


WHAT IS NEUROPLASITY?



NEUROPLASTICITY IS A TERM THAT SIMPLY REFERS TO THE BRAIN'S ABILITY TO CHANGE TO REORGANIZE PATHWAYS, CREATING NEW CONNECTIONS, EVEN BUILDING NEW NEURONS. PLASTICITY HAPPENS WHEN THE BRAIN IS DAMAGED, AND IT ALLOWS THE BRAIN TO MOVE CERTAIN FUNCTIONS TO THE UNDAMAGED AREAS.




THE BRAIN CAN CHANGE!



- **IN RESPONSE TO REPEATED PRACTICE**




WHO AM I AND WHAT IS MY MESSAGE?

- ▶ I'M A 74-YEAR-OLD FORMER TRIAL ATTORNEY, FORMER ENDURANCE ATHLETE AND CURRENT PATIENT WITH BLEPHAROSPASM**
 - ▶ MY CONDITION WAS DEFINED BY WHAT YEAR TO YEAR I COULD NOT DO ANY LONGER**
 - ▶ MY CONCERN WHEN DIAGNOSED WAS WHAT IS THE PROGRESSION OF THE ILLNESS**
 - ▶ AS PART OF MY RESEARCH, I ATTENDED A WORKSHOP IN TORONTO WITH DR JOAQUIN FARIAS IN 2018**
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DR. JOAQUIN FARIAS,

- ▶ HE HAS A DOCTORATE IN BIOMECHANICS, AS WELL AS MASTER'S DEGREES IN NEUROPSYCHOLOGICAL REHABILITATION, PSYCHOSOCIOLOGY, AND ERGONOMICS.**
 - ▶ HE IS THE DIRECTOR OF THE NEUROPLASTIC TRAINING INSTITUTE TORONTO AND SEASONAL LECTURER AT THE UNIVERSITY OF TORONTO.**
 - ▶ DR. FARIAS HAS PUBLISHED THREE BOOKS ON DYSTONIA.**
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I AM NOT HERE NOT TO SELL THE PROGRAM

BUT TO SHARE MY EXPERIENCE

**LIKE MANY TREATMENTS OF SYMPTOMS MY
EXPERIENCE IS ANTIDOTAL BUT I BELIEVE
THAT DR FARIAS HAS AN APPROACH THAT
WORKS BUT**

**YOU HAVE TO BE PATIENT AND FOLLOW IT
DAILY**

IT IS NOT A CURE



MY EXPERIENCE BEFORE ATTENDING THE TRAINING WAS THAT MY BLEPHAROSPASM WAS PROGRESSING WITH NEW OR MORE SEVERE SYMPTOMS OVER TIME.

▶ I WAS EXHAUSTED.

▶ I WAS TENSE

▶ I WAS WORRIED ABOUT THE PROGRESSION OF MY ILLNESS




WHAT DID I CHANGE AS A RESULT OF THE TRAINING?

- ▶ TWO MILE WALKS A DAY**
- ▶ EXPOSURE TO LIGHT**
- ▶ EXERCISES**
- ▶ BALANCE**
- ▶ FITNESS**



DAILY EXERCISES ROUTINE

- ▶ **BALANCES MUSCLES**
 - ▶ **CREATES PATHWAYS OVER TIME**
 - ▶ **EACH MORNING**
 - ▶ **VARIOUS TIMES DURING DAY**
 - ▶ **REPETITIVE MOVEMENTS**
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IF IN SPASYM

- **BREATHE**
- **RELAX FACE MUSCLE**
- **CENTER EYEBALL**
- **REDUCE PRESSURE ON EYELID**
- **GOOD TO GO**
- **RELAX FACE**
- **BLINK**



I FIGHT THROUGH THE DISCOMFORT AND THEN FIND TIME TO RELAX

- ▶ STILL DRIVE**
 - ▶ STILL PLAY GOLF**
 - ▶ EXERCISE**
 - ▶ TRAVEL**
 - ▶ HOBBIES**
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DOUG PATT

▶ **FELLOW PATIENT**

▶ **GENETIC LINK**

▶ **[HTTPS://DOUGPATT.COM/MY-RECOVERY-FROM-
BLEPHAROSPASM-AND-MEIGE-SYNDROME/](https://dougpatt.com/my-recovery-from-blepharospasm-and-meige-syndrome/)**

▶ **[HTTPS://MAIL.GOOGLE.COM/MAIL/U/0/?TAB=RM&OGBL#I
NBOX/FMFCGZGLKFVBVJMPPZJZWCXMWCLWLRXG?PRO
JECTOR=1](https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/fmfcgzglkfvbvjmppzjzwcxmwclwlrwg?projector=1)**



YOU CAN LIVE BETTER!



THE KEY IS THROUGH MOVEMENT!



RESOURCES

- ▶ **[HTTPS://WWW.FARIASTECHNIQUE.COM/](https://www.fariastechnique.com/)**
- ▶ ***Limitless, your movements can heal your brain. An essay on the neurodynamics of Dystonia, Farias***
- ▶ ***Intertwined. A new approach to rehabilitating dystonias, Farias***
- ▶ ***Rebellion of the body. Understanding musicians' focal dystonia. Farias***
- ▶ **WEB SITE, [HTTPS://WWW.FARIASTECHNIQUE.COM/JOAQUIN-FARIAS](https://www.fariastechnique.com/joaquin-farias)**
- ▶ **TED TALKS, [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CZW-XBVDTHY](https://www.youtube.com/watch?v=CZW-XBVDTHY)**
- ▶ **HARVARD UNIVERSITY PRESENTATION
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-8F_A16OWSO](https://www.youtube.com/watch?v=-8F_A16OWSO)**
- ▶ **THE BRAIN ITSELF – DOIDYE**
- ▶ **THE BRAINSWAY OF HEALING, DOIEGE**
- ▶ **THE POLYBAGAL THEORY – PORGES**