

Neuroscience supports the Eco Friendly Brain!

Category - Eco Friendly neuroplasticity

What could be more eco-friendly, time-saving, and energy-boosting, than using our own natural body resources to realize our potential?

Over the last decade there has been an increase in the number of children labeled with special needs, as well adults with the recently recognized issue that well-respected author and psychiatrist, Edward M. Hallowell calls **Attention Deficit Trait**, (ADT), a response to the hyperkinetic environment in which we live.

The sheer volume demands that we reconsider our approach to learning, living, career, and find new, holistic ways that can serve the needs of each individual.

The process of understanding and identifying the best tools for a child or adults unique needs can be a tremendous challenge. There are so many labels and it can simply be overwhelming to have one's child identified or even more challenging, ourselves as adults. Many questions arise. **Most of all, what can you do to offer them natural and effective support, right now?**

The reality is that most people are experiencing high levels of stress and are in need of natural and non-invasive tools for the entire family's tool box. Approaches that are simple, fun and effective, for people of all ages are essential to support the modern busy family life. Brain Gym® fits this description, and this is why it is respected and used by people across the world, from those labeled with special needs to CEO's, to top performing athletes.

Living in a state of connection and balance is our birthright. Young children are frequently in a playful process of cognitive development, unless through our own stress and expectations, we teach them not to be. They are determined as they learn to roll over, sit up, crawl, walk, and then run. It may look simply like 'child's play' but they are actually working on achieving developmental milestones when they relentlessly focus on mastering a task like crawling as we all did.

There are many of these milestones, such as crawling, that a child begins in the womb and when given the space and encouragement, continues throughout infancy as a way for the brain to create, expand and strengthen its neurological networks.

Crawling, a developmental milestone is an integrative movement which connects the left and right hemispheres of the brain, necessary for binocular vision, reading, communication, and whole body movement (Dennison, P. & Dennison, G. (1989). Brain Gym® research has proven that neurological networks are woven throughout the body. As we move the body, we stimulate the brain. ***This body-mind integration lays the foundation for all future life and learning experiences from childhood into adulthood*** (Dennison, P. (2006).

Some children skip developmental steps when they move straight into walking, without crawling first. Because of this, it's likely that some developmental milestones may not have been fully established.

Gaps in our early childhood development impact areas of our life more than we realize, and will show up at various ages, affecting areas such as emotional balance, focus, organization, sensory integration,

speech and language, fine and gross motor skills, our ability to receive and express love, form connections and bonds. As well as, with long term memory, attention span, and our ability to respond or transition to new situations from a place of optimism and grace, rather than flight, fight or stress reactions.

Movement creates connections that allow our natural intelligence to thrive! Neurological pathways are created during physical interaction with the environment, through play and imagination, and through our expression of feelings and desires.

In order to achieve our goals, we first need to establish the pathways on the inside via our body in tandem with the corresponding neurological wiring. As adults, we too can remove blocks and can experience the excitement and joy of uncovering our personal resources, creativity and abilities to get us where we want to go, easily and naturally.

The fields of neuroscience and neuroplasticity demonstrate that frequent, daily, intentional movement will create the neuropathways necessary for new learning to occur, at any age.

In the form of 26 quick, simple, fun and effective movements, that can be used anywhere, anytime, by people of all ages, of all skill levels, to create learning and life success; BRAIN GYM®, developed by Dr. Paul Dennison and Gail Dennison, is meeting this need worldwide! Why? It works. No equipment necessary.

Brain Gym® began in the 1970's when Dr. Dennison was seeking more effective ways to help children and adults who had been identified as "learning disabled."(Dennison, P. & Dennison, G. (1989). He drew from a large body of research of developmental specialists (*applied kinesiology, developmental optometry, brain research, neurolinguistic programming, motor development, psychology, acupuncture, and language development*) who had been experimenting with the use of physical movement to enhance learning ability. The result is a highly effective system of targeted activities that prepare the brain and entire nervous system for optimal performance in all areas – intellectual, creative, athletic, and interpersonal.

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., trains their clients on how to maximize their learning potential while working in conjunction with their individual goals. As well, organizations hire Brain Works Global Inc., for wellness, stress management, and inner leadership training, to maximize the potential of the individuals and the work place.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.