

It's In Your Head

Unlocking the Secret to a Balanced Brain

An Options to Health eBook



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ACKNOWLEDGMENT

The inspiration to move beyond the physical and medical model world to a more holistic exploration came from my father-in law Raymond Bisplinghoff. In the final days of his experience with cancer, he spoke of his life, his mistakes, his values and his family. The conversations were deep, meaningful and spiritual. Years later I realized that those precious talks did not fall on deaf ears and had in fact been instrumental in my desire to discover the deeper connection of body, mind and spirit.

When I met Gordon Stokes, Candace Calloway and Daniel Whiteside, creators of Three in One Concepts™ in Burbank, California, I knew I had found the missing link and answers to my many questions. I marvel still, at their wisdom and insights that have motivated me to study the mind/body connection. The tools I learned have assisted many clients, friends and family to reach their full potentials.

In the world of kinesiology, acknowledgment goes out to Dr. George Goodheart, the "father" of Applied Kinesiology, John Thie - Touch for Health, Paul Denison – Brain Gym and many more.

I also want to acknowledge my clients and students who have been teaching me on a daily basis for over 28 years. Keep asking the tough questions, continue challenging the belief systems that aren't working and keep up the good work!

INTRODUCTION

For most of my life, I have wanted to start things at the end. I know that doesn't make much sense, but for those of you who like to read a magazine from the back to the front, I know that you will understand. Step by step was something for others...not me. If I needed an outline for a paper in college, I had to have the project done first because I wrote outlines after I figured out what I was writing about.

That was true until I began ice dancing at the age of 31, after my daughter was born. I wanted to learn the gold level dances right away. Those are the dances that the Olympic champions perform! I thought I was hot stuff out there performing the Viennese Waltz, until my skating pro Paul, asked me what I thought I was doing! He immediately took me back to step one and a swing dance which was a basic level dance! He forced me to learn and appreciate the steps.

I have also been married to an engineer for over 40 years. He is a step by step kind of guy and that has finally rubbed off. Instead of going about things 1, 2 ...6, I can see the merit in step 1, 2, 3, 4, 5, and 6.

This book incorporates different learning styles. For those of you who like to start at the back of the book - feel free. If you like to take things step by step, this book will work for you, too. You will find basic yet powerful exercises that will help you to increase your energy, to become more focused, to be more present and to feel more connected to your body intelligence.

Pick one or two exercises to do each day and find the ones that help you to feel most centered. Each one takes less than three minutes to do. So, there are no excuses. We can all find three minutes for ourselves.

I wish you health, happiness and success.

Ginger

It's In Your Head. What Does that Mean?

It's In Your Head is a workbook that is designed to offer simple yet powerful energy exercises that enhance your ability to approach life from a whole-brain perspective. The pages that follow demonstrate re-patterning exercises that increase your ability to access parts of the brain that have been inaccessible to you.

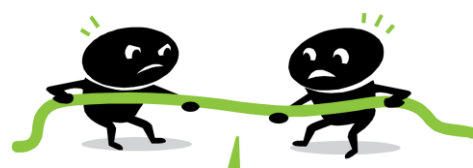
Why do you want a whole-brain approach?

What's wrong with fine-tuning one side of the brain?

In the 1960's Roger Sperry and other scientists began research that confirmed the existence of two brain hemispheres – left and right, with each performing a different function. Their investigation led to a Nobel Prize and a better understanding of the different styles of learning, perceiving and functioning.

Your response to stress impacts your learning ability by blocking clear communication between right and left brain hemispheres. You find yourself in a mental tug-of-war. Each brain hemisphere wants to be in charge. This leaves you feeling pulled in two directions resulting in:

- Difficulty making decisions;
- An inability to focus;
- Struggle with reading and/or reading comprehension;
- Feeling burned out;
- Reacting with physical awkwardness;
- Experiencing a disconnection from yourself.



You feel as if you are split down the middle. The right side of your body can't agree with the left side. The result is total miscommunication between the brain hemispheres. For some this leads to labels such as "slow learner", "dyslexic", "ADD", "learning disabled", "space cadet", etc.

This workbook will focus on both right and left brain hemisphere integration as well as front and back brain integration. Let's get the lights on!

BRAIN HEMISPHERE BASICS – LEFT BRAIN

The **Left Brain Hemisphere** controls the right side of the body and is responsible for:

Reason;
Logical Thinking;
Analysis;
Survival;
Time;
Self-image;
Judgment;
Verbal language;
Reason;
Manifestation;
Control;
Male Energy.



