

# BRAIN WORKS NATURALLY

MARCH 2018 -NEWSLETTER

## REWIRE NOW!

You can break old habits and patterns with new neural pathways. Throughout your lifetime the body's attention follows your intention when you direct it.

The brain is designed to work efficiently. The more you use a pathway, the faster it wires and connects. It becomes hardwired as a habit or the preferred pathway the more it is used. Learning a new language or learning to play a

musical instrument is an excellent thing you can do as a way to create a brain reserve as we age.

People are capable of learning just about anything. You can master challenges like procrastination or any other

“RESEARCH HAS SHOWN THAT HUMANS DO GROW NEW NEURONS AND THE RATE OF GROWTH CAN BE INCREASED BY ENRICHMENT EFFORTS”

ENRICHING THE BRAIN

-Eric Jensen PhD

desirable habit as well, over time. Self-awareness is key to sustaining repeated directed attention toward a desired change. You can indeed wire your brain.

## HEART/BODY/BRAIN SUPPORTS:



(www.braingym.org)

**Brain Gym®** removes blocks to functioning relative to dimensions of

learning and stages of development along with individual experience. There are 26 specific exercises that you can relate to focus, centering, and

laterality. Helping with self-awareness skills, positive self-concept, coordination, reading, comprehension, thinking skills, organization, spelling, mathematics, eye/hand coordination, creative writing, long term memory, home study skills, creative thinking, speed reading, taking tests, productivity, and riding in a car/boat/bus/plane.

“Movement is the gateway to all learning”. -Paul Dennison PhD. Founder of Brain Gym®



## CLEAR NEGATIVE ENERGY

The **Aroma Freedom Technique™ (AFT)** is a step-by-step process and uses Young Living essential oils to assist in clearing blocks to reaching your goals.

To see dramatic permanent change, it can take as little as 20-30 minutes! I have been using this technique since April 2017 and am very pleased with the results. Our next Immersion class for those who would like to use this with friends and family as well as themselves, is May 5<sup>th</sup>, 2018, 1-5pm at 23 Edgecomb Rd, Binghamton, NY.

If you missed the Immersion or Certification classes held in January and February, the good news is Jan will be scheduling them on a regular basis every other month. Learning how to use the AFT process, is life-changing.



## USING THE EMOTION CODE® RELEASES TRAPPED EMOTIONS

Another excellent tool for rewiring the brain is using the Emotion Code protocol. Founded by, Dr. Bradley Nelson DC, it uses kinesiology and magnets to release trapped emotions that interfere with your perceptions. These trapped emotions can often be the source of pain and keep you blocked from your ability to think, perform, and be present. Sessions can be given in person or online. Call now for an appointment.



## LEARNING OPPORTUNITIES FOR ♣MARCH♣

### **Introduction to AFT**

**March 3<sup>rd</sup> at 4-6pm**

**Dr. Francine Finucan DC Studio**

**36 Washington Ave, Endicott, NY**

You are invited to join us as we use essential oils & the Aroma Freedom Technique™ (AFT) to open a new door. Bring your best friend & share the process. \$20/person - Essential Oils Included. To Register: Call Dr. Finucan: 607-239-5388

### **Optimal Brain Organization**

**March 10<sup>th</sup>-11<sup>th</sup>, 8:30-5:30pm**

**23 Edgecomb Rd Binghamton.**

Prerequisite; Brain Gym 101@

If you are interested in attending, but do not have the prerequisite, you can come for an hour and receive a free balance during the class.

### **Explore & Enjoy SPA DAY**

**Sunday, March 18<sup>th</sup> 2-4pm**

**23 Edgecomb Rd, Binghamton NY**

We are going to experience various treatments for detoxing and supporting the immune system. A great way to relax and

charge your energy. Bring your girlfriends and enjoy delicious treats and refreshments. - \$20/person at the door; \$15 in advance. Every person gets a free gift certificate for attending in addition to the opportunity to sample various treatments.

### **Breaking the Chains of Cravings**

**Using AFT (4-week online class, \$99)**

The online class is recorded and available through [www.aromafreedom.com](http://www.aromafreedom.com). The results of surveys conducted each week show the effectiveness of AFT as a powerful tool for reducing/eliminating cravings. Class \$99 followed by optional online coaching twice a week for a month: \$79 per month.

### **Certification Class March 24-25**

to become a certified practitioner, allowing you to charge for your sessions, 2 days of class (14 hours total) followed by 8 weeks of mentoring sessions as you complete the requirements. - \$599. \$50 savings if register 2 weeks in advance.

[www.aromafreedomacademy.c](http://www.aromafreedomacademy.c)

Your Initial Consultation is FREE!

Introductory Service is only \$45! (savings of \$15)

Call or Email to book your appointment!

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