



Beverly & Grant Hunter

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My name is Beverly Hunter and I am co-owner of Turning on the Light Learning Centre, Inc. We work with children and adults with a wide variety of physical, mental and emotional challenges. Many of these challenges involve the Vestibular and Proprioception Systems. These include: **balance**, knowing where we are in space and relating to gravity, **vision** in coordination to balance and **integration of both of these in relationship to all our other senses**. We have been using balance boards for many years to assist in overcoming these challenges.

Alex Suaste's Power Plane Platform is unique in its design and extremely useful for many applications of physical, mental and emotional health. Our work is not focused on cardiac or body building workouts but rather the efficiency of the brain body connections. To discover where the missing links are we check for the efficiency of Primary and Postural Reflexes that a person usually establishes within the first 3 years of life and the Life Long Reflexes that are related more to our relationship to Gravity. The efficiency of the neuropathways of these reflexes help us to be more efficient and productive in our day to day activities.

Some of the areas of improvement in the children within the schools who have experienced balance board work were:

Mentally:

clarity
understanding
processing skill
comprehension
logical thinking
gestalt thinking
encoding
decoding
articulation
analytical thinking
recognition
organised

Physically:

coordination
groundedness
centered
improved energy level
stability
line of gravity
better posture
symmetry
flexibility
muscle tone
balance
body awareness
vision improvement
vision coordination

Emotionally

confidence
cooperative
enthusiasm
secure
happy
content
safe
empathic
stable
appropriate expression

There were a few children that were far below their grade level in many areas and all of them improved. Some of their first signs of improvement were in the physical areas and showed up in their energy level and their success in sports. Others, it was their involvement with their family members. All noticed their focus and their ability to stay on task longer. Those that were really challenged with their sense of balance often had vision disabilities as well. With these children it was important to start them off on a very stable board, so their eyes could be trained with their Head Righting Reflex. This reflex works directly with the vestibular system and lets the brain know which way the head is tilted. When our eyes muscles are not working to facilitate the

VOR reflex (Vestibular Ocular Reflex) the body and brain have to create new compensating responses to help take care of what it is we need or want to do. Some of these compensations may only be helpful in limited circumstances and in other situations they may be more of a problem creating injuries or frustration. Our primary reflexes are there to serve us throughout our lives as building blocks to higher achievements and skills. As the children's ability to stand still on the balance boards improved, we would let them move to the Power Plane Platforms. The extra height and increased curvature would add a whole new learning situation for their body. As they improved their line of gravity (having their head directly over their shoulders, hips and ankles) they would also have another boost in their physical and mental abilities.

Although we mostly work with challenged individuals, these Power Plane Platforms are good for everyone. All of us would love to improve in at least one aspect of the ones listed above. And we can by working with the simple and complex patterns of ball catching while on a balance board. When we are doing these patterns of activities we are integrating the information through all of our senses while activating the whole Proprioception and Vestibular Systems. Neuropathways from our natural reflexes are woken up and become active. The natural innate resources of our primary and developmental reflexes are being stimulated. As these reflexes are integrated into our whole body/mind system, we are able to build on them to create very elaborate and efficient higher level skills. All of our basic moves are based on our early developmental reflexes and often we have not used them for a long time or we have injured ourselves affecting the original pathway. In these cases we need to establish them again by activating the innate resource stored in our DNA. Just like the children with challenges that are often missing the integration of these basic developmental movement patterns. We feel the use of balance board equipment is extremely useful in activating those much needed neuropathways.

Another aspect that was found both personally and with clients is that personal health improved. More and more energy is available to facilitate stronger and efficient pathways of communication from cell to cell and less and less energy is used for the non effective compensatory pathways. This created less stress in the body which created better overall health. After a surgery, accident, illness or trauma of any kind, balance and a sense of where we are in space are affected. Activating the Vestibular and Proprioception Systems helps to bring the body back and I have personally found balance boards to be an incredible tool in this regard.

A balance board program can give an individual a stronger sense of being grounded and centered, it insists on improving posture and symmetry, and its effect on the Central Nervous System means less stress. The improved communication within the body (left/right, front/back, top/bottom) allows sensory information to be processed more efficiently. This results in better coordination, fewer accidents, improved alertness, better focus and an overall energized feeling. Yet, at the same time, muscles become more relaxed allowing us to fall asleep more quickly and sleep more soundly, naturally.

Both in my own life and that of my family, as well as in the lives of our clients at the learning centre, I have seen the impact of an ongoing balance board program. I have witnessed and experience the increase of strength, balance, groundedness and patience; improved alertness, focus, agility, the expression of positive feelings; reduction of stress and the overcoming of vertigo.

I have seen children become more coordinated, more organized (both at home and at school), more focused with the ability to think more clearly, resulting in improved grades at school. I have seen them become happier individuals, proud of themselves, with a new sense confidence and cooperation, along with an improved self image.

I think the Power Plane Platform is an exceptionally well designed and versatile piece of equipment and has application in virtually all of the situations I have mentioned. I believe your boards are an extremely valuable addition to any gym or rehabilitation clinic. Many exercises do not work with the line of gravity and, our experience indicates, the more the vestibular system can be activated, the faster muscle tone will improve. Because of our experience, we truly believe that working on a balance board develops or brings back the communication within the body faster than by doing exercise or rehabilitation on its own.

We encourage all participants involved in our balance board programs to first set their boards up in a safe environment and then to start each session by standing on their board (as still as possible) for 1 minute with their eyes open and then for 1-2 minutes with their eyes closed. This is an excellent way to start the day and stimulate the systems. We suggest taking regular 5-10 minute breaks on the board during long periods of time sitting in front of a computer screen or before starting homework. We have also had people stand on their board while learning new information (both adults and children) with excellent results. Thirty minutes to one hour every other day can be a good physical work-out as well as helping to build new neuropathways.

Thank you for the opportunity to share my thoughts, feelings and experiences with regards to balance boards in general and the Power Plane Platform in particular. I wish you all the best of success with your board and am happy to endorse the Power Plane Platform.

Sincerely,

A handwritten signature in cursive script that reads "B Hunter".

Beverly Hunter
President
Turning on the Light Learning Centre, Inc.