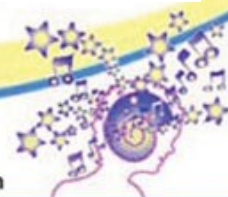




Berard Auditory Integration Training Systems, Inc.

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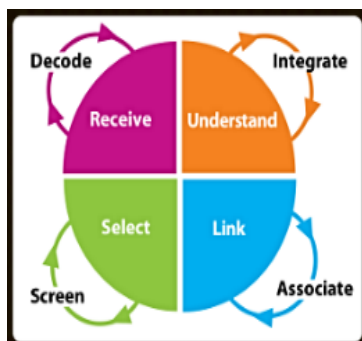


ABOUT AIT

This 10 day intensive listening program helps children and adults improve hearing sensitivities, speech and language issues, and brain function. Autism, ADD, CAPD, Depression, and Dyslexia are just some of the conditions AIT can improve. It is a non-invasive, soothing method of intervention with proven results. By normalizing the brain and sensory systems, AIT acts as an excellent precursor to other therapies. We make AIT available everywhere by providing an "In-Home" program for those who live at a distance.

"AIT Helps"

Auditory Integration Training is a form of auditory re-training that can enhance well-being in a wide range of situations. The emphasis of Berard AIT is on educational difficulties, particularly listening skills, problems basic to phonics, reading and spelling difficulties, as well as to problems and issues associated with Auditory Processing Disorder (APD), Autism, Dyslexia, Sensory Processing Disorder (SPD), and other learning disabilities. As you will read in our interview of Adam Greaves by Lori Penny, it is also very helpful with Traumatic Brain Injury (TBI).



Sparkling Mint Limeade



Ingredients

- 3 cups sliced strawberries
- 1/2 cup loosely packed fresh mint leaves
- 1/2 cup fresh lime juice
- 1/4 cup cold water
- 1/4 cup agave nectar
- 1 (740 ml) bottle sparkling wine, chilled

***or substitute cold club soda for the wine**

Place first 5 ingredients in a blender; process until smooth (about 1 minute). Refrigerate. Pour about 1/2 cup cold strawberry mixture into 6 glasses. Slowly pour wine into each glass, gently stir to combine. Garnish rim with a whole strawberry and enjoy!

G.O.! (Get Outside)

For a fun, sensory stimulating outdoor activity, try these Nature Bracelets. They're easy to make and perfect for all seasons.

You'll Need: Masking tape

What You'll Do: Wrap a strip of masking tape, sticky side up, around your wrist until it sticks together, making a bracelet. Head outside and let your senses lead as you take a walk searching for items to create a textural, colorful nature bracelet.



"Adam & AIT"

by LORI D. PENNY

I met with 26yr old Adam Greaves, new father, computer expert, and musician of Asheville, NC. After suffering from multiple concussions, Adam began suffering from speech delays and poor equilibrium (balance). We talked about how AIT is working for him and the unexpected benefits he gained.

LDP: Why did you choose AIT?

AG: "I've had five concussions in my life, the most recent being from a car accident. I developed speech delays and balance issues because of them. AIT was recommended after more traditional interventions failed to resolve these issues.



LDP: What were you experiencing? What was your life like before AIT?

AG: Very frequently, I would go to start a sentence; but before I could complete my thought, I would forget what I was saying. I would have to stop, think, and take the time to remember what I was talking about before I could finish my sentence or thought. I would also stumble out of nowhere, a lot, causing me to lean against walls for support.

LDP: How soon did you notice a change?

AG: Right away! After the 3rd session I realized I was feeling better. I could notice the changes on a day to day basis.

LDP: How has your life changed since AIT?

AG: "It's a lot better!" I don't stumble anymore, in fact my problem with balance is completely gone! It was so amazing! I have no more issues with balance. That problem is totally fixed.

LDP: What did you like most about the program?

AG: It was enjoyable! It didn't feel like work; just enjoying music. I liked that it didn't require any effort on my part. Also, that I didn't have to wait until the end of the program to notice positive changes.

LDP: If you could share one more thing about your AIT experience, what would it be?

AG: If you have the means to do the program there's no reason not to do the program. AIT doesn't chase symptoms. Instead it works to alleviate the root of the problem. Because it's safe, enjoyable, and effective, I recommend AIT to anyone who could benefit from the program.

If you'd like to have your personal AIT story featured in our newsletter or website, send a pic and paragraph to info@aithelps.com

If you have a friend who you think may benefit from this information we will be happy to send him or her a copy of this newsletter.

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