BRAIN HEMISPHERE BASICS – RIGHT BRAIN

The **Right Brain Hemisphere** controls the left side of the body and sees the whole of an experience without breaking it down into parts. It is the side of the body that is:

Creative S P A C I A L

Intuitive

Imaginative

FEMININE



RHYTHMIC

NON-JUDGMENTAL

COLORFUL

WHOLE BRAIN

LEFT BRAIN

Analytical
Logical
Linear
Realistic
Objective
Systematic
Sequential



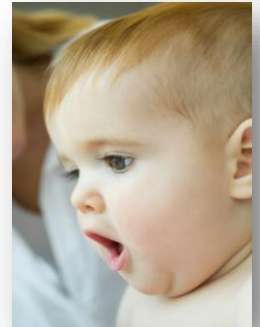
RIGHT BRAIN

Intuitive
Creative
Global
Random
Subjective
Spontaneous
Imaginative

WHOLE BRAIN

FOREBRAIN AND BACK BRAIN

Have you ever noticed that the foreheads on babies are beautifully rounded while most adults' foreheads are vertical or slanted backward?



The forehead is a representation of what is occurring in the forebrain. This area of the brain is called **CAT** or the **Conscious Associational Thinking** area. Creative ideas, original thoughts and your imagination is stored in this center of the brain. CAT deals with images of light and is literally the area of the brain which "sees the light." Emotions do not impact the frontal areas of the brain, so it is not limited by past painful experiences. Children spend a great deal of their time in CAT. As adults, we spend approximately 5% of our time there! The goal of many of the exercises in this book is to increase the amount of time spent in CAT.

Back brain houses the **CIA** or **Common Integrative Area**. It is located in the left occipital lobe. This center plays a major role in speech comprehension, in the production of the written and spoken word and in your perception of events. The emotions of *fear, pain and fear of pain* are a component of the CIA, which means that back brain is your survival center and the area of the brain that houses your "fight, flight or freeze" response. Because adults spend 95% of the time in the CIA, you often feel limited in your ability to move forward toward success, whether it be personal or professional. The exercises in this book will help increase time spent in CAT!



OVERLOAD

- *You run upstairs to get something and ... completely forget what it is!*
- *You read an interesting article and then can't remember what it was about.*
- *A friend asks you to pick a movie to go to and it seems like an impossible task.*
- *You dial the telephone and ... forget who you are calling!*
- *Your child has trouble concentrating on homework and often is confused.*

We have all experienced at least one of the above scenarios, if not all of them. This is called **overwhelm or overload**! The body is experiencing stress and clear communication between the right and left brain hemispheres is blocked. It's as if too many things have been plugged into one circuit and a fuse blows. The result:

1. You feel pulled in 2 different directions and are unable to make a decision;
2. You blow hot and cold;
3. You literally "can't see beyond the nose on your face";
4. You are tired;
5. Reading and reading comprehension is difficult;
6. Physically, you become uncoordinated;
7. You have difficulty assimilating and integrating information;
8. You feel disconnected from yourself and others;
9. Everything requires more energy;
10. Your discernment meter is stuck!



THE OVERLOAD EXERCISE

This energy exercise is for overwhelm, when the body is experiencing stress and clear communication between right and left brain hemispheres is blocked.

This exercise re-vitalizes you. It incorporates western concepts of brain hemisphere integration and eastern knowledge of the body's energy system.



1. While holding your hand over your navel, massage K-27 (these are 2 kidney meridian acupressure points located just below the collarbone to the right and left of the sternum).
2. Massage above and below your lips while you continue to hold over the navel.
3. Massage the tailbone while continuing to hold over the navel.
4. Reverse hand positions and repeat steps 1 thru 3.

CROSS-PATTERNING EXERCISE

An exercise for integrating the right and left brain hemispheres, revitalizing your energy and making learning easier.

From an Eastern perspective, energy travels up your legs, crosses at your midpoint – somewhere around the solar plexus – and travels to the opposite brain hemisphere, like an X.



Stress, dehydration, overwhelm and even carrying a shoulder pocketbook can cause the energy to travel in an ipsilateral flow, which looks like two parallel lines.

You become energetically split down the middle.

Cross-Patterning Exercise:

Step 1 – Bring your opposite hand to your opposite knee 3 or 4 times.
(Crossing the midline allows both brain hemispheres to cooperate.)

Step 2 – Bring your right hand to your right knee and then your left hand to your left knee. Repeat 3 or 4 times.
(This part of the exercise often seems easier to do because this ipsilateral march allows each side of the brain to operate independently of each other. Many of us operate this way, especially under stress.)

Repeat Steps 1 and 2 and end with Step 1

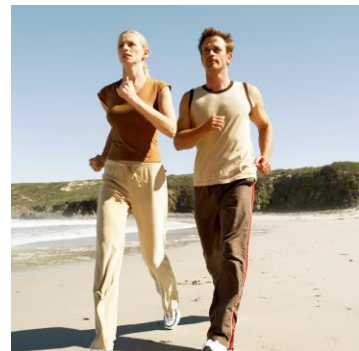
To make it more fun, put on some music and march around the room while cross-patterning.



