

May brings us back to nature

After our long winters, the warm weather in Minnesota automatically draws us outside. Most of us garden, clean our yards, and take up spring sports. Many of these activities require us to use one side of our body more than the other side, which eventually creates imbalances. Imbalance often leads to a compensatory gait or posture, which often leads to pain.

Do yourself a favor. Avoid pain (as much as possible) by trying to use your muscles bilaterally. You can do this by switching arms while sweeping, weeding, raking, or even golfing, batting, or throwing. You can even try kicking a ball with your other leg.

There are potential benefits from trying to use your body more symmetrically while outside:

- You will build muscles more evenly, which looks better in addition to being more functional
- You will stimulate the opposite side of your brain and force the corpus callosum (the part of the brain that coordinates activities between the two sides of the brain) to "re-wire" the brain, adding more synapses. There are scientific studies finding that neurologically stimulating activities are good for helping prevent senility and Alzheimers damage.
- There are also studies stating that gardening and just being outside reduce cortisol levels (that's the stress hormone we keep mentioning in these newsletter articles).

I wanted to give you more concrete information about the

Maintaining Touch



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benefits of using both sides, so I went to a book called "Brain Gym" by Paul E. and Gail E. Dennison (ISBN 0-942143-02-7). This book has specific physical activities that help stimulate specific areas of the brain, and is aimed at educators working with learning challenged children. Many of my clients who are teachers swear by the exercises in this book. Here is what the book has to say about "whole-brain learning through movement repatterning": "The human brain, like a hologram, is three-dimensional, with parts interrelating as a whole. Thus, ... the student easily integrates learning presented from a multisensory, rather than abstract, orientation. However, the human brain is also task specific, and ... may be understood to comprise the left and right hemispheres..."

Within laterality, or sidedness, exists the potential for bilateral integration, the ability to cross the central midline of the body and to work in the midfield. When this skill is mastered, one can process a linear, symbolic, written code, left to right or right to left, an ability fundamental to academic success.

...Development of bilateral movement ... is a prerequisite for whole-body coordination and ease of learning in the near-visual area.

...Cross-motor activities have been used to activate the brain since our understanding of laterality began over a century ago. Noted authorities such as

Orton, Doman, Delacato, Kephart, and Barsch have used similar movements successfully in their learning programs." (p.1-3)

So, get playing outside, moving your body bilaterally!! It will do your brain and your body good. And if you do overdo it, ice the injury and call us!

Gigi's Favorite Cinco De Mayo Salsa:

- Chop and combine
- 4 medium tomatoes
- 1 medium onion
- 1 bunch cilantro
- juice of 1/2 to 1 fresh lime
- salt to taste

***optional add ins:*

- 1-2 chopped habanero, 1 mashed avocado, 1 bunch chopped scallions, 2 TBS of



Workshops Through Community Education

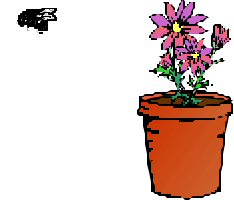
Woodbury / Cottage Grove school district (651)458-6600 or www.cecool.com:

Gigi's Self-Help for Headaches
Monday, April 25, 2005

North Saint Paul school district (651) 748-7434:

Nancie's Hatha Yoga
Classes are ongoing thru May and begin again in September.

"As the blossom cannot tell what becomes of its fragrance, so no one can tell what becomes of her influence." -Anon.



Nancie's Corner

Summer Yoga Coming - New Place and Day!!

Summer yoga will be taking place at the Metaphysical Emporium, 1417 Helmo Ave. N., Oakdale, MN 651-407-8599. Our new night is Tuesday nights from 6pm to 7pm. Drop-ins are \$12 per class, or buy a series of 6 classes for \$65. You will LOVE the yoga room! Any questions - call Karen at the Metaphysical Emporium. As always, this class is appropriate for beginners and advanced students!

Nancie
612-590-8124



p.s. Please watch out for our "friend" the Deer Tick. I've already spotted two clients sporting tick bites. Cover up!!!

A Sensitive Touch



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For Moms, Dads, and any other family members (including yourself) that you want to honor with a special gift.....

Announcing our first ever
**“Summer Package” of 3 Relaxation Sessions
 for only \$170 (+ tax)!!!**

Punchcards are transferable and are available for sale through Labor Day 2005. Sessions should be used by 12/31/05.

Stop by the front desk, call us, or email us to purchase your punchcard!

“Bring us 3, get a 1/2 hour free”

Dear clients: we LOVE your referrals, and we want you to love sending your friends and family members to us as well, so we've created a little incentive for you....

When each of your new referrals to us comes in, we will send you a “thank you card”. Bring in 3 of the cards, and we'll give you a free halfhour added onto your next session. Bring in 6 of the cards, and we'll give you a free hour-long session. Only have one card? Don't worry - it can be used for \$5 off your next session. All the way around, everyone wins!

Happy Mother's, Father's and Grandparent's Day!



Happy wishes from Gigi (651-983-6954), Nancie (612-590-8124), and Susan (651-485-6782)

Some Internet “Wisdom” we thought would make you smile about parenting:

1. Parenthood...if it was going to be easy, it never would have started with something called labor!
2. Shouting to make your children obey is like using the horn to steer your car, and you get about the same results.
3. To be in your children's memories tomorrow, you have to be in their lives today.
4. The smartest advice on raising children is to enjoy them while they are still on your side.
5. The best way to keep kids at home is to make the home a pleasant atmosphere ...and to let the air out of the tires.
6. The right temperature in a home is maintained by warm hearts, not by hot heads.
7. Raising a teenager is like nailing Jell-O to a tree.
8. Parents: People who bear infants, bore teenagers, and board newlyweds.
9. The joy of parenthood: What a parent experiences when all the children are finally in bed.
10. Life's golden age is when the kids are too old to need baby-sitters and too young to borrow the family car.
11. Grandparents are similar to a piece of string...handy to have around and easily wrapped around the fingers of grandchildren.
12. A child outgrows your lap, but never outgrows your heart.
13. God gave you two ears and one mouth...so you could listen twice as much as you talk.
14. There are three ways to get something done: Do it yourself, hire someone to do it, or forbid your children to do it.
15. Adolescence is the age when children try to bring up their parents.
16. You know the only people in this world who are always sure about the proper way to raise children? Those who've never had any.
17. Cleaning your house while your kids are at home is like trying to shovel the driveway during a snowstorm.
18. Money isn't everything, but it sure keeps the kids in touch.
19. Adolescence is the age at which children stop asking questions because they know all the answers.
20. An alarm clock is a device for awakening people who don't have small children.
21. The persons hardest to convince they're at the retirement age are children at bedtime.