



Touch For Health in January!

taught by Colleen Gardner

Touch For Health is a means of quickly easing the discomfort of common aches, pains and stresses of daily living. This remarkable system utilizes “muscle checking” (kinesiology) to determine imbalances in muscle/meridian function and restores balance with gentle, safe and effective touch techniques.

Learn techniques that will:

Accelerate recovery from illness and injuries

- Reduce or eliminate many different kinds of pain: headaches, backaches, stomach aches, muscle cramps, spasm, etc.
- Uncover the hidden causes of many health problems
- Reduce risk of injury
- Show you immediately which foods are undermining your energy
- Quickly and measurably improve posture, strength, flexibility, and athletic performance

Through this course you will learn:

- The nature of the energy systems of the body and how they relate to the muscles
- Massage and acupressure techniques to activate circulation and energy flow
- How to test for food sensitivities and nutritional needs
- How to work with young children and others who are unable to be muscle checked
- How to utilize these powerful techniques to support yourself, your friends and family in feeling healthy and comfortable

Inside

- P. 2 Courses: Brain Organization Profiles & Brain Gym 101**
- P. 3 Reading Success through Brain Gym**
- P. 4 The Basis for the Effectiveness of Touch For Health**

Who is this course for?

Parents, health professionals, you and me. Anyone may attend - there is *no prerequisite!*

It's invaluable knowledge for Brain Gym-trained people, and applies toward Brain Gym® Consultant certification. And taking TFH from someone like Colleen, who is so grounded in Brain Gym, is a fantastic opportunity!

Course Hours:

Fri, January 19 -- 12:30 pm to 4:30 pm
Sat, January 20 -- 10:30 am to 5:30 pm
Sun, January 21 -- 8:30 am to 3:30 pm

Registration:

\$300 until Jan. 5, 2001; \$350 thereafter
\$50 deposit will hold your place in class
Your deposit is non-refundable unless we reschedule

Location:

A Desert Song Yoga and Massage Center
4515 N. 16th St., Phoenix

Colleen Gardner has been teaching and practicing in the Holistic Health field since 1981. She lives in Colorado where she has been a pioneer in her successful Wellness Education practice. She regularly teaches seminars throughout the US, Canada and Europe on Touch for Health and many other forms of Kinesiology, including upper level Brain Gym® courses. She is well known as a dynamic teacher who creates a relaxed, fun and loving environment for transformational learning to occur.

Due to the nature of the course, space is limited.

**Don't miss this opportunity --
REGISTER TODAY!**

Brain Organization Profiles in April!

taught by Pamela Curlee

April 21-22, 2001 (Saturday - Sunday) 9 am to 6:00 pm both days

Registration: \$250 if paid or \$50 deposit received by April 18, \$275 thereafter

(Repeat for half registration fee)

Prerequisite: Brain Gym 101

Location: Howard Johnson Express Inn, Conference Hall

4727 E. Thomas Rd., Phoenix, AZ • Lodging available at special rate of \$45 per night single or double; free shuttle from airport • Call the hotel (602-956-6500) before April 10 and mention "Brain Gym"

Which side of your brain you use for.... ?

Reading	Math	Writing	Communicating
Motivation	Memory	Relating to others	Other life activities

What happens to your brain (and your ability to function) when you experience stress?

What's happening neurologically as people experience.... ?

Reading difficulty	"Lazy eye"	Lack of motivation	"Lost" in daydreaming
Poor memory	Stuttering	Learning frustration	Don't seem to "hear" you
Lack of organization	Negative attitude	Poor comprehension	Jerky, stilted oral reading

In this course you will....

- Learn to assess adults' and children's Brain Organization Profiles
- Discover your own Brain Organization Profile
- Learn to enhance your abilities
- Interpret what a person's Organization Profile may mean
- Give new meaning to "right brained" and "left brained" -- and other misunderstood labels
- Understand the role of early learning experiences in determining Brain Organization Profiles
- Identify and learn the importance of different Organization profiles
- Understand the effects each profile has on learning style
- Relate the Organization Profiles to reading, writing, hearing, vision, motivation and social skills
- Incorporate the tools of Brain Organization Profiles into your Edu-K balances... **and more!**

*This course
is a "must"
for teachers!*

Pamela Curlee has been a teacher of Brain Gym since 1985. She joined the International Educational Kinesiology Faculty as a teacher of the In-Depth Course in 1990. Pamela is the founder and creator of the innovative "Switched On Golf" course, and is frequently seen at Edu-K events with a golf club in her hands!

Pamela comes to Educational Kinesiology with a rich background of diverse interests and skills, including a degree in speech pathology and audiology, and certification as an interpreter for the deaf.

Pamela leads workshops and courses with a wonderful blend of information, experience and fun. Her infectious joy permeates the material she teaches, making every aspect of her courses truly memorable. You'll love this course, and your time with Pamela!

The Brain Gym[®] Course Winter/Spring 2001 Dates (Brain Gym 101)

Whole-Brain Integration for Enhanced Living, Learning and Performance

February 9-10-11 (Fri-Sun) May 4-5-6 (Fri-Sun) June 13-14-15 (Wed-Fri)

Registration – \$300 with your \$50 deposit received one month prior to class, \$350 thereafter.