CROSS-PATTERNING VARIATIONS

While Cross-Patterning:

1. Move your eyes around the clock in one direction and then the other.
2. Recite the alphabet in concert with eye movements clockwise and counter-clockwise.
3. Perform the times tables.
4. Spell words aloud.
5. Sing the alphabet or times tables.
6. Want to cross-pattern naturally? Take a walk or go for a jog or play tennis or perform any activity that allows you to cross your midline.
7. Just looking at an X can integrate your brain hemispheres.



CROSS-PATTERNING WITH EYES ONLY

Keeping your head still and **using your eye muscle only**:

1. Bring your eyes up to the **LEFT**
2. Down to the **RIGHT**;
3. Up to the **RIGHT**;
4. Down to the **LEFT**;
5. Extend your eyes **STRAIGHT UP**;
6. Bring your eyes **STRAIGHT DOWN**;
7. Repeat steps 1 through 6, seven times;
8. End with steps 1 – 4, tracing the X



As you do this exercise, really extend your eye muscles with each movement.

You FEEL with your eyes, so often eye exercises bring up emotional responses. If any tension or pain or emotion surfaces, place one hand on your forehead and the other on the back of your head (Frontal/Occipital Holding – page 23). Take a deep breath and release all of the energy.

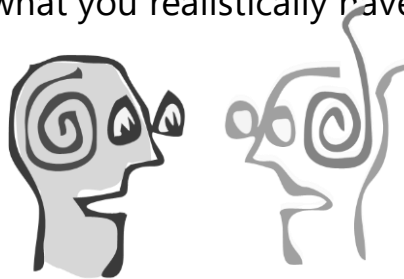


SHIFTING EXERCISE

A Cross-Patterning Exercise Variation

Shifting with another person:

- Sitting opposite each other – look out of your RIGHT eye at the pupil of your partner's LEFT eye. Keep attention fully on the pupil.
- After about 30 seconds, SHIFT so that you are looking out of your LEFT eye at the pupil of your partner's RIGHT eye.
- Continue alternating eyes until you have completed 9 sets of shifts OR do what you realistically have time to do!



Shifting in the Mirror:

- Look into the mirror keeping our attention on the pupil of your RIGHT eye.
- When the rest of your face becomes blurry, take a deep breath and shift to your LEFT eye.
- When the rest of your face becomes blurry, take a deep breath and shift back to your RIGHT eye.
- Repeat until you have completed 9 shifts or what you have time to do.



“SWITCH ON” EYES

“She can’t see beyond the nose on her face.”

The simple act of reading can weaken can weaken eye muscles due to the continuous movement of the eyes back and forth across the page. Add fatigue, stress, fear, poor lighting, etc. and vision can be inhibited and you will have a difficult time seeing what is right in from of you.

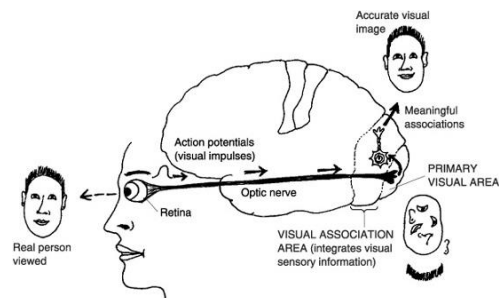
Your eyes are an extension of your brain and the only part of the brain that can be seen!

When your eyes are tired, your brain is tired.

- Imagine the frustration of a child going to school, excited to learn to read, and experiencing “switched off” eyes.
- What happens to your driving ability when you are missing what is right in front of you?
- How do you process information when your eyes are stressed?

You have eyes in the back of your head!

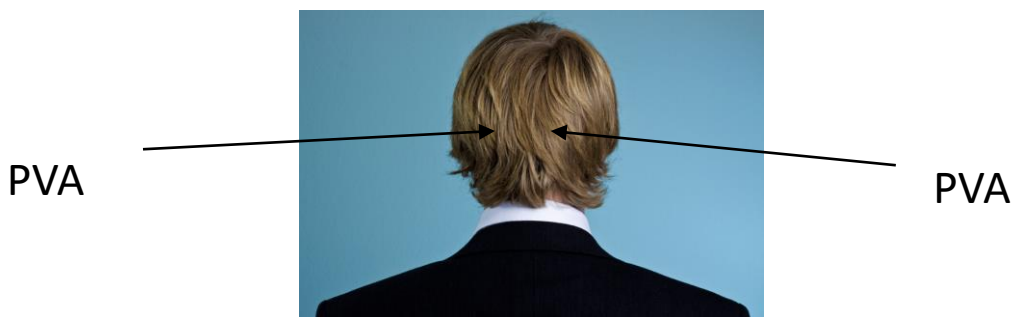
Your mother wasn’t the inly one with eyes in back of her head! You do too. If you could shine a light through the pupil of your eyes and have the light come out the back of your head, you would find your PRIMARY VISUAL AREA (PVA): the eyes in back of your head.



