



## Balancing to Resolve Spinal Galant Reflex and its Effects on Bed Wetting and Irritable Bowel Syndrome

*In a previous article I described the challenges resulting from incomplete progression of infant reflexes, and how "retained" reflexes are at the core of many academic and behavior issues. Here is the story of a profound shift experienced by a recent client.*

"Annie" suffered from "irritable bowel" syndrome, periodically experiencing extreme pain and bloating in her lower abdomen, along with diarrhea and nausea. Bouts would last for days, during which she was miserable and sometimes had to stay home from work.

After a particularly intense series of bowel attacks two years ago Annie's doctor put her on a program that included a very restricted diet, prescription drugs to relieve bowel inflammation, and colon hydrotherapy (colonics). Her diet included only the most basic, bland foods. She could eat no starchy vegetables, no grains or flours of any kind (which meant no bread, pasta, rice or millet), and especially no processed foods, onions or raw garlic. This regimen helped a lot, but she had to stay on it very closely. If she nibbled on something outside this limited diet (especially her favorite -- ice cream) she experienced extreme symptoms that would last for days.

Annie's story raised my curiosity. I knew that bowel issues are closely associated with retained "Spinal

Galant" reflex. In children this often manifests as bed wetting or bowel incontinence. In adults it often manifests as irritable bowel syndrome.

I asked Annie if she had had bed-wetting issues as a child. She shared that she had not only wet her bed until age twelve, but had also had incidents of uncontrollable bowel movements that had even occurred at school. She described the shame and embarrassment of this (and the subsequent

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**Years of effort to control these reflexive movements in the bowel area take their toll, and result in "irritable bowel" issues.**

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teasing from her peers) when the school nurse had to call her mother for clean clothes in the middle of the day. Unfortunately, her parents chose the "ridicule and anger" route to deal with this issue. At the time of my session with Annie she had already been through years of therapy to weave back together the shreds of her self-esteem.

I explained to Annie about retained infant reflexes, and the specific symptoms associated with Spinal Galant. The Spinal Galant reflex is simply this: when one side of the low

back is stimulated (touching, stroking, etc.) it will trigger an involuntary jerking of the torso in the opposite direction: touch the left side, and the torso jerks reflexively to the right, and vice versa. It is believed that this reflex is nature's way of supporting the infant in wriggling through the birth canal: the left side is stimulated and the infant's torso jerks to the right, which causes stimulation to the right side and a reflexive jerking to the left, and so on throughout the birthing process.

Under normal circumstances this reflex simply falls away three to six months after delivery: after that time a touch to the lower back no longer results in a reflexive jerking to the side.

A person of any age with Spinal Galant still "active" will typically be very sensitive in the lower back area. To check this reflex we position the person in "hands and knees" posture with their back parallel to the floor. Then, using a fingertip or the eraser end of a pencil, we stroke up one side of the back, two or three inches from the spine, from just below the waist to halfway up the back. As we do this we notice any movement of the torso, and pay attention to any comments the person may make about how that made them feel. *Caution:* Always ask the person being checked to use the toilet first, especially if you suspect that they may have Spinal Galant reflex strongly "on." This check can cause a person to spontaneously urinate, especially if both sides are stroked at the same time.

I find it interesting to note that individuals who have Spinal Galant reflex still "on" frequently had

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**Dr. Paul Dennison teaching in Phoenix!**

**Whole Brain Reading, Mar. 8 - 9, 2002**

Details and registration information inside

*Dr. Dennison is the Developer of Brain Gym®*

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Caesarean section birth or very rapid vaginal delivery, requiring either little or no use of this reflex in the birthing process. My own belief is that, if this reflex is not called on in the birth process, the body is still “waiting” for it to be used, and so does not allow it to fall away. When this is the case, Spinal Galant reflex is left “on” throughout one’s life, causing all sorts of sensitivities.

**Adults or children** with Spinal Galant reflex still active in their body will often experience one or more of the following challenges:

- Difficulty sitting without squirming - often described as “ants in the pants”
- Extreme ticklishness
- Incontinence when being tickled
- Fidgeting or wriggling, especially when being held
- Does not like elastic waistbands, or labels inside the waistband
- Poor concentration and short term memory, thus making it difficult to take in and process information
- Odd posture or odd balance in walking or running (from years of unconscious body twisting or pivoting to avoid clothing rubbing the waist area)
- Low back pain or discomfort
- Dislikes having their back rubbed, or arm around their waist
- Dislike of seats with lumbar support
- Slanted sitting posture, where upper back touches the chair, but lower back does not
- Preference for sitting on a stool, or on a reversed chair (with the chair back to the side or front)
- Refusal to “sit back in your chair!”
- Bed wetting and/or soiling

There may be other causes for all of the above behaviors. But having a cluster of these behaviors is an indicator that the person may indeed be dealing with retained Spinal Galant reflex.