Includes all course materials. Deposits are non-refundable unless we reschedule. Repeat for half registration fee.

Instructor: **Kathy Brown, M.Ed.** • No prerequisite

Location: Center Edge office unless otherwise notified

In this course you will experience the powerful processes of Brain Gym for yourself and learn the basic skills to support yourself and others in making rapid, positive change.

It's fun! A great way to learn and grow at the same time!

These dates don't work? Please call. We'd be happy to arrange a Brain Gym 101 course or introductory program for your group, school or organization

Brain Gym and Reading: Three Success Stories!

A few months ago a client brought her ten-year-old son “Greg” for a balance to improve his reading. Reading was really a concern for Greg. He’d been slow to learn to read, and had had difficulty with every stage of reading. He was in a special reading class now at his school, and was showing minimal progress, although he is a very intelligent, fun child who is interested in everything around him.

I saw him twice over the next several weeks. At each session we worked on some aspect of reading. We worked on reading fluency and word recognition, and did several repatterning processes, including Dennison Laterality Repatterning, which would allow Greg to have greater use of both brain hemispheres simultaneously during things like reading. It was clear by the end of each session that something had shifted, and I wondered what might be happening at school.

Recently my client had some time off work and went to school with her son for an entire day. She went with him to his special reading class and was so surprised! The teacher had the group reading orally from a somewhat challenging text about wild animals. Greg, the “reluctant reader”, was volunteering to read the longest paragraphs with the hardest words--and doing a great job of it!

My client said she was so amazed to see her son read so much better than anyone else in the special class. She said, “He’s so delighted with his reading skills! He’s really taken off with reading now!”

Another client recently brought her daughter “Laura” for a session to address a different kind of reading problem. Laura is in high school and takes Honors courses; yet she simply could not “decode” new and unfamiliar words. She would recognize a word once someone pronounced it for her, but she simply could not make out new words on her own at all. Her mother was baffled at how her daughter could excel so in school, and yet not have this basic reading skill.

As a pre-check I asked Laura to read orally from a short story by O. Henry, which has fairly adult vocabulary, and words used in unusual contexts.

She read smoothly until she came across a word she’d never seen. She tried sounding it out several different ways and was completely unsuccessful. I was especially surprised, as this word followed fairly conventional phonetic rules.

Balancing for the goal “I easily read new words” led us to use Vision Re-education techniques from the In-Depth material. Interestingly, Laura had a history of “eye tracking” difficulties and had done special eye exercises with a developmental optometrist for some time to correct it. It was clear from the pre-checks we did that eye tracking (both eyes teaming to focus on the same point) was still a challenge for her.

Once the Vision Re-education techniques were complete we re-checked her eye tracking, which showed considerable improvement. Then I had her read again. She began at the next paragraph and read the entire (much longer) passage flawlessly, including several unusual words that I strongly suspected were unfamiliar. The only clue I had that at the moment was the slight--almost imperceptible--hesitation before pronouncing some of them.

When she was finished, I asked if she’d known all those words. “No,” she said, “there were words there I’d never seen before. But somehow I just knew them.”

A client named “Donna” said that she had always battled a certain problem with reading. When she looked at a page of print, her eyes wanted to focus only on the center of each line; it took effort to actually look at the beginning and end of each line.

This woman had been a very successful executive with a media company. Her career had been based on her ability to scan “wire service” printouts for daily news elements to broadcast. I couldn’t imagine how much energy it had taken her to do her job!

Donna’s session, also, called on Vision Re-education techniques. When we were finished, she looked at a page of print, and the look on her face was amazing. She said, “I can see this entire line of print! I don’t have to make myself do it--it just happens!”



What's the Basis for the Effectiveness of Touch For Health?

Touch For Health was developed by John Thie D.C., and incorporates the research of George Goodheart, D.C., the founder of Applied Kinesiology. Dr. Goodheart discovered that muscle response changes from moment to moment, depending on the stimulus. This response can be detected by manually pressing on arms and legs held in different positions, which determines the energy available for holding against the pressure. This is called muscle testing, or muscle checking.

When a food, environmental factor, or emotional or physical challenge stresses the body chemistry, specific muscles will not hold against the pressure. On the other hand, when certain points on the skin are stimulated, they act like energy switches: muscles immediately become able to hold against pressure. Dr. Goodheart also discovered that muscles respond to changes in acupuncture meridians.

Dr. Thie adapted the essentials of Applied Kinesiology for the use of lay people in his book, *Touch For Health*. Now, with the use of muscle checking, you can evaluate many aspects of your health and lifestyle, and discover the hidden causes of many problems. Then, with specific reflex points and movements, you can experience improvements in all these areas within minutes.

Dr. Paul Dennison collaborated with Dr. Thie in the creation of the Brain Gym® processes. Knowledge of the Touch For Health procedures is highly recommended for Brain Gym consultants.

FOR FURTHER INFORMATION

Center Edge website: www.centeredge.com • Brain Gym website: www.braingym.org

Brain Gym® is a registered trademark of the Educational Kinesiology Foundation
©Copyright Kathy Brown, M.Ed. 2000

kb@centeredge.com
www.centeredge.com

602-952-7001
602-952-1174 FAX



4915 E. Pinchot Avenue | Phoenix, AZ 85018