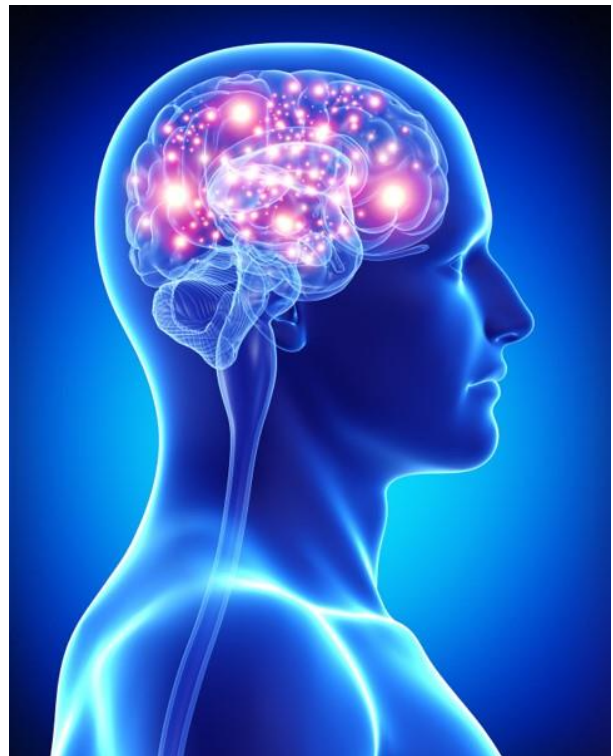


Signs And Symptoms Of Limbic Kindling Or Limbic Impairment:

- Do you experience brain fog?
- Do you suffer from low energy?
- Do you constantly focus on your symptoms?
- Do you feel overwhelmed?
- Do you feel family and friends don't understand you?
- Do you suffer from chronic joint and/or muscle pain?
- Do you find yourself constantly 'body checking' for symptoms of pain or discomfort?
- Do you worry a lot about your health?
- Do you doubt you have the resources necessary to recover?
- Do you have a heightened sense of smell or taste?
- Do you have other heightened sensory perceptions, such as light, sound or electromagnetic sensitivities?
- Do perfumes or other chemical products (e.g. household cleaners, personal hygiene products, paint, adhesives, new textiles or carpets, etc.) give you headaches or make you feel nauseous or lightheaded?
- Do you get noticeably irritable, anxious, or upset when around specific scents?



- Do you suffer from anxiety or panic attacks?
- Do you get sudden feelings of panic/surges of emotion you don't feel you can control?
- Do you feel you cannot ask for help?
- Do you find it hard to make decisions about what is best for you?
- Do you feel you have to maintain control over everything around you to be ok?
- Do you avoid situations that you fear will challenge you physically or emotionally?
- Do you purposely avoid going to specific places or doing specific things because of your health condition or because of the potential health risks?
- Do you find yourself talking about symptoms of illness when someone asks, "How are you"?
- Do you have sleep-related issues?
- Do you have many food sensitivities?
- Are you unable to take prescribed medications due to reactivity?
- Do you experience pronounced mood swings?
- Do you suffer from unexplained headaches?
- Do you dwell on past negative events?
- Do you find yourself expecting negative outcomes?
- Do you have short-term memory problems?
- Do you worry about the past and fear the future?
- Do you find it hard to sit and relax?
- Is meditation and resting a real challenge for you?
- Do you have a constant mental "to do" list?
- Do you often feel depressed?
- Do you find it hard to express how you feel to people around you?
- Do you constantly blame yourself or put yourself down?
- Does everyone around you rely on you so you don't have time to think about yourself?
- Do you constantly replay or pre-empt situations or conversations?

