



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Cross-Crawl Exercise

Electrical impulses pass between the two hemispheres of the brain. They must get back and forth to coordinate body functions. Cross-Crawling, like walking while being completely present and aware of the motion of walking, facilitates balanced nerve activation across the corpus callosum (that part of your brain that connects the right half to the left half.) When done consistently, new nerve networks form, and more connections are made in the corpus callosum, thus making communication between the two hemispheres faster and more integrated for high-level reasoning.

The Cross-Crawl movements should be performed very slowly. When the exercise is done slowly, it requires more fine motor involvement and balance, consciously activating the vestibular system and the frontal lobes. The finer the muscle involvