

## Brain Bites – Whole Brain Success! May 2010

Category – The Brains two hemispheres

As cognitive fitness experts, we know firsthand the importance of whole brain balance and integration for healthy learning and living. We effectively use cognitive fitness tools, such as Brain Gym to support our clients in achieving their optimal state of growth and development.

Dr. Carla Hannaford, neuro-physiologist (body/mind scientist), author of the well known book “Smart Moves”, and educator with more than 30 yrs experience, is a faculty and board member of The Brain Gym International Foundation.

In her book, “The Dominance Factor” she clearly explains the functions, differences and relationship of the Logic and Gestalt brain hemispheres and how they integrate to achieve whole brain learning success.

*“Our brains are composed of two distinct hemispheres which are connected to the middle by a bundle of nerve fibers called the corpus callosum. Each hemisphere develops and processes information in a specific way. To put it in simple terms the logic hemisphere, (usually on the left side) deals with details, the parts and processes of language and linear analysis. By contrast the gestalt – meaning whole processing or global as compared to linear – hemisphere (usually the right side) deals with images, rhythm, emotion and intuition.*

*The corpus callosum between the hemispheres acts as a superhighway allowing quick access to linear detail in the logic hemisphere and the overall image in the gestalt hemisphere. When there is good communication between the two halves, the result is integrated thought. The more that both hemispheres are activated by use, the more connections form across the corpus callosum. The more connections, the faster the processing between both hemispheres and the more intelligently we are able to function.”*

In our Brain Works Global training programs we use natural cognitive fitness tools to assist people in building and strengthening these super highways to access whole brain connection and achieve personal and professional results, such as better communication, comprehension, memory, focus, timing, planning, organizing, confidence, energy levels, and much more.

With this training, individuals can proactively support their own cognitive health immediately and long term.

In her New York Times, best-selling book, “My Stroke of Insight”, Dr. Jill Bolte Taylor, neuro-anatomist, describes in great detail the deterioration of her left brain functions, while suffering a stroke alone in her home, and ultimately, the rehabilitation of her whole brain potential. Her writing gives an exceptional portrayal of this experience.

*“Without the linearity associated with the constant brain directives of my left brain, I struggled to maintain a cognitive connection to my external reality. Instead of a continuous flow of experience that could be divided into past, present and future, every moment seemed to exist in*

*perfect isolation. In this emptiness of verbal clues, I felt devoid of my link between my moments.” Pg. 49*

*“In the absence of my left hemisphere’s analytical judgment, I was completely entranced by the feelings of tranquility, safety, blessedness, euphoria, and omniscience. A piece of me yearned to be released completely from the captivity of this physical form, which throbbed in pain. But providentially, in spite of the attraction of this unremitting temptation, something inside of me remained committed to the task of orchestrating my rescue, and it persevered to ultimately save my life.” Pg. 51*

[Click here](#) to watch a 20 minute clip of Dr. Jill Bolte Taylor sharing “**How it feels to have a stroke**”.

It’s Interesting to learn how In Dr. Bolte Taylor’s experience, her left/logic brain was blocked and haemorrhaging, so her right/gestalt brain took the lead.

When a person is in stress, they shift to a one sided dominancy, and typically the fight, flight or freeze part of the brain (the brain stem) takes control. Blood flow to the brain is automatically directed to the brain stem to support survival based reactions and this reduces blood flow to the neuro pathways of the mid brain (both hemispheres) and frontal lobe, where higher order thinking (executive functioning) occurs.

We all have one side of our brain that we default to when under stress, due to simple causes such as dehydration or more complex issues, such as stroke. When this happens, we are no longer in our whole brain balance or potential, and it impacts our ability to function at top efficiency.

In our Brain Gym® training we train people how to use tools to proactively and strategically affect their brain function for general healthy brain fitness, strategically based on the activity or to support desired goals.

Come join us for our next Brain Gym® training and see how easy it is to impact your cognitive fitness levels and develop healthy mental, emotional and physical abilities.

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.

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., train 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, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.