- Do you still experience symptoms of illness despite the fact that you live in a healthy home?
- Have you tried detoxification treatments and nutritional supplements yet still find that you are symptomatic?
- Do you find it hard to fall asleep and/or stay asleep?
- When up lie down to sleep does your mind start racing?
- Do you wake up from sleep feeling unrefreshed?
- Do you experience a lot of vivid dreams or nightmares?
- Do you experience symptoms of palpitations?
- Do you hold tension in your jaw and/or shoulders?
- Do you experience headaches around the temples and eyes?
- Do you experience a vice-like sensation around the head?
- Do you have difficulty concentrating?
- Do you feel you are "running on adrenalin?"

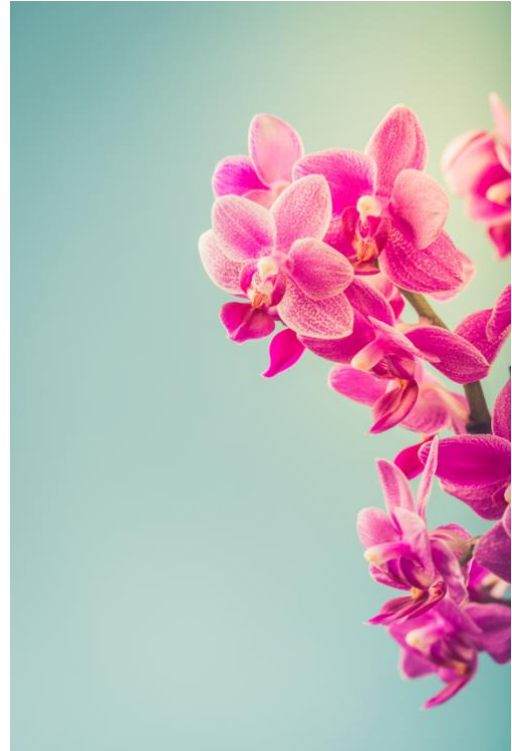
If you answered 'yes' to more than 5 of these questions, it is likely that you are experiencing a limbic system impairment. If this is the case, you would likely benefit from 'rewiring' your limbic system.

The Highly Sensitive Types (are you an Orchid Child?)

From Elaine Aaron's HSP website <https://hsperson.com>

- I am easily overwhelmed by strong sensory input.
- I seem to be aware of subtleties in my environment.
- Other people's moods affect me.
- I tend to be very sensitive to pain.

- I find myself needing to withdraw during busy days, into bed or into a darkened room or any place where I can have some privacy and relief from stimulation.
- I am particularly sensitive to the effects of caffeine.
- I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.
- I have a rich, complex inner life.
- I am made uncomfortable by loud noises.
- I am deeply moved by the arts or music.
- My nervous system sometimes feels so frazzled that I just have to go off by myself.
- I am conscientious.
- I startle easily.
- I get rattled when I have a lot to do in a short amount of time.
- When people are uncomfortable in a physical environment I tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating).
- I am annoyed when people try to get me to do too many things at once.
- I try hard to avoid making mistakes or forgetting things.
- I make a point to avoid violent movies and TV shows.
- I become unpleasantly aroused when a lot is going on around me.
- Being very hungry creates a strong reaction in me, disrupting my concentration or mood.
- Changes in my life shake me up.
- I notice and enjoy delicate or fine scents, tastes, sounds, works of art.
- I find it unpleasant to have a lot going on at once.



- I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.
- I am bothered by intense stimuli, like loud noises or chaotic scenes.
- When I must compete or be observed while performing a task, I become so nervous or shaky that I do much worse than I would otherwise.
- When I was a child, my parents or teachers seemed to see me as sensitive or shy.

If you answered more than fourteen of the questions as true of yourself, you are probably highly sensitive. But no psychological test is so accurate that an individual should base his or her life on it. Psychologists try to develop good questions, then decide on the cut off based on the average response.

If fewer questions are true of you, but extremely true, that might also justify calling you highly sensitive. Also, although there are as many men as women who are highly sensitive, when taking the test highly sensitive men answer slightly fewer items as true than do highly sensitive women.