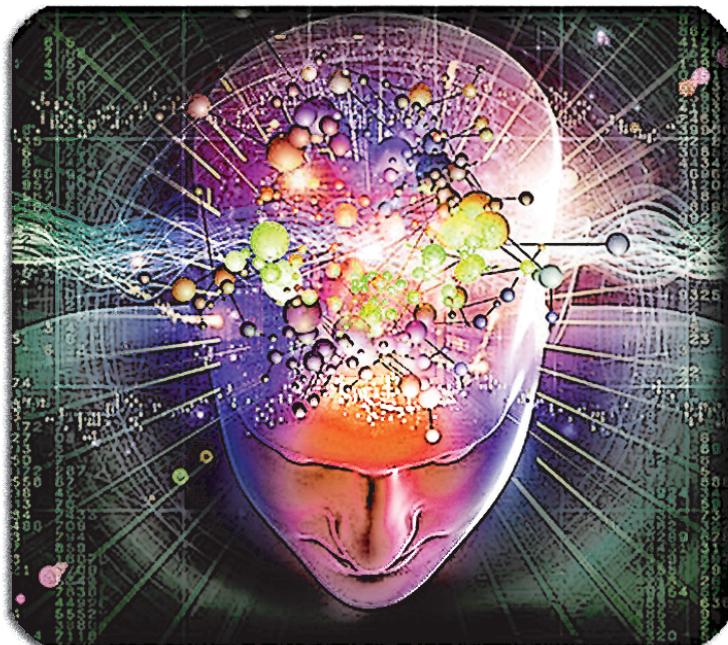


The Brain Gym Circuit for the Visual & Auditory Cortices

Marlenea
La Shomb



The Brain Gym Circuit is a series of stations arranged in such a way as to increase brain function. Stimulating communication in areas of the brain, whether you are focused on eyesight, hearing, or various motor functions, brings about the necessary cellular environment for repair and rebuilding of the surrounding cells, in this case, brain cells. As Michael Lesser, MD, the author of *The Brain Chemistry Diet*, reminds us, “What’s good for our brain cells is also good for the rest of the body.”

First, let’s review two approaches used locally for the stimulation of the visual cortex, then we’ll discuss our options for improvement of the auditory channels as well.

Dr. Don Funke practices wellness-oriented, holistic, chiropractic care at Advanced Spine and Wellness in Bozeman. He regularly uses visual therapy with his patients. “Dr. Don” discovered the effectiveness of visual therapy under the tutelage of Dr. John Brimhall, a sage chiropractor who presided over a wellness clinic in Mesa, Arizona.

There are two types of visual therapy used by Dr. Don. The first and most common is Color Therapy, which uses specialized eyewear as a means of directing color and its energy into the body. The eyes convert light and color into electricity that travels through the nervous system, and thus, into every system and function of the body. When colors enter the eyes, each frequency is directed to the area of the body that recognizes (resonates with) that particular frequency, causing cellular and hormonal changes to occur, thus bringing the body into synchronization, into balance with that color.

During color therapy, simple muscle testing is used to determine which color the patient’s body is most receptive to. Each color represents specific regions, organs, and emotions. Once the correct color is determined, the patient wears that color of lenses throughout the ses-

sion. During the treatment, the richly innervated facet joints of the spinal column are stimulated using the gently rhythmic thrusts of an ArthroStim[®] instrument. This improves the effectiveness of the color therapy by increasing the nervous-system input.

The second type of visual therapy uses Eyelights[™], which are specially designed glasses with tiny LED lights embedded in each lens. These lights flash at specific places within the field of vision to stimulate specific areas of the brain.

Research suggests that our nervous system, like our vascular system, may have two functions. It not only puts out and receives nerve impulses, but also may serve as a channel for the streaming of energy. Light ignites cellular metabolism. It enters the eye and goes to the body’s power distribution center, the hypothalamus. There it is converted into electro-chemical impulses (signals) that are sent to important endocrine glands, such as the pituitary and the pineal. These glands, in turn, distribute hormonal messages via the body’s nervous system to virtually every cell in the body.

