



Maintaining Brains Everyday

- Brain & Body Exercises For All Ages -
By Kathy Johnson, MS Ed

10 Minutes A Day Is All It Takes To Improve Your Brain Health!



People who followed this exercise video daily found improvements in:

- * Anxiety & Depression
- * Memory
- * Attention
- * Auditory Processing
- * Visual Processing
- * Bladder Control

This is an exercise program. Consult your doctor before starting any new exercise routine.

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How the Brain Develops:

In order to create new neuro-pathways in the brain, like learn something new, you must repeat the information over and over again. Why? The brain has trillions of neurons with dendrites (like wires) attached. Learning and brain development happens when two dendrites come together and make a connection, or synapse. If you repeat that learning day after day for 3 to 4 weeks, a habit is formed. If the learning is not repeated again, the connection is lost – use it or lose it. The connection becomes solid when a myelin sheath is created around it – like wrapping a wire with electrical tape except that instead of tape, the myelin is made from fat.

Feed your Brain!

The brain is mostly fat. The best fat is omega 3 fat; the worst is trans-fat or partially hydrogenated fat. Eat plenty of salmon and ground flax seeds and supplement as necessary.

Our bodies and brains are 80% water, so be sure to drink water throughout the day. If you are thirsty, you are already showing signs of dehydration. Another sign of dehydration is lack of concentration.

The brain's fuel is glucose, a form of sugar, so eat fruits and vegetables every 3 to 4 hours.

Why do we care about the brain?

The reason a younger person may have learning difficulties is due to never creating the connections in the first place during the important early stages of development. This DVD recreates that development from the first year of life. For a person under 40, do the exercises every day for 30 days, take off 30 days, then repeat once more for 30 days. That should be enough to see significant changes.

This is not a silver bullet. If there are absolutely no changes within the first 30 days, look deeper into physiology – body and mind health. Try again once any of those issues have been resolved.

The reason a person may lose connections is due to trauma or age. As we get older beyond the age of 40, our foundation of brain development - reflexes which were “integrated” during the first year of birth - become “disintegrated” until by the time we reach old age, we look more like babies.

Current research shows repeatedly that brain functioning and the presence of primitive reflexes are related:

“It is clear that a single primitive reflex means nothing in terms of diagnosis, but multiple primitive reflexes imply brain disease at any age. The grasp reflex may be an exception among the primitive reflexes. It is found infrequently in Alzheimer-type dementia, but like corticospinal pathological reflexes, it is virtually unheard of in normal aging.[28] The grasp reflex has more pathological significance than the other primitive reflexes.” Innov Clin Neurosci. 2011;8(4):24–29

The grasp reflex is just one of the reflexes worked on in this DVD. These reflexes can be integrated at any age, but beyond the age of 40, they must become part of **a daily routine** in order to stay integrated. The following exercises take about 15 minutes a day and should be completed every day. Even if you do not see all of the symptoms in yourself, do all of the exercises to ***maintain*** your brain.

Starfish Exercise to integrate the Moro Reflex

1 minute

May help with:

- Visual problems – fixation (unable to keep eyes on object for 10+ seconds), excessive blinking, doesn't maintain eye contact
- Light or auditory hypersensitivity (hears better than others)
- Anxiety (test, separation), mood swings, difficulty accepting criticism, dislike of change, emotionally sensitive

1. Lie back on a chair, bean bag or sofa with pillow under back
2. Tilt head back, arms up and out, legs out wide
3. While breathing out, to the count of 5:
 - a. Bring arms in and crossed, right over left
 - b. Bring legs in at the same time, right over left
- 4 While breathing in, to the count of 5, bring arms and legs back out
- 5 While breathing out, to the count of five
 - a. Bring arms in and crossed, LEFT over Right
 - b. Bring legs in at the same time, LEFT over Right
- 6 Repeat step #4
- 7 Repeat entire cycle, steps 3 – 6, 2 more times

Fingers 1-2-3 to integrate the Grasp (Palmar) Reflex

1 Minute in Beginner

May help with:

- Poor handwriting
- Poor manual dexterity
- Speech and articulation issues

Beginner

1. Sequentially touch the thumb of one hand to the pointer, then the middle finger, the ring finger, and the pinky.
2. Then go backwards from pinky to pointer.
3. Touch one finger per beat, for 60 beats.

