

From Chaos to Order and Ease for Your Child and Your Family

Barbara Schwartz M.A., founder of EQUILIBRIUM, will show you the roadmap to success.

Getting the Whole Brain Picture

by Barbara Schwartz, M.A.

Are you stuck with one or more of these labels: A.D.D., A.D.H.D., dyslexic, or hyperactive? Do you experience lack of focus, confusion, organization/clutter problems, learning challenges, listening problems, inability to read a map, or difficulty with directions? Do you often misplace things? Do you find that you are clumsy, or unable to accurately judge distances? Is your handwriting illegible? Any or all of these symptoms can keep you from achieving your full potential. You probably know you are capable, but haven't been able to take the action to reach your potential. If you are an adult, you most likely experienced these limitations as a child, and were called lazy or stupid. You may even have thought this about yourself.

If you are a parent of a child with any of these symptoms you know that inappropriate behaviors are usually a problem as well. Approximately six million children suffer some type of learning disability.

Have you been advised that you just have to cope with these situations, or use medication in order to function? There is another way when you discover the brain-body connection.

Research teaches that our brain has two hemispheres connected by a bundle of nerve fibers—the corpus callosum. We're all familiar with the terms right-brain and left-brain. The left brain is usually logical, analytical, and concerned with details and sequence. The right brain is more creative, sees the whole picture, and uses intuition. Each hemisphere controls the opposite side of the body. Each of us has a unique style or profile that can allow access and communication between our brain and body. This style or profile can also limit us when we experience stress, or when the access is limited, for example when the right hemisphere is preferred or dominant. An adult who has trouble following directions may have this profile, and it can impede the ability to perform efficiently on the job.

Your unique profile is an indication as to why you may not be functioning at your best. Profiles are neither good nor bad; they are simply our way of receiving and processing information. One way to learn how to receive and process information more efficiently is with Brain Gym®, a system of physical activities that directly enhance brain function and encourage whole brain integration (see sidebar).

There are other factors that affect and cause the labels previously discussed. Are you bothered by sunlight or glare? Do your eyes feel uncomfortable when you read or use the

computer? Do you experience headaches? Do you have difficulty judging distances? As a child, were you always last to be chosen for the team?

If you answered yes to any of these questions, you may have Scotopic Sensitivity Syndrome (SSS). This perceptual problem prevents an estimated 10-12% of the population from being able to learn, read, study efficiently, and perform daily activities with ease, yet it goes undetected by standard education, visual and medical tests. These people may be viewed as underachievers, but the gifted population is also affected.

Individuals with SSS may perceive the printed page and sometimes their environment differently. By placing one or more appropriate color overlays (colored plastic sheets) on their reading material, they noticed many improvements.

This is one of the ways people with SSS see the printed page. ▼

Can you see why learning, focus, and other tasks can be difficult?

Whole brain integration is available to all of us, so get help and discover your unlimited potential.

—Barbara Schwartz, M.A. is an Encino-based Education Kinesiologist, certified Brain Gym® instructor and screener for Scotopic Sensitivity Syndrome.

*We all see things the same way.
We see words in groups or phrases.
The print is more dominant than the
background. The printed letters are
evenly black. Black print on
white paper gives the best contrast
for everyone. In white background
looks white.*

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"When your brain and body are in balance your life is in Equilibrium".