If you would like to learn more about how light and color therapy may benefit you, please contact Dr. Don Funke at (406) 585-0388.

When working with the auditory cortex of the brain, located on both the right and left sides of the

The Brain Gym Circuit for Eyes, Ears & Brain

- 1) Health Bounce with eye exercises
- 2) Musically-lively Chair Massage
- 3) Body maps for Footzone Therapy
- 4) Auricular Therapy on the ears
- 5) Eyelights[™] (eyewear) to stimulate matching areas of the brain
- 6) Colored lenses, for use with eye exercises
- 7) Tuning Forks use sound to tune the human instrument
- 8) Ear Candling to clean the ears
- 9) Breathwork & Breathing Work
- 10) Pure Oil & Gemstone Essences

head where the ears are located, it's important to know that the head, skull and spine are all filled with fluid—our very own human instrument. Over 30 years ago, I read a wonderful book called, *The Human Instrument*, which gave me my first introduction to how powerful music and sound is for the body by way of its vibrations that travel in, through and around every cell, literally bathing us in music. This started in the womb as we heard the sounds of our mother's heartbeat.

We have all experienced the power of the sounds of nature to soothe or energize us, as in the waves of the ocean or the song of a morning dove that wakes us. Our ancestors intuitively embraced sound as the very essence of the life-force. In fact, in every corner of the globe, the ancients have put their stories and poems to music using sound to commune with the infinite creative force. Simple humming or whistling a tune also activates and energizes us within as well as without. Another powerful book to read for more information of this subject is by Mitchell Gaynor, MD entitled, *Sounds of Healing: A Physician Reveals the Therapeutic Power of Sound, Voice, and Music*.

So, we know we were born with this human instrument. It is powerful and it works. When we lose varying degrees of our hearing, we also have less brain function in the auditory cortex, a major part of our brain communication and function. Can this be turned around? Of course!

Where to start? Come and take your paces through our Brain Gym Circuit specifically designed to stimulate the auditory cortex:

- 1) Cleaning the Ears. Ear Candling can be helpful but there are many options in this area.
- 2) Helicrysum. This is a pure essential oil that can be applied specifically for hearing, along with other oils such as

frankincense.

- 3) Health Bounce! Get circulation with adequate blood supply and oxygen to the brain cells. One great way of doing this is using the force of gravity on a rebounder.
- 4) Drink Plenty of Pure Water. Very important—stay hydrated!
- 5) Tuning Forks. Just as you need to tune your guitar before you play it, you can use tuning forks to tune your human instrument. This impacts all the cells in the body.
- 6) Musically Lively Chair Massage. Relax on a specially designed chair that has the vibrations of the music pumping through it and also use headphones as a great way to enjoy the benefits of soothing or stimulating music.

These are just a few of the stations we have in our circuit for brain function relating to the auditory cortex, with additional stations designed specifically for improvement of visual cortex and motor function. For a free introductory session, call Jump Start Your Health at (406) 224-5425. Change the way you see and hear, while you benefit all-over brain function! ■

(My next article will highlight the Brain Gym Circuit for stimulating and strengthening the motor cortex, especially balance, coordination rhythm and timing.)

Marlenea La Shomb, developer of the Brain Gym Circuit, is a certified NCSF personal trainer and licensed massage therapist with a certified Pilates background in movement therapy. Call Marlenea at (406) 224-5425 for a free 1/2-hour brain-health consultation. She will design a plan made just for you. Send e-mail to jumpstartyourhealth@gmail.com.



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Gemstone Essence of the Month



Citrine (November) — Amplifies qualities of concentration. Balances the intuitive and rational mind. Helpful during times of mental confusion and determining what is in one's highest good.



Turquoise (December) — Cleanses and deepens our connections to the soul of the Earth. Attunes our energy field to the ancient wisdom and sacredness of all life. Helps us live with simplicity, gratitude and reverence for all life

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