EYE EXERCISES

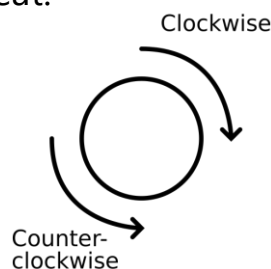
To reduce stress in your eyes:

- Massage the primary visual area – PVA - while slowly bringing your eyes around the clock in one direction and then the other.
- Take frequent deep breaths as you do this exercise.
- Stretch your eye muscles as far as you can, without causing pain.



To help with reading, reading comprehension, math, numbers and more:

- Place one hand on your navel and use the other hand to massage below your collar bone (clavicle bone), close to the midline of your body.
- Slowly rotate your eyes clockwise and then counter-clockwise.
- Change hands and repeat.



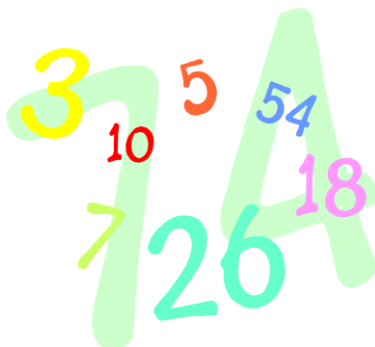
MORE EYE EXERCISES

Eye exercise variations:

- Say the **alphabet** aloud while rotating your eyes clockwise and then counter-clockwise.

(This is especially valuable for children who are having trouble with reading, spelling, reading comprehension and the alphabet.)

- If the child is having problems with silent reading, **think the alphabet** while rotating the eyes.
- If the stress related to learning is **math**, replace the alphabet with the numbers 1 – 10, while rotating the eyes.
- Use this technique for helping your child master the times tables.



	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	2	4	6	8	10	12	14	16	18	20
3	3	6	9	12	15	18	21	24	27	30
4	4	8	12	16	20	24	28	32	36	40
5	5	10	15	20	25	30	35	40	45	50
6	6	12	18	24	30	36	42	48	54	60
7	7	14	21	28	35	42	49	56	63	70
8	8	16	24	32	40	48	56	64	72	80
9	9	18	27	36	45	54	63	72	81	90
10	10	20	30	40	50	60	70	80	90	100

CAT Points = Emotional Stress Release Points (ESR)

Since blood flow leaves your forebrain when you experience fight, flight or freeze or any stress, this exercise will bring you back into the moment so that you can make a conscious choice or response to the situation.

- Lightly touch the CAT points above the pupil of your eyes with your fingertips of each hand OR simply place the entire palm of your hand on your forehead.
- Take deep, cleansing breaths and allow yourself to visualize the stressful situation or relationship. **Imagine alternative outcomes.** Be creative and use all of your senses.
- Gently massaging the CAT points will help to relieve visual stress.



The CAT points, when held, help to bring blood flow and intention to the frontal lobe of your brain, where rational thinking occurs. This prevents the “fight or flight” response so that you will find it easier to think more clearly and find a creative solution to the problem.

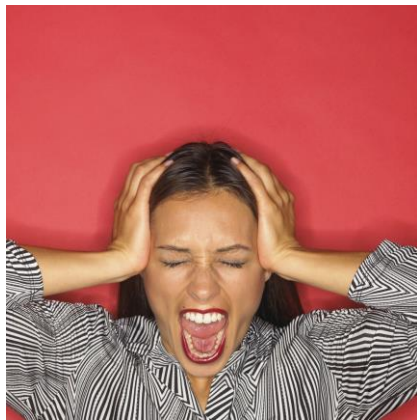
The CAT points are also balance points for stomach meridian. Since we often hold stress in the stomach area or experience butterflies in the stomach when we are faced with a new or challenging situation, holding these points will help to balance and calm a nervous stomach.

COMMON INTEGRATIVE AREA - CIA

"I can't believe I'm doing this! I know better."

"All I did was open the drawer and my back went out!"

"I don't have a choice. This is the way it has to be."



When you are under stress, the CIA, which is located in the left occipital lobe of your brain, is in control and locks you into survival mode. You find yourself reacting to stress by repeating the same old habits and patterns over and over again even though you don't want to. You become rigid with fear or anxiety (physically, mentally, emotionally and/or spiritually) and the energy flow throughout your body becomes blocked

The exercise on the next page helps to release the blocks and restore balance in the body.

The result is improved memory, increased self-esteem and increased energy flow.

THE CIA EXERCISE

Part 1: The Leg Muscle Release

Massage the back of each leg from the ankle to behind the knee.

Part 2: The Shoulder/Neck Muscle Release

- Place your RIGHT hand on your LEFT shoulder.
- Allow your left arm to hang free.
- Apply enough pressure with your right hand to stabilize the muscle.
- Rotate the upper arm from front to back and back to front making circles.
- Repeat the above exercise, placing your LEFT hand on your RIGHT shoulder.

Variations:

- While grasping the shoulder and rotating the upper arm, turn your head to look over your shoulder.
- Breathe deep.
- Slowly look back over the other shoulder.
- Breathe deep.
- Drop your chin to your chest.
- Breathe deep.
- Repeat with the other shoulder.



FRONTAL/OCCIPITAL HOLDING

Use this exercise any time you feel stressed or emotional – at work, at home, before bed, etc. Do Frontal/Occipital Holding for a friend, partner, co-worker or child. They will thank you for it.

- Place one hand on your forehead (it doesn't matter which one) and one hand on the back of your head (Occipital area).
- Take several deep breaths and visualize how you would like the stressful situation to be.
- Use as many details as possible, including as many senses as possible.

See yourself responding in a desired way.

Hear what is being said.

Feel your body relaxing.



Explanation:

Touching the frontal and occipital lobes of the brain brings blood, circulation and intention to those areas, stimulating the functions of those parts of the brain.

Frontal/Occipital Holding brings you into the here and now because the forehead stimulates *thinking, imagination and choice* – without emotion attached. The occipital area stimulates *vision*.

The result: Seeing new choices and options!

TENSION RELEASE EXERCISE

Experiment:

1. Bend down from the waist to touch your toes. Make no effort – just see how far you can go.
2. While standing, roll a tennis ball under your RIGHT FOOT, gently massaging the entire bottom of your foot: massage the ball of the foot, the middle of the foot, under the toes and the heel's inner and outer edge.
3. Bend down from the waist again, without effort, comparing your reach on the right side to the left side. You will most likely see a difference.
4. Roll the tennis ball under your LEFT FOOT to release the tension there.



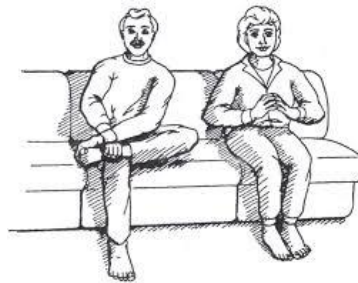
It is amazing how something as simple as rolling a tennis ball under the feet can release tension and increase flexibility. And, since the feet are a perfect mini-map of your entire body, the above exercise will help you to balance your whole system. I recommend this on a daily basis.

I also recommend investigating *The Melt Method* – www.meltmethod.com – a self-treatment, neuro-fascial technique that helps prevent pain, heel injuries, stress and the negative effects of aging. Sue Hintzman, who was featured on the Dr. Oz show, has created this Hands Off Bodywork™ approach.

COOK HOOK UPS

The Cook Method, developed by Dr. Wayne Cook, a chiropractor and expert in electromagnetic energy, is an exercise that helps shift energy from the survival center in the left back brain region (the CIA) to the reasoning center in the midbrain.

This shift decreases stress, improves reading ability, helps create clear listening and speaking skills, increases attention span and improves overall balance and coordination.



Part 1

- In a sitting position, cross your LEFT FOOT over your RIGHT KNEE.
- Place your RIGHT HAND over your LEFT ANKLE BONE.
- Wrap your LEFT HAND around the ball of your foot so that your fingers reach around the little toe to cover the top of your foot.
- Put your tongue on the roof of your mouth and breathe in through your nose. As you breathe out, let the tongue relax.
- Repeat the breathing 7 times.

Part 2

- Release your leg and sit comfortably.
- Put your fingertips together and breathe as above 7 times.

This exercise can be done any time you feel sad, angry, frustrated or confused. Emotional centering is just one of many wonderful rewards with Cook Hook-Ups.

THE MIDLINE OF YOUR BODY

The midline of your body houses your spirit, your essence, your soul. This is where your passion, enthusiasm, desire for life, uniqueness and truth lives.

When you are energetically split down the middle, your physical, mental, emotional and spiritual health is jeopardized. You lose connection to the SOURCE and a connection to your purpose in life.

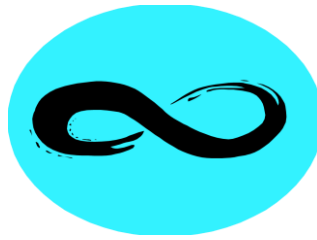
Ideally, you want energy to travel up your legs, cross through the solar plexus in a zigzag fashion and go to the opposite brain hemisphere. It looks like an X. When the midline is blocked due to stress, trauma, overwhelm, etc., you are at risk for midline dis-ease.