Annie recognized several of these traits as part of her childhood or present condition. In addition to her bed wetting and soiling issues she found elastic waistbands to be extremely irritating, and was also very ticklish.

**We moved forward** with Annie’s Brain Gym® balance session. Annie chose to balance for the goal “I live comfortably in my body,” and we addressed this goal by balancing to resolve Spinal Galant reflex, using the Brain Gym® balance process that is referred to in the first article in this series.

The “prechecks” for this balance showed that Annie was extremely sensitive to being stroked on her lower back. As I touched one side she jerked immediately and uncontrollably to the other.

At the conclusion of Annie’s balance (20 minutes later) it was clear that she had made a significant shift. In her postchecks the sensitivity of her lower back had greatly diminished. Stroking either side of her lower back now resulted in a “slightly tingly” sensation, and no body movement at all. And Annie was amazed at how flexible and comfortable her lower back now felt. I was interested to see what digestive shifts might occur over time, and looked forward to hearing from Annie.

**A week later** Annie emailed me to describe her delight: a few days after our session she had been at a university conference. She said,

“I ate whatever was available on the cafeteria food line -- things I couldn’t usually eat before, such as fried chicken, mashed potatoes, and corn. They didn’t bother me! I also tried Mexican food, and even though it was sort of greasy and had lots of starches, I was fine with it.... In the past ALL starches (except complex carbs from fruits and some veggies) used to make me hurt, especially if I ate them daily. I have had some minor bloating, but it has been far less than what I usually have.”

That was four months ago. In a recent email Annie shared,

“I’m doing even better now. There are so many more things I can eat, with only occasional minor discomfort. And I can even eat a bit of ice cream!”

**What is the relationship** between bed wetting, irritable bowel syndrome and Spinal Galant reflex? My belief is that, when one’s body is “primed” to react reflexively in this way, it is much more difficult to develop and maintain control over the muscles involved in remaining continent. And years of effort to control these reflexive movements in the lower back/bowel area may take their toll, and result in these digestive issues.

Claire Hocking, the Australian Brain Gym® consultant who developed this means of addressing Infant Reflex issues through the Brain Gym® balance process, has worked with numerous “bed wetting” children, and adults with irritable bowel syndrome. She has seen significant shifts, if not complete reversals, of most peoples’ issues using these Brain Gym balancing techniques.

**It is important to note** that Brain Gym® balances are not intended as a “cure” for bed wetting or irritable bowel syndrome. But as we address specific life issues through the balance process (such as Annie’s desire to “live comfortably in her body”) we often end up resolving the fundamental developmental challenges that are at their core.

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800-356-2109 www.braingym.org

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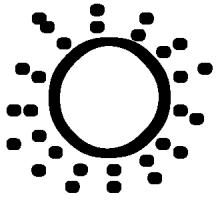


## **Edu-K In-Depth: Seven Dimensions of Intelligence**

taught by Colleen Gardner

**February 2-3-4-5, 2002 (Saturday - Tuesday) 9 am to 5 pm all four days**  
\$550, or Repeat for \$275

Call or check [www.centeredge.com](http://www.centeredge.com) for more information



# The Dennison Approach to Whole-Brain Reading!

**A course for teachers, reading specialists, administrators, and parents  
with Paul E. Dennison, Ph.D.  
creator of Educational Kinesiology/Brain Gym®**



Learn how to take the stress out of reading through the *practical application* of whole-brain theory

Discover how we can activate the brain to:

- receive new information
- organize effectively
- comprehend clearly
- communicate easily
- develop creativity



Participants will:

- Discover simple tools to facilitate reading and comprehension
- Understand the challenges we all share in learning to read
- Experience the importance of brain-dominance patterns and learning styles
- Learn to read more fluently
- Explore strategies for the classroom
- Discover how to recognize the learner's needs and learning pace
- Learn to use Brain Gym® to create a successful learning environment



Paul E. Dennison, Ph.D. is a professional educator, pioneer in applied brain research, and world authority on cognitive skills and reading achievement. He received his doctorate in education for his research on reading and cognitive development. His clinical research in the U.S.A. on the causes and treatment of learning difficulties resulted in the development of Educational Kinesiology and Brain Gym®. These programs are now used in more than 30 countries worldwide and translated into 12 languages.

