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HEALTH NOTES

Exercise program helps with dyslexia, ADD/ADHD

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The Learning Breakthrough program, a home-based balance exercise program for people with dyslexia, ADD/ADHD and other learning disorders, is now available for \$319 online at www.learningbreakthrough.com or through a toll-free number, (888) 853-2762.

Palm Beach Gardens, Fla., resident Louis Weissman has been instrumental in marketing the program for home use. It was developed in the early 1960s by Dr. Frank Belgau of California.

Belgau began experimenting to see if he could find activities that made an immediate observable improvement in children's reading and academic performance.

Last year, research conducted by two professors from Exeter and Sheffield Universities was published in the peer-reviewed scientific journal, *Dyslexia*, and indicated significant improvement in reading, verbal and semantic fluency, comprehension and dexterity from six months daily use of a home-based balance stimulation exercise program.

The Learning Breakthrough Program uses the Belgau Balance Board and a series of simple activities designed to tune the brain and rebalance its functions.

By performing the balance exercises of The Learning Breakthrough Program for 15 minutes, twice a day, sufferers can experience significant improvement with handwriting, reading and academic achievement almost immediately, proponents claim.

Improved balance requires the brain to react faster, researchers say, and faster reaction time is a factor that may improve one's ability to focus and pay attention. Measuring reaction time helps diagnose Attention Deficit Disorders (ADD/ADHD) and improving reaction time is one of the intents of prescription stimulant treatment such as Ritalin.

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