Examples:

- **Reproductive organs:** infertility, prostate problems, fibroids, PMS, to name a few;
- **Intestines:** Irritable Bowel Syndrome, Constipation, Colitis, etc.
- **Stomach:** Digestive problems, hiatal hernia, acid reflux, etc.
- **Heart and Lungs:** Heart Dis-ease, asthma, upper respiratory dis-ease, etc.
- **Thyroid:** Hypo and Hyper Thyroid dis-ease;
- **Sinuses:** Sinus infections;
- **Head, Neck and Spine:** Headaches, migraines, spinal subluxations, fixations, pain.



CROSSING THE MIDLINE EXERCISE



This exercise helps integrate the right and left brain hemispheres

1. With a pen in your RIGHT hand, draw an Infinity Symbol on a piece of paper as large as space permits. Start with an upward motion to make the first circle, then down, around, and up to make the second circle.
2. Repeat many times until the tracing is smooth and becomes comfortable to draw.
3. Repeat this exercise with the pen in your LEFT hand.
4. Repeat this for the third time with BOTH hands on the pen.
5. Doodle this symbol any time you need to be more focused, clear and integrated.



“ZIP UP” YOUR MIDLINE

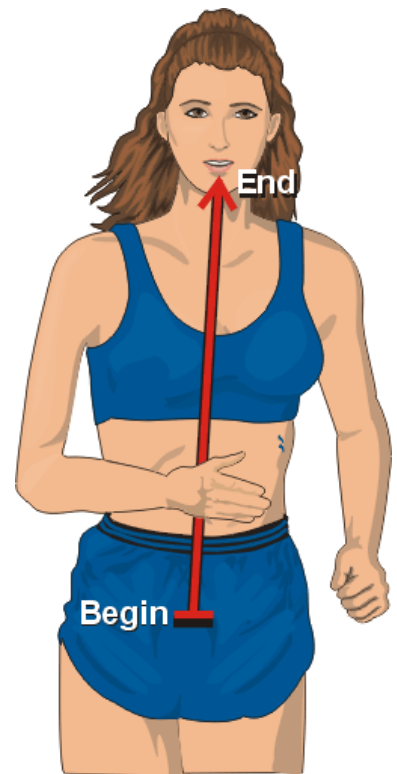
To ensure that your energy is flowing through the midline of your body, you can “zip up” Central Meridian, an energy pathway that travels from the pubic bone to the lower lip.

Central Meridian energizes your brain and your eyes.

Psychologically, Central Meridian is about discovering an answer to the question, *“who am I and why am I here?”*

Zip Up Exercise

- Place one hand on your pubic bone (see the begin point in the graphic)
- Take a deep breath as you simultaneously move your hand up the center of your body, ending at the lower lip.
- Repeat 3 times.



THE FIGURE 8 ENERGY FLOW EXERCISE

Energy travels in, around, and from your body. You function very much like the “Energizer Bunny” when you are in a balanced state. Your energy constantly moves, crossing and re-crossing the midline in a figure 8 pattern.



The energy flows not only across shoulders, hips and legs, but also within every joint, including the joints of the fingers and toes. When energy is blocked, you become aware that you don't feel quite right. You might experience headaches, dizziness, pain in the joints or even feeling vulnerable.

The *Figure 8 Energy Flow Exercise* increases energy flow throughout the body as well as increasing your protective force field around the body. This is especially helpful for those who are very sensitive to environmental changes or how people around them feel.

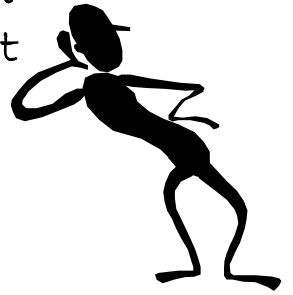
Exercise:

1. Place two fingers of one hand (index and middle finger) on the navel and the palm of the other hand on the forehead. Hold this connection for about a minute or until you feel pulsing in both places.
2. Focus on taking deep breaths.
3. Reverse hands and repeat the exercise.

This exercise can be done prior to attending a meeting, joining a large get-together, going to the mall, anticipating a confrontation or expecting any situation to create an overwhelming feeling in your body.

SWITCH ON EARS

"I know you believe that you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant!"



Stop and think about all of the stimuli that you have in a day when it comes to sound, starting with the alarm clock that marks the beginning of the day.

And, before you head out to work or the kids have left for school, there may have been:

- Arguing;
- Noise from the TV, radio, computer, tablet, cell phone;
- Messages coming in on the answering machine;
- Planes flying overhead;
- A car's breaks screeching outside;
- The washing machine, dryer or dishwasher running;
- The dog barking;
- And more.