Advanced

4. Work up to being able to do Fingers 1-2-3 with one hand at the same time as doing Fly to the Moon (next page) for 30 seconds.
5. Be sure that fingers are rounded, separated, and the touch is light and deliberate.
6. In advanced, the fingers are touched in double time – 2 per beat. The metronome increases concentration and processing speed. It has been used to improve word retrieval.

Neck Rolls

1 minute

May help with motion sickness, balance and coordination

1. Sitting up, drop head to chest.
2. Very slowly, take 4 seconds to tilt head up, looking at the wall, eyes are open.
3. With eyes open, tilt back the other way taking 4 seconds.
4. Now, with eyes closed repeat the tilting.
5. Repeat eyes open, eyes closed for 3 rounds.

Fly to the Moon exercise to integrate the Tonic Labyrinthine Reflex

3 minutes

May help with:

- Poor posture
- Weak muscle tone
- Visual problems with refocusing near to far and far to near
- Spatial problems (bumping into furniture)
- Poor sequencing and organization skills
- Poor sense of time

1. Lie on stomach.
2. Lift up chest off the floor, leaning on one elbow, other arm up.
3. Move one hand slowly to the side, then slowly stretch it away. The entire time, watch the fingers.
4. Slowly bring thumb back to the nose, then repeat again and again for 30 seconds total.
5. Repeat on other side.
6. Rest with chest down or in child's pose (Yoga position) if back becomes tired.
7. Repeat steps 1-5 two more times.
8. If 30 seconds is too difficult, start with 10 seconds and work up. If having one hand up is too difficult, work up to 30 seconds without lifting hands, then add them in.

Log Rolls

1 minute

May help with motion sickness, balance and coordination

Beginner

6. Lie on back with arms overhead.
7. Very slowly, take 8 seconds to completely roll over until you are lying on your back again, eyes are open.
8. With eyes open, roll back the other way taking 8 seconds.
9. Now, with eyes closed repeat the rolling.
10. Repeat eyes open, eyes closed for 3 rounds.

Advanced

1. Lie on back with arms overhead.
2. Take 3 seconds to completely roll over until you are lying on your back again, eye are open.
3. With eyes open, roll back the other way taking 3 seconds.
4. Now, with eyes closed repeat the rolling.
5. Repeat eyes open, eyes closed for 3 rounds.

Slow Angels to integrate the Spinal Galant Reflex

3 minutes

May help with:

- Bladder control
- Poor concentration
- Poor short term memory
- Sensory integration problems
- Auditory processing difficulties
- Near focusing problems
- Difficulty with reading

6. Lie on back with legs closed and hands at the side.
7. Very slowly do the movements of a snow angel, by bringing the arms up and opening the legs as wide as possible. Arms stay on the floor as much as possible.
8. Now, for 30 seconds, close the legs and bring the arms to the starting position.
9. Every 15 seconds, take a second to readjust the arms and legs. This is a difficult exercise because the arms move over twice as fast as the legs.
10. Repeat 2 more times.

Crossing Sit-ups to work both hemispheres of the brain

1 minute

May help with:

- Improved concentration
- Improved core strength
- Faster processing of auditory and visual information

Beginner

1. Lie on the back with feet on the floor with knees up
2. Do sit-ups while crossing the elbow to the opposite knee.
Knees are up and feet planted, lift one leg.
3. When elbow is touching opposite knee, eyes are looking at a point across the room.
4. Alternate elbow to knee, completing 30. It takes two seconds to do one sit-up.

Advanced

5. Lie on back with both legs in the air, knees bent.
6. Do sit-ups like a bicycle, bringing elbow to opposite knee while the other leg is straight.
7. Alternate elbow to knee, completing 60, one per second.

Lizard exercise to integrate the Asymmetrical Tonic Neck Reflex

1 minute

May help with:

- Poor handwriting
- Convergence problems (near to far refocusing)
- Right-left confusion
- Visual-perceptual difficulties – reversals of b/d, u/n, saw/was
- Poor expression of ideas on paper

Beginner

1. Lie on floor with left arm down at side, left leg straight
2. Head is pointed right, right arm is bent, thumb at nose, right leg is bent
3. Turn head to left
4. Right arm, with palm down, scrapes the floor until it reaches the knee
5. Straighten the right leg, pushing the foot along the floor, until the body is straight
6. Wait 3 seconds
7. Bring left knee up to the left hand
8. With palm to the floor, bring left hand to the nose
9. Wait 3 seconds
10. Turn head to right
11. Straighten left arm, pushing palm
12. Straighten left leg, pushing foot
13. Wait 3 seconds
14. Bring right knee up to the right hand
15. With palm to the floor, bring right hand to the nose

16. Wait 3 seconds
17. Repeat steps 3 through 16 two more times
18. Action should look like a lizard pushing himself through the sand

Advanced

19. Lie on stomach, head to the right, right thumb to the nose, and right leg bent to the side with knee down.
20. All in one motion,
 - a. turn head to left,
 - b. bring right arm down to side using hand to floor like in beginner,
 - c. right leg straightens,
 - d. left arm bends and left thumb comes to nose
 - e. left leg bends to the side with knee down
21. This takes 2 beats
22. All in one motion, return to beginning position
23. Repeat 15 times

Get Pumped Up to integrate the Symmetrical Tonic Neck Reflex

1 minute

May help with:

- Poor posture
- Poor eye-hand coordination
- Tracking problems – following a moving object smoothly
- Convergence problems – near to far refocusing
- Near focusing problems
- Slow with copying tasks
- Attention difficulties

1. Start from a hands and knees table position, weight on arms, looking up to ceiling.
2. Rock back until the head is down looking back between the knees.
3. Slowly rock back up to the beginning point.

It should be done one for every two seconds; complete 30. Too difficult? Do one for every 4 seconds and complete 15. Put a pillow under knees.

Most people only have to complete one 30 day challenge. Trauma can cause regression, so be aware that disease or daily emotional trauma such as abuse or age-related decline (ARD) may require exercises to be continued.

Standing Wall Turns

1 minute

May help with motion sickness, balance and coordination

Beginner

1. Stand against the wall with arms out to the side.
2. Turn head to right.
3. Take 5 seconds to watch hand as you close your arms together on the left.
4. Leaving the left arm and head still, take 5 seconds to open arm so arms are back to the beginning.
5. Watching the left hand, move left arm to the right until both hands are together.
6. Open arms again leaving head and right arm still.
7. Repeat three times.

Advanced

1. Stand a fair distance from walls.
2. Take 5 seconds to turn your body to the right until you can see an object directly behind you.
3. Swing back using 5 seconds to the other side and look at the same object behind you.
4. Continue swinging around each way, completing 6 cycles.
5. For the ultimate challenge, swing quickly, taking only 1 second per side and complete 10 cycles.

Brain Exercises from Maintaining Brains Everyday

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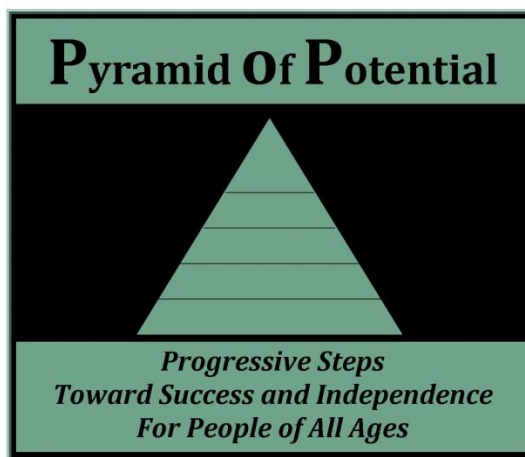
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Please Note: Take the 30 day Challenge. Best results are found when completing exercises every day for 30 days.

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Consult your doctor before beginning any new exercise routine



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