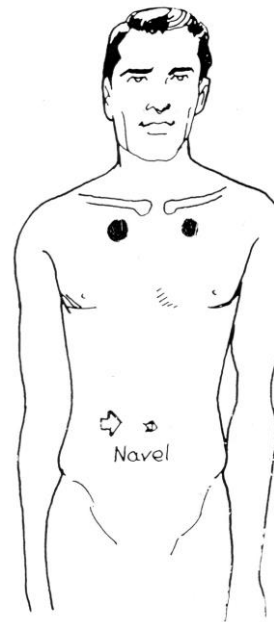


BRAIN BUTTONS

Brain Gym



Brain Buttons

Place one hand on your navel and with your other hand rub two soft spots just below your collar bone.

Why Brain Buttons Works

Brain Buttons provides a stable physical reference to assist crossing the body's lateral midline. Brain Button points are two acupuncture points directly above the carotid arteries. Rubbing these points sends fresh oxygenated blood to the brain to 'wake up' the brain to improve brain functioning, concentration and memory, as well encouraging both brain hemisphere to 'cross talk'.

Placing the hand on the navel bring attention to the gravitational center of the body thus improving balance and vestibular function.

Brain Buttons

- ❖ Promotes clear thinking
- ❖ Improves concentration
- ❖ Energising if you are feeling drowsy
- ❖ Improves memory
- ❖ Improves vision and eye teaming skills
- ❖ Promotes crossing the midline for body coordination