

## **Brain Recovery Healing Rewiring Plasticity**

The bottom line is addiction alters the physical structure of your brain. So, what that means with you guys is you have to rewire, and you have to start associating pleasure and reward with good things. Let's talk about that rewiring it's called neuroplasticity. Basically, what it means is, "Okay so, I've got these particular neuronal circuits in my head. I used heroin for 20 years and I stopped. Now what I've got to do is I've got to tell my brain 'we're no longer needing that highway; we're not going to feed that highway anymore. In fact, we're going to let that highway turn into old weed covered dirt road that we don't use and we're going to use something else'". The brain is constantly changing, reorganizing with the new experience. This is what we call neuroplasticity.