

ReadingOCI+

Doctor Rahko, a Finish doctor has noticed during his researches that using natural body moves, in a very precise succession, it was possible to improve the reading quality for children suffering from dyslexia. It was also noticed that by using this procedure some headaches would vanish. His statement is that the cochlea and the vestibular canals (part of the inner ear) can contain some sand deposit creating troubles. To clean them a series of specific soft moves can clean them.

Before being able to start the moves described hereafter, a simple test needs to be performed. It will enable you to define the patient's tendency, left or right:

- Ask a third person to position himself in front of you and observe you
- Stand upright, your feet joined together
- Bend down at a minimum angle of 30°, do it as you were used to at the gym
- Close your eyes
- Come back to your upright position keeping your eyes always closed
- Remain quiet for about 30 seconds
- Repeat the move about 4 to 5 times, sometimes more
- The person observing you will, after the 3rd or 4th repetition, see that you are always moving your body slightly towards the right or the left. This defines your tendency.

Steps

Lay down on you back with your arms along your body. Your head has to be aligned to your body and lay flat. Remain quiet in this position for 30 seconds.

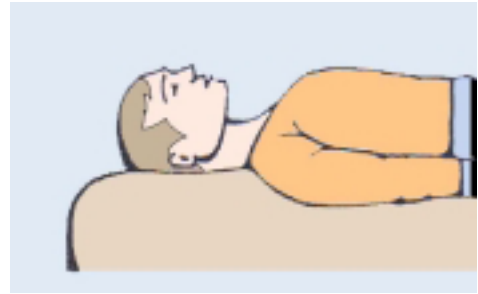
Role on your left side. Place your left hand below your head. Your head needs to remain aligned with your spine. Remain quiet in this position for 30 seconds

Role to have your face looking down. Maintain your head perfectly aligned with your body and your spine, without exercising any tension on your neck. Remain quiet in this position for 30 seconds.

Role on your right side. Put your right hand underneath your head. You head has to be well aligned with your body and your spine. Remain quiet in this position for 30 seconds.

Sit in a chair with armrests. Remove any tension from your shoulders and stay like this for two to three minutes.

Tendency to move towards the right



Steps

Lay flat on your left side at the edge of your bed with your head hanging down. Remain quiet in this position for 30 seconds

Tendency to move towards the right



Come back with you head on the bed. Put your left hand underneath your head. Your head has to be well aligned with your body and your spine. Remain quiet in this position for 30 seconds.



Remain on your left side lift your body, holding your head with your left hand. Remain quiet in this position for 30 seconds.



Sit in a chair with armrests. Remove any tension from your shoulders and stay like this for two to three minutes.

Steps

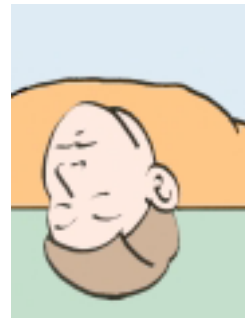
Lay flat on your back make sure that your nose forms with your body a 90° angle. Remain quiet in this position for 30 seconds.



Lay flat on your back with your head hanging down, out of your bed with a slight bend at 45° towards the right. Remain quiet in this position for 30 seconds.



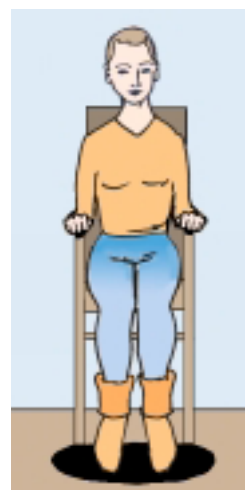
Lay flat on your back with your head hanging down, out of your bed with a slight bend at 45° towards the left. Remain quiet in this position for 30 seconds.



Lay down on your bed on your left side with your head hanging out forming with your spine a 135° angle. Remain quiet in this position for 30 seconds.

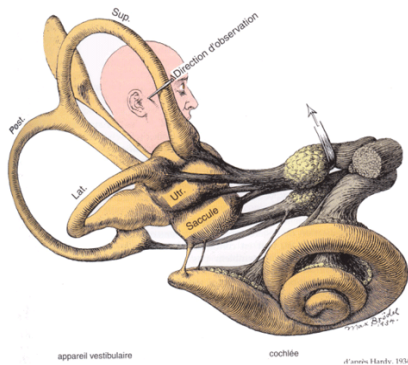


Sit in a chair with armrests. Remove any tension from your shoulders and stay like this for two to three minutes.



Tendency to move towards the right

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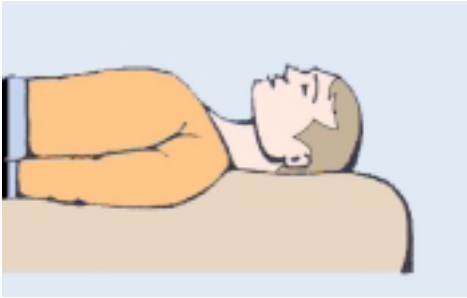
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- The person observing you will, after the 3rd or 4th repetition, see that you are always moving your body slightly towards the right or the left. This defines your tendency.

Tendency to move towards the left

Steps



Lay down on your back with your arms along your body. Your head has to be aligned to your body and lay flat. Remain quiet in this position for 30 seconds.



Roll on your right side. Place your right hand below your head. Your head needs to remain aligned with your spine. Remain quiet in this position for 30 seconds



Roll to have your face looking down. Maintain your head perfectly aligned with your body and your spine, without exercising any tension on your neck. Remain quiet in this position for 30 seconds.



Roll on your left side. Put your left hand underneath your head. Your head has to be well aligned with your body and your spine. Remain quiet in this position for 30 seconds.



Sit in a chair with armrests. Remove any tension from your shoulders and stay like this for two to three minutes.

Tendency to move towards the left

Steps



Lay flat on your right side at the edge of your bed with your head hanging down. Remain quiet in this position for 30 seconds



Come back with you head on the bed. Put your right hand underneath your head. You head has to be well aligned with your body and your spine. Remain quiet in this position for 30 seconds.



Remain on your right side lift your body, holding your head with your right hand. Remain quiet in this position for 30 seconds.

Sit in a chair with armrests. Remove any tension from your shoulders and stay like this for two to three minutes.

Tendency to move towards the left

Steps



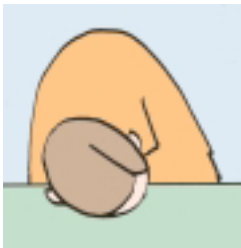
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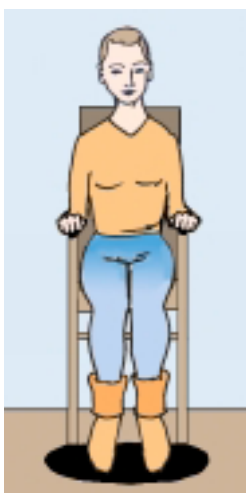
Lay flat on your back with your head hanging down, out of your bed with a slight bend at 45° towards the left. Remain quiet in this position for 30 seconds.



Lay flat on your back with your head hanging down, out of your bed with a slight bend at 45° towards the right. Remain quiet in this position for 30 seconds.



Lay down on your bed on your right side with your head hanging out forming with your spine a 135° angle. Remain quiet in this position for 30 seconds.



Sit in a chair with armrests. Remove any tension from your shoulders and stay like this for two to three minutes.