

Brain Integration Client Follow-Up: Session 10 Handout

You have just completed 11 sessions of BIT after a thorough evaluation as to how you learn best. In order to obtain the ongoing benefit of this work, I want to remind you of the following suggestions that will help you continue to experience the wonderful effects of having a brain that is integrated:

- Continue to perform your daily exercises for the next 6-8 weeks as the nerve pathways formed are cemented. After that time you can continue on daily for the best benefit.
- Should you feel "unplugged" (ie. Eyes not tracking well or poor focus), first do your exercises. If that doesn't work you can contact me to utilize the Acuspark at the following pay scale \$30 each time or \$125 packet for 5 "sparking" sessions (15 minutes). If you need a full repatterning session (ie. Annual tune up) the sessions are billed at my current hourly rates as listed on my website (www.JayneHodgkins.com)
- Additional reports and meetings (such as IEP, ILP, behavioral meetings) are charged at my current hourly rates as listed on my website (www.JayneHodgkins.com)

Other helps:

- Bath soaks in 1 cup Epsom salts, 1 cup sea salt, 1 cup baking soda and also if you like, essential oils.
- Integrative activities such as soccer, martial arts, knitting, listening to Audio CDs
- Certain events make a "tune up" valuable such as: Surgery; Oral Surgery; Teeth Extractions; Antibiotic and/or Steroid Intake; Concussions; Accidents or any Trauma. Some Students benefit from an annual tune up in August before school starts especially for pivotal years such as Junior Year HS. Those appointment times fill up fast so please try to contact me at the beginning of summer.

Please understand that you are ultimately responsible the extent of the long term benefits of this therapy. The more you participate and self-advocate, the more progress you will make.

Blessings as you make Connections!
Jaynee Hodgkins, Wholistic Health Specialist
Original Design Connections
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