You get the picture. Your ears are stressed with daily living and then when you add criticism, negative or hurtful words, **your ears shut down and switch off**. No wonder children are not able to hear their teachers and understand what is being taught.

Exercise:

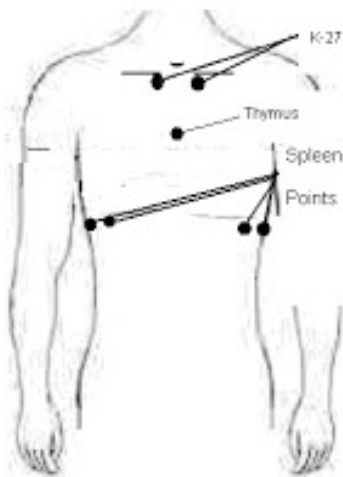
To reduce stress in the ears and improve hearing ability, gently massage the inside and outside of your ears, getting all of the nooks and crannies.

This exercise stimulates over 400 acupuncture points in the ear which relates to functioning of the brain and body!

THYMUS/SPLEEN TAP

Tapping over the thymus Gland and the Spleen is a simple technique that can:

- Boost your immune system;
- Increase your strength and vitality;
- Help fight infection;
- Increase your energy level;
- Balance your blood chemistry;
- Synchronize your body rhythms;
- Help remove toxins.



Tap **Thymus point** and **Spleen point** on the left side of your body, simultaneously 20 to 30 times.

Do this daily

TAKE TIME TO TAP

BODY POLARITY

The *Body Polarity* Exercise on the next page is a simple, gentle and powerful exercise that enables you to:

1. Reconnect to your spirit or essence to find the passion, fire and motivation that defines who you are;
2. Let go of whatever the physical body is holding on to;
3. Balance the positive and negative charges within the body and the cells.
4. Integrate your brain hemispheres.

Your body is very much like a battery with a positive (+) and negative (-) charge throughout. When stress becomes too much, the positive and negative charges often reverse leaving you feeling disconnected, spacey and unfocused.



Right Hand +

Left Hand –



Right Nostril +

Left Nostril –



Right Front of Body +

Left front of Body –

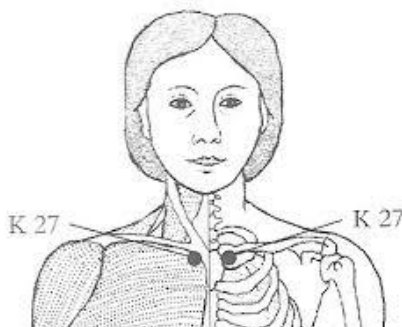
Left Back of Body +

Right Back of Body –

BODY POLARITY EXERCISE

Exercise:

1. Start with your feet together;
2. Bring the thumb pad of each hand over the little fingernail of each hand;
3. Place the other 3 fingers of each hand on your forehead;
4. While holding your fingers on your forehead, bring your feet wide apart;
5. Keeping your feet apart, bring your hands off your head and massage below the clavicle bone at the Kidney 27 position (see graphic below);
6. When you are done, bring your feet back together.



BREATHING

We live stressful lives. In your hurry to get places and do things, you often forget to breathe deeply. This blocks the natural positive and negative ionization in the body.



You are designed very much like a battery with positive and negative charges throughout the body. The last exercise emphasized this and gave one option for correcting polarity in your body.

If your breathing is shallow, it is as if you took the positive side of a battery, plugged it into the negative side and then expected results such as the flashlight turning on. Nature doesn't work like this!

Physically, when you forget to breathe, muscle spasms or locked muscles can develop due to a calcium and phosphorous imbalance in the cells. The body becomes even more stressed and overload occurs.

The following is a simple exercise for rebalancing the positive and negative ions in the body, thus reducing stress:

1. **Place your tongue to roof of your mouth;**
2. **Hold your RIGHT nostril closed and inhale deeply through the LEFT nostril;**
3. **Then hold the LEFT nostril closed and exhale through the RIGHT nostril;**
4. **Do this pattern 3 times and then reverse the process.**



WATER

- When you are experiencing stress, your body often becomes dehydrated.
- Your body becomes a poor conductor of neuro-electrical messages.
- Thinking becomes cloudy.
- Your ability to retain information becomes difficult.
- You are no longer electrical.

Lights are on but nobody is home!

Water also acts as a cleanser of toxins that accumulate in the body. The lymphatic system helps to remove toxic waste from the body and its circulatory system is mainly activated by muscle movement.

