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Dr. Dennison earned his Doctorate in Education at the University of Southern California in 1975. He is a specialist in learning disabilities and has pioneered in treating dyslexia through the modality of kinesiology. He calls his techniques Edu-Kinesthetics.

**ABSTRACT:** Explored will be the relationship between posture and reading comprehension. Corrections will be made in the posture and the comprehension using reactive muscle and muscle lengthening techniques.

### **Back-brain/Front-brain Integration**

Why do some people read with speed and comprehension while others do not? There are many reasons for reading failure. The Basic E-K class addresses the subject of Dyslexia. We explain Dyslexia in terms of right-brain/left-brain imbalance. We discover that one cerebral hemisphere, usually the right, is "switched-off" preventing hemispheric integration. We discover, through E-K testing, how best to switch-on and synchronize the right and left-brain, and the Dyslexia symptoms are corrected.

Good reading, however, is more than correct decoding of the printed page. To really understand what one reads, one must pass the Comprehension Test. The test is simple. Ask someone to read a paragraph. Now ask him to tell you what he has read in his own words. If a previously strong indicator muscle goes weak, there is a problem. Assuming that you have ruled out Dyslexia and the person is "switched-on," the person may have a back-brain/front-brain imbalance which results in an inability to grasp the essential information and reconstruct it in his own language!

The front-brain, similar to the left-brain, deals with those cognitive activities which require a logical, linear, verbal, and analytic type of processing. The back-brain is instinctive, intuitive, psychic and reads between the lines. Just as we need left-brain/right-brain integration in order to "cross the midline for decoding and encoding," we need back-brain/front-brain integration to pay total attention to the meaning of what we are reading.

Further testing of someone who fails the Comprehension Test reveals that a previously strong Latissimus Dorsi muscle will now test weak. A challenge muscle test of the anterior-posterior aspect of the mastoid process will show one or both weak. A challenge of the sacrum will show one or both sides weak as well.

Analysis of the person's posture will find the knees locked. Ask them to read again with knees slightly bent and comprehension will improve! The above indicators will test strong as well. The knee-locked posture has evidently become a pattern when processing information. The body has become a metaphor of the inability to integrate front and back-brain functions. For this person, the front-brain is usually off and the back-brain is usually on. When reading, the front-brain is on (stress), and the back-brain is off.

To help this person, we must help him to experience front-brain/back-brain integration naturally. Standing with knees bent is not comfortable for him as his muscles are out of balance. We must make it feel unnatural to lock the knees!

It has been discovered by E-K research that the knee-locked posture blocks the flow of cerebro-spinal fluid between the sacrum and the occiput, preventing sufficient energy for back-brain/front-brain integration.

The correction is to restore equilibrium in the body by eliminating all reactive muscles. This is achieved, in addition to spindle cell therapy where needed, by golgi cell therapy in the feet, Upper Trapezius, and Hamstrings--three abused areas in our society.