In 1999 Dr. Dennison received the prestigious Reading Excellence Through the Arts Award from the International Reading Association for his exemplary work on behalf of children, teachers, literacy and the arts.



**Date:** March 8 and 9, 2002 (Friday-Saturday)

**Time:** 8:45 - 5:00 p.m.

**Location:** LaQuinta Inn, 2510 W. Greenway, Phoenix, AZ (N.E. corner I-17 & Greenway)

**Cost:** \$360.00 if paid in full by Feb.15, 2002 -- \$385.00 thereafter

Luncheon included both days.

All registrations must be paid in full by first day of course.

\$345.00 per person for four or more registrants from the same school, paid in full by Feb. 15.

**Registration form:** On reverse of this flyer, or [www.centeredge.com](http://www.centeredge.com)

**Contact:** Kathy Brown, M.Ed., 602-952-7001

(Co-sponsored with Whitehawk and Associates)

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# Registration Form for Whole Brain Reading with Dr. Paul Dennison

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

How did you find out about this course? \_\_\_\_\_

**Whole Brain Reading \$360** if paid in full by February 15, 2002

**Whole Brain Reading \$385** after February 15, 2002

**Whole Brain Reading - School Discount**

**\$345** each for four or more registrants from the same school, paid in full by February 15, 2002.

Please duplicate this form and send in all registrations together. Include either one check for the total amount or a separate check for each participant if paying individually.

School or school district \_\_\_\_\_

All payment must be received by the first day of class. (Sorry, no post-paid purchase orders.)

**DATE:** March 8-9, 2002 (Friday-Saturday)

**LOCATION:** LaQuinta Inn, 2510 W. Greenway, Phoenix, AZ  
(N.E. corner of I-17 and Greenway)

Please mail this form with your course fee to

**Kathy Brown / Center Edge • 4915 E. Pinchot Ave. • Phoenix, AZ 85018**

Checks payable to *Center Edge*

For more information please see our website at [www.centeredge.com](http://www.centeredge.com)

Contact: Kathy Brown, M.Ed. • 602-952-7001 • [kb@centeredge.com](mailto:kb@centeredge.com)

(Co-sponsored with Whitehawk and Associates)

## Brain Organization Profiles in April!

March 16 - 17, 2002 (Saturday - Sunday) 9 am to 6 pm both days

Registration: \$250 if paid or \$50 deposit received by March 3, \$275 thereafter

(Repeat for half registration fee)

Prerequisite: Brain Gym 101

Location: Center Edge Office, unless otherwise announced

Instructor: Kathy Brown, M.Ed.

### Which side of your brain you use for.... ?

Reading	Math	Writing	Communicating
Motivation	Memory	Relating to others	Other life activities

### What happens to your brain (and your ability to function) when you experience stress?

### What's happening neurologically as people experience.... ?

Reading difficulty	"Lazy eye"	Lack of motivation	"Lost" in daydreaming
Poor memory	Stuttering	Learning frustration	Don't seem to "hear" you
Lack of organization	Negative attitude	Poor comprehension	Jerky, stilted oral reading

### In this course you will....

Learn to assess adults' and children's brain organization profiles  
 Discover your own brain organization profile  
 Learn to enhance your abilities  
 Interpret what a person's organization profile may mean  
 Give new meaning to "right brained" and "left brained" -- and other misunderstood labels  
 Understand the role of early learning experiences in determining brain organization profiles  
 Identify and learn the importance of different organization profiles  
 Understand the effects each profile has on learning style  
 Relate the organization profiles to reading, writing, hearing, vision, motivation and social skills  
 Incorporate the tools of brain organization profiles into your Edu-K balances... **and more!**

## The Brain Gym® Course (Brain Gym 101)

February 22-24 (Friday - Sunday) 9-5 each day

April 5 - 7 (Friday - Sunday) 9-5 each day

June 5-7 (Wednesday - Friday) 9-5 each day

Prerequisite: None

Registration: \$350 (\$300 if paid by two weeks before course start)

Location: Center Edge office, unless otherwise announced

Instructor: Kathy Brown, M.Ed.

Often referred to as Brain Gym 101, this is the introductory course to Brain Gym. Brain Gym is the core element of Educational Kinesiology (Edu-K), a system developed by learning specialist Dr. Paul Dennison, in which simple developmental movements and processes are used to enhance physical, mental and emotional ease and functioning.

### What you will learn in the Brain Gym® Course:

- all 26 Brain Gym movements and how to use them to connect with your innate intelligence and ability
- a variety of simple yet powerful Brain Gym balances for yourself and others in the areas of positive attitudes, seeing, listening, writing/communication and whole-body coordination
- Dennison Laterality Repatterning to connect the right and left hemispheres of the brain, creating communication and coordination throughout the body.

