

Brain Bites - What is the Wall Street Journal saying about Brain Gym® and ADHD? – May 2008
Category - ADHD

The *Wall Street Journal*, although known for extensive coverage of pharmaceutical companies, included Brain Gym® as a viable non-drug alternative for helping kids with ADHD.

Brain based learning strategies can help you and your kids cope with ADD/ADHD to eliminate or greatly reduce medication".

10 Brain Based Learning Strategies;

1. Stop eating sugar including drinking fruit juice. Cut down on bread and pasta, especially that made with white, processed flour.
2. Do **Brain Gym®**! Many kids have gone off their meds or at least had doses reduced by doing Brain Gym®. Another very effective brain - based learning strategy.
3. Limit TV and video games, especially TV and games that have lots of flashing lights.
4. Practice deep breathing. Kids can even be taught a simple form of meditation which is nothing more than watching one's breathe. Even getting more oxygen to the brain is a brain-based learning technique, **Brain Gym® - Belly Breathing**.
5. Help them get organized. Keep a schedule and be consistent.
6. Stop telling them to sit still. Their ability to do so is limited. Furthermore, movement is essential to learning. It's a major brain-based learning strategy!
7. Cross right ankle over left and then give yourself a hug by crossing arms across the body, left over right. Reduces the stress in the central nervous system. Try it yourself; these are **Brain Gym® - Hook Ups**.
8. Decrease visual distractions in children's rooms and at school. Fewer pictures and mobiles. Less stuff.
9. Exercise, play, run, skip, insist on recess, and especially "free" recess where kids choose what to do versus a structured activity.
10. Eat more foods with Omega-3 fatty acids like wild salmon, sardines, tuna, flaxseed, flaxseed oil. Take fish-oil supplements. (Find tuna without mercury. Check your health food store.) Omega-3 fatty acids increase the production of dopamine just as Ritalin and other stimulant drugs do.

Participants of Brain Gym® training become self-aware and are empowered to positively impact their own growth and fulfillment!

Brain Gym® is now a core stress management modality endorsed by the **Centre for Addiction and Mental Health in Toronto**. It is a self help tool to optimize daily performance and overcoming stress. It has been useful for clients to improve attention prior to various life skill sessions in a recovery program. Used as a group facilitation tool, it assists clients to restore a feeling of calmness, control, to reduce hyperactivity and improve focus.

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

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