Children and adults who fill up on junk food may become nervous and restless as the muscles in the body move in order for the over-worked lymphatic system to do its job. Often this leads to the experience of hyperactivity,

Six to eight glasses of water per day are recommended to help flush toxins from your system



BUSH FUCHSIA FLOWER ESSENCE

- Flower essences are wonderful gifts from nature that help you to heal and strengthen your electrical system when it is out of balance.
- The use of flower essences can be traced back thousands of years with many cultures using flower essences to treat emotional health and well-being.
- Flower essence are completely natural. They are safe and free from side effects, adjust to the needs of the individual and will not interfere with any other treatment methods.

The Australian Bush flower essence **Bush Fuchsia** enables the integration of the right and left brain hemispheres. It assists with problem solving and improves your ability to access information.

Consider Bush Fuchsia for the experience of:

- Dyslexia;
- Stuttering;
- Poor learning ability;
- Ignoring "gut" feelings;
- Clarity of speech;
- Integration of information;
- Ear infections;
- Stroke;
- Epilepsy

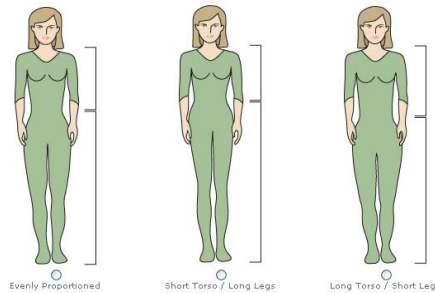


To order a bottle of Bush Fuchsia, contact me:

Ginger@optionstohealth.com

TORSO/LEG LENGTH AND STRESS

Your torso and leg lengths have a great deal to do with your ability to concentrate, to stay focused and to understand your stress response.



Extremely Long Legs and Short Torso

"I am built to SIT. I'm really stressed if I have to be on feet for a long time during the day. If I am really interested in what I am doing I can force myself to be up. But, at the end of the day I want to sit, relax, watch TV, etc. and regroup."

Extremely Short Legs and Long Torso

"I am built to MOVE! I feel best when I am up and moving. To sit for long periods of time is 'cruel and unusual punishment' for me. At the end of the day I have energy to spare. I want to get out and have some fun."

Knowing your body type makes it easier to regulate stress.

Long Legs/Short Torso – Your best exercise is biking, rowing, weight lifting. You can sit and exercise at the same time!

Short Legs/Long Torso – Discovering your body type may dispel labels such as ADD and ADHD!

SELF-CARE TOOL

This is a self-care tool for infusing a clear, positive statement or intention.

1. Stand with both feet together and hold your hands closely around both ears.
2. Think of a **positive statement** or intention and say it aloud.
3. Spread feet apart in a wide stance.
4. Switch on your energy (**Overload Exercise**):
Place one hand on your navel;
With the other hand: massage under the collar bone, massage above and below your lips, massage your tailbone;
Change hands and repeat.
5. Do **Frontal/Occipital Holding**
Place one hand on your forehead and the other hand on the back of your head;
Hold this position while: **rotating your eyes** clockwise 4 times, then counter-clockwise 4 times. Do this first with **eyes open** and then with **eyes closed**.
6. Massage both ears thoroughly for approximately 1 minute. Get all of the nooks and crannies.
7. Bring your feet together. Your self-treatment is complete!

Examples of positive statements:

- "I respect myself."
- "I am aware of living in the moment."
- "I am the master of my life."
- "I am at peace."
- "I choose to be a success."
- "Life is a joy."
- "I always have guidance."



WHAT DOES SUCCESS FEEL LIKE?

When you participate in life from a whole brain function, you can expect to have many wonderful experiences.

- You feel clear, focused and able to make decisions;
- Your temperament is balanced;
- You can see what is right in front of you;
- You are energized;
- Reading and reading comprehension is greatly improved;
- Ideas flow easily;
- You are more physically coordinated;
- Energy in the body flows in an X or cross-patterning fashion;
- You can hear yourself THINK;
- You get better sleep;
- You feel connected to the world around you;
- Possibilities open up;
- You have more confidence;
- You have new choices and options!



Ginger's passion is helping people solve their problems, change their lives and reach their full potential. For over 40 years she has used her expertise in both the medical and holistic nursing field. She has owned her business *Options to Health* for over 28 years and has worked with children, adults and animals around the world.

Her extensive knowledge of Eastern and Western medicine, kinesiology, flower essences and face reading, as well as her network of practitioners insures that each individual's needs are met.

Ginger's students consistently remark about her passion, enthusiasm and sense of humor when teaching. She has shared her expertise on TV and radio, has consulted with businesses, hospitals and school systems and has been a keynote speaker in a variety of venues.

She is known for taking a complicated subject and breaking it down into easily understandable components. This is illustrated in her book on face reading, *It's In Your Face – The True You Revealed*

www.OptionstoHealth.com

