains can work together, as a team. Our two eyes provide binocular vision; our two neurologies--if they communicate, consult and collaborate--support us triangulating healthy decisions everyday. Two neurologies is the physiology behind John-Roger's ideal of a thought for every feeling and a feeling for every thought. Where do our two brains meet? In the loving heart center. If you are only using one of your two nervous systems, you're missing out on half of your natural intelligence. Much is known about gut brain, head brain which can now be reframed correctly and more widely shared. Conventional neurology in 2015 is still mired in Sympathetic-parasympathetic, motor-sensory, central and peripheral nervous systems. These ideas come from the 1880s and very early 1900s. Gut-brain axis is only the start of Neurology 2.0. Holistic Neurology advances the updating of neurology begun with the GAPS book (2004). We have TWO neurologies and this is a good thing. In 1955-1975 Maslow updated psychology to include personal improvement. Thus began Humanistic Psychology 1.0. Holistic Neurology begins Humanistic Psychology 2.0. Old neurology is a problem as our nervous system is NOT no-fault as Sympathetic-parasympathetic, motor-sensory, central and peripheral...



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