

# Upgrading Your Memory

## Through Brain Integration Technique

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www.lovejoytherapy.com

**B**rain Integration is an effective, lasting way to resolve memory problems. I work with a variety of different memory troubles people have. To help illustrate we look at a young man who excels in many areas of his life but has great trouble with remembering what he has read. The outcomes he experiences right after the sessions and still experiences are encouraging for all who have frustration with remembering and schooling.

People I have helped have a variety of memory troubles. Some people reread work e-mails 6-8 times in order to reply, have difficulty remembering lectures, instructions, people's names, scheduled events, books, and what they did yesterday. All of these memory troubles listed and not listed can be shifted with the Brain Integration Technique.

This technique combines acupuncture points with muscle testing in order to access the brain centers. It gently opens the necessary pathways in the brain, making it easier to take in information, process, store and retrieve it from the memory centers. During the session the person may read to me or do a series of memory tasks. Then they lie on a table, clothed and I use a combination of acupressure points to access the brain centers. With another set of points I hold in order to stimulate blood flow. The blood flow activates the brain's neurons. This enables brain centers to open

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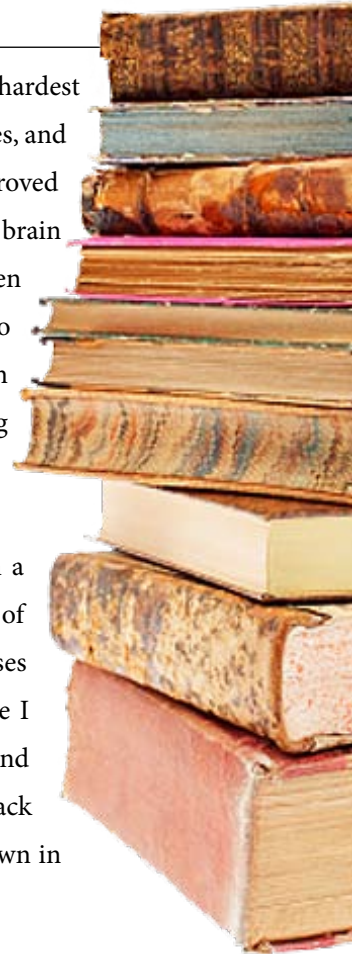
and connect with other brain centers, allowing the tasks of short term and long term recall to become easy again.

One 17 year old man I worked with had great difficulty remembering what he read. He had to read chapters several times to be prepared for a test. His base level of recall of two paragraphs was extremely low - only one general sentence. He had been kicked in the face by a horse when he was four. When there has been an accident, or a hit to the head, I go through a series of balances to make sure the brain as a whole is working well. The final one

or two sessions we focus on the hardest tasks i.e. remembering dates, names, and whole paragraphs. He had improved his recall from the initial series of brain balances, but the effects were even more dramatic after the final two sessions focused exclusively on recall. Two months after working with me, he wrote, “Seeing you definitely helped me in my studies and personal life. I have seen a big improvement in the amount of information I retain from my classes and the assigned readings. Before I got the basic gist of what I read and now I can remember and recite back almost the entire thing! It has shown in my grades.”

Many things will shift in peoples' lives with the brain fully integrated - some are intentional and some are unexpected gifts. He noticed, “A really important change has happened with BIT that we never specifically focused on. I am no longer groggy in the mornings. It helps me concentrate better in my early morning classes and I also feel better for the rest of the day.”

This young man had many things going right for him, yet he struggled in the arena of visual memory. His educational experience became easier and his goals for high school and college became attainable because of the Brain Integration sessions. Brain Integration is a technique that expands our memory abilities in a noninvasive and gentle way. Your memory can be restored by this technique, allowing you to more easily excel in school, work and engage with life.



~Alex Lovejoy