*This date doesn't work? Please call. We'd be happy to arrange a Brain Gym 101 course or introductory program for your group, school or organization.*

# Course Registration Form

**Yes!** Please register me for the the course(s) noted below

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_

How did you find out about this course? \_\_\_\_\_

**Whole Brain Reading -- Please use separate registration form included in this newsletter or at [www.centeredge.com](http://www.centeredge.com).**

**Edu-K In-Depth: Seven Dimensions of Intelligence** – Feb. 2-3-4-5, 2002 (Sat-Tues)  
Course fee: \$550 - includes manual  
(or \$495 with your registration or \$50 deposit in by Jan 15, 2002) (repeat for \$275–please bring manual)  
LOCATION: La Quinta Inn (formerly Howard Johnson) -- 4727 E. Thomas Rd., Phoenix, AZ  
For accommodations at the hotel please call 602-956-6500  
\_\_ **I am enclosing** \$ \_\_\_\_\_ for Edu-K in-Depth  
My balance of \$ \_\_\_\_\_ is due on the first day of class.  
\_\_ **I am enclosing** a corporate or school district purchase order for \$550.

 **IMPORTANT --**  
**If registering for more than one course, please send separate checks...**  
**Thanks!**

**Brain Organization Profiles** – March 16 - 17 (Sat-Sun)  
Course fee: \$275 - includes manual  
(or \$250 with your registration or \$50 deposit in by March 2, 2002) (repeat for \$137.50–please bring manual)  
LOCATION: Center Edge office, address below  
\_\_ **I am enclosing** \$ \_\_\_\_\_ for Brain Organization Profiles  
My balance of \$ \_\_\_\_\_ is due on the first day of class.  
\_\_ **I am enclosing** a corporate or school district purchase order for \$275.

**Brain Gym® 101** – February 22-24 (Fri-Sun)

**Brain Gym® 101** – April 5-7 (Fri-Sun)

**Brain Gym® 101** – June 5-7 (Wed-Fri)

Course fee: \$350 (or \$300 total with your \$50 non-refundable deposit received two weeks before course start.)  
This fee includes the BG101 course manual and course text, *Brain Gym Teacher's Edition*.  
Repeat for \$175. Please bring books from your previous course.  
LOCATION: Center Edge office, address below.  
\_\_ **I am enclosing** \$ \_\_\_\_\_ for Brain Gym 101  
My balance of \$ \_\_\_\_\_ is due on the first day of class.  
\_\_ **I am enclosing** a corporate or school district purchase order for \$350.

**Please mail your course fee or deposit with this form to  
Kathy Brown / Center Edge • 4915 E. Pinchot Avenue • Phoenix, AZ 85018  
All deposits (or \$50 of each early full payment) are non-refundable unless we reschedule.**

For more information please see our website at [www.centeredge.com](http://www.centeredge.com) or call us at 602/952-7001.

Please wear comfortable and loose pants or shorts, and bring note taking materials. Water and snacks will be provided, but you are welcome to bring any snacks for yourself or to share. Restaurants are nearby for lunch, or bring your own.

***We look forward to having you in class!***

## From the Center Edge e-mailbox...

I recently presented a one-hour introductory workshop for an elementary school where I taught PACE (the three-minute Brain Gym® warm-up) and a bit about the basics of Brain Gym. The school principal emailed me with her thanks two days later, sending along this email she'd just received from one of the teachers in the workshop:

"I really enjoyed the Brain Gym seminar yesterday! I find it extremely interesting! I tried PACE with my students today, and had amazing results. I have a little boy in my class who is having a terrible time in spelling. He is below grade level in reading and just struggles with academics. Today we wrote letters to the Star Student and he turned in a letter that was amazing! He usually writes a couple of sentences and I can barely read them because the spelling is so bad. But, today he turned in a letter that had eleven sentences. Every word was spelled correctly (he said he had help on a few words), and his handwriting was much neater.

"He came up to me after Writer's Workshop and said, 'Mrs. Carpenter, why do you think I was able to write such a good letter? I just kept writing and writing. I never write that much.' I said, 'It's because your brain was turned on all the way. Didn't it feel good to have it turned on?' His eyes lit up and he smiled as he said, 'Yeah!'"

"If we have an opportunity to attend another seminar, I would love it!"

## For Further Information

Center Edge website: [www.centeredge.com](http://www.centeredge.com) • Brain Gym® website: [www.braingym.org](http://www.braingym.org)

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