

acupuncture began over 2,000 years ago, the relationship between the ear, internal organs and meridian channels was noted: "The ear is the place where all the channels meet." As in the iris, all parts of the body have a corresponding "point" in the ear.

Unlike body acupuncture points however, an ear acupuncture point can only be detected when there is some pathology, pain or tension in the corresponding body part. No sensitivity, no problem! This is an invaluable early warning system. Problems can be addressed of which you may be only marginally aware, problems that may have even been missed by other diagnostic tests.

If you have an aversion to needles, you can still take advantage of auricular methods of diagnosis and stimulation. An electric probe is used (painless) to both detect and stimulate ear reflex points.

BRAIN GYM® - a system of movements and activities used to integrate the three dimensions of the brain: laterality dimension, focusing dimension, and centering dimension. Originally created to be used with students in Education Kinesiology to enhance learning abilities, it is another form of balancing and can be used as therapy for health problems.

The body/mind connection is monitored or managed in large part by the physical organ we call our brain. Like any other physical component, the more you exercise it, the better it performs. Brain Gym® routines provide such exercise.

Your brain has two hemispheres...left and right...and you probably have a tendency to prefer one side or the other, which affects your approach to life and work. Ideally, you would move easily from one side to the other to the task-appropriate hemisphere as you tackle daily challenges.

Equally, you should move easily from the back occipital and frontal lobes to balance or unblock focus...to overcome fear of expressing yourself or the opposite of "trying too hard." Centering balances the handling of emotional or abstract thought.

Brain Gym® exercises stress whole body coordination, balance, flexibility and relaxation. The resulting improved posture, improved breathing, improved lower body coordination (especially after sitting too long), heightened energy level, improved hearing and vision, improved mobil-