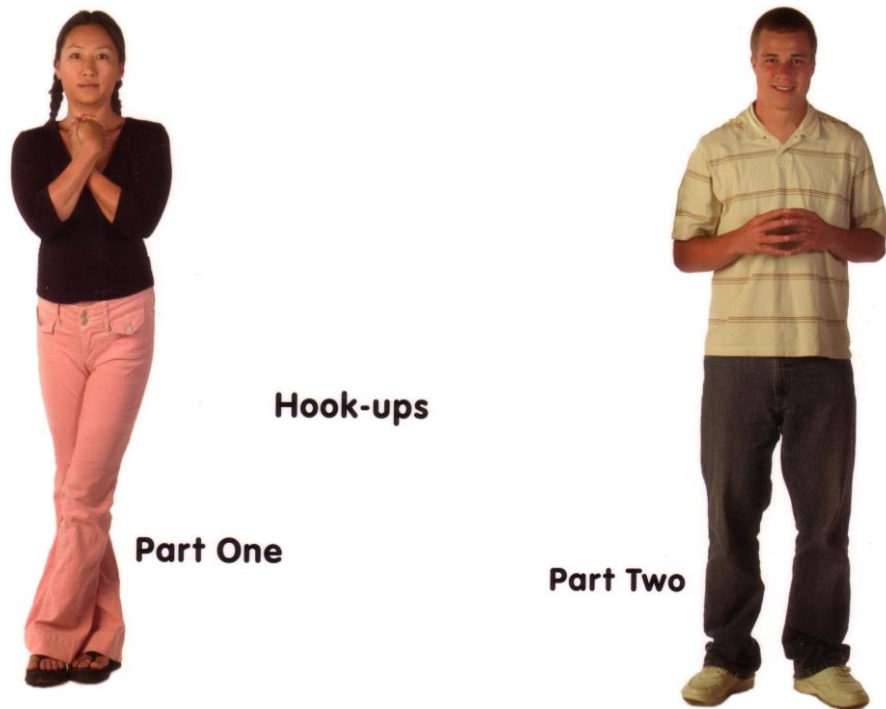


HOOK-UPS

Brain Gym



Part One

Make sure you are sitting or lying down. Cross arms and legs at the same time.

Part Two

Feet side by side and lightly touching finger tips.

Why Hook Ups Works

Part one simultaneously connects all the energy circuits in the body and stimulates the movement of any blocked energy. Part two balances and connects the two hemispheres of the brain and body. This strengthens the body's electromagnetic energy, especially in environments that contain strong electric fields from computers, fluorescent lights, TV or air conditioning. Reported benefits are increased vitality, an improved self esteem, and an enhanced sense of personal space.

Hook-Ups

- Improves focussing and attention
- Improves agitated or restless behaviour
- Improves sleeping patterns
- Helps to regulate blood pressure
- Relieves headaches and migraines
- Improves ability to deal positively with stress
- Promotes rational thoughts and responses