

Abstract for Paris, France, June 24-25 2021

Title: The Neuroplasticity of the Adolescent Brain in Addiction

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Introduction: Before the Covid pandemic, over 59% of the world's children were on antidepressant medications. Post pandemic, it is predicted by the global scientific community that an epidemic of adolescent children will die from drug overdose in suicide. One out of three cases of adolescent deaths between the ages of 10-13 is by suicide. Canada is 4th in written prescription drug use. The US leads the world in antidepressant use. Doctors in the USA prescribe 5 times the entire GLOBAL use in one country.

Early stress of children leads to a predisposition of stress related illness for the rest of their lives. Traumatic brain injury caused by physical, emotional, and chemical trauma in the child can be healed by light, sound therapy, amino acids, and essential oils. More than 90% of children who die by suicide also have sensitivities in food causing emotional trauma diagnosed by psychiatrists as a mental health condition for which drugs are administered. We are seeing a greater percentage of sensitive children dying due to misdiagnosis and overuse of drugs at an early age.

Aim:

* Participants identified and collapsed their chemical, emotional or physical trauma through non-invasive therapies such as Access Consciousness, DBT, CBT or EMDR.

* Participants eliminated foods, drug and other allergies toxic to the body that were to be replaced by orthomolecular medicine and plant therapies.

* Participants learned stress reduction, mindfulness, and coping skills specific to the triggering events related to their trauma. Thereby, the trauma remained collapsed, and no drug use ensued.

Materials and Methods

Stress activates the autonomic nervous system: particularly the hypothalamic-pituitary-adrenal axis and the cranial nervous/vagus nerve system. In 2014, I discovered how to stimulate the HPA axis, with the use of electro acupuncture (20 HTZ), to balance the neurons causing the craving for drugs. When these cravings are eliminated, the brain damage caused by the drug is also eliminated. Using light therapy after the emotional collapse and drug use energized the participants.

Chemical allergies to food, altitude, environments, etc. changed the brain chemistry, food responses, sensitivity responses and ultimately transformed lives out of addiction.

Results:

- 100 Incarcerated people in LA prison were taken out of a sober living house for treatment over 9 months. The HPA axis with electroacupuncture was applied. 33/35 stayed 90 days in this clinical trial. In the seven years following the clinical trial (non-double blind), 33 have not relapsed and are leading contributing lives.
- 6 suicide adolescents with drug addiction to Prozac, Zoloft and other antidepressant drugs, ages 12-14, have become honour students living holistic empowered lives, using HPA axis, light therapy, and orthomolecular medicine.
- NO relapse to drug use in 5 years.
- 3 male concussion patients with TBI due to sports injury are working or going to the university, no relapse due to drug use.

Conclusion:

The adolescent brain's neuro-plasticity can be rewired through auricular electro-acupuncture and light therapy. These two therapies have reversed cases of serious suicidal ideation and addiction in numerous cases. Although the exact percentages of neuronal regrowth were unable to be measured because FMRI scans were not

available, lives were fully restored. None of the participants used drugs for their wellbeing or relapsed into depression after 5-7 years.

Secondly, becoming aware of the individuals' personal toxicology through food sensitivities and using vagus nerve stimulation, this further eliminated drug cravings, body food allergies, and general wellbeing was restored.

Finally, consciousness of the body/mind/spirit triggering of negative events, all participants were able to control their outcomes and live highly functioning empowered lives. Our goal is to collaborate with hospitals having FMRI capabilities to visually detect holistic restoration of the neuro-plasticity of the brain and non-relapse techniques., making history with this discovery.