How do I know if my symptom is limbic?

Conditions and Effectiveness · https://www.re-origin.com/support/how-do-i-know-if-my-symptom-is-limibic

We’re not able to diagnose symptoms. However, there are some common patterns that may suggest the limbic system is involved.

Limbic-related symptoms are often linked to an overactive stress response rather than structural damage or disease. Some signs can include:

- Symptoms that persist without a clear medical explanation
- Sensitivity to stimuli such as light, sound, or smell
- Symptoms that worsen with stress, fear, or attention
- A mix of physical and emotional symptoms (e.g. pain, fatigue, anxiety)
- Improvements with relaxation or nervous system regulation

If your experience aligns with these patterns, the limbic system may be playing a role.

That said, it’s important to rule out medical causes first. If you have concerns, we always recommend speaking with a qualified healthcare professional.

Does this mean my symptoms aren’t real?

Not at all. Symptoms linked to the limbic system are very real they simply originate from how the brain and nervous system are responding, rather than structural damage.

Do I need a diagnosis before starting the program?

No formal diagnosis is required. Many members join based on recognising these patterns in their own experience.