



Brain Balance Achievement Centers of Overland Park

by **sherry I. granader** |

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molly malone photography

“**A**t the start of the school year, the principal and I were on a first-name basis, daily. My son was out of control. The parent-teacher conferences were held a few weeks after my son attended the Brain Balance Achievement Centers in Overland Park, and I could not believe the difference. I cried when all of my son’s teachers told my husband and me how much better he was doing, not blurting out during class. Now I rarely hear from the principal. It is truly amazing the difference in my son’s behavior,” said Mary Jo Ward, Brain Balance Mom.

When the summer season comes to an end and it’s almost time for school to begin again, many parents begin to feel anxiety and tension rather than enjoying shopping for back-to-school clothes and supplies. Parents foresee a future of receiving phone calls and letters from teachers telling them their child misbehaves, can’t focus or is unruly during

class and toward other students. They are often at a loss and don’t know where to turn.

Brain Balance Achievement Centers is able to identify the root cause of why a child is struggling with academics or behaviors, or is having difficulties socially. Many families have tried everything only to find nothing has worked, or something may have worked for a little while and then the progress ceases. Brain Balance Achievement Centers recognizes that addressing the symptoms is not the answer. Understanding the causes of the symptoms and addressing them at the core is the only way for children to reach optimal levels of brain function.

Center Director Rebecca Banks noted, “Symptoms are a result of a disconnection between the two hemispheres of the brain. You have one hemisphere that is functioning more typically, or even functioning above chronological age, and the opposite hemisphere is not contributing. This is because there are areas in the brain that are under-



connected, which results in the inability of the brain to effectively process information between the two hemispheres.”

Brain Balance Achievement Centers specializes in comprehensive assessments that determine the specific areas in the brain that are underdeveloped. The comprehensive evaluation consists of three separate appointments; the first is a functional sensory motor assessment, followed by the Wechsler Individual Achievement Academic Test. Finally, the family meets with the center director to hear the report of the assessment in addition to the recommended treatment plan.

When a family enrolls in Brain Balance Achievement Centers, an individualized plan is created specifically for their child’s challenges. The plan includes a combination of nutrition, sensory motor and neuro-academic programming, in addition to behavioral intervention strategies. Brain Balance families understand the impact that nutrition has on brain function. Let’s face it—nutrient-dense food is sorely lacking in our school cafeterias throughout the United States and its absence is impacting our children in more ways than one, particularly in their brain function.

The science behind the center’s program to help children and their families conquer these brain/body issues is both individualized and comprehensive. A careful analysis of blood and urine is conducted to determine guidelines and strategies that can jumpstart a child in the right direction. The directors and nutritionists then initiate a customized plan for the child that includes better eating plans with dietary habits that are adaptable as improvements are made. Nutrition 101 teaches families what good nutrition looks like and how it impacts the brain.

Once the lab work is returned to the center, the program becomes more individualized and addresses specific food items that their child is sensitive to and that are affecting their brain activity. Future appointments are scheduled with additional support in the form of meal planning, recipes, grocery shopping lists, and more. It can be challenging for the entire family to make the changes necessary; however, everyone becomes

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aware of the toxins in food and how these substances can affect their overall health.

The goal of Brain Balance Achievement Centers is to get everyone on the same page regarding their child's physical, social, behavioral and academic potential. The staff is passionate about helping thousands of children who suffer with ADD, ADHD, learning disabilities, dyslexia, Tourette syndrome, Asperger's syndrome, oppositional defiant disorder, obsessive compulsive disorder, and autism spectrum disorders. Parents receive continuous feedback, support, encouragement and expert advice that yields results tailored for them and their child.

Many times, immediate results are noticed as the child's behavior changes for the better and new connections are created in the brain. Results are different for everyone; however, Brain Balance Achievement Centers is committed to helping both parents and families face the challenges with which each child struggle. Brain Balance Achievement Centers not only identifies the cause of symptoms, but for the first time families have a sense of hope and direction to help each child reach their unlimited potential. ■

Brain Balance Achievement Centers is located at 6406 College Boulevard in Overland Park. Call 913-627-9400 for more information or to make an appointment. Mention this article and receive \$75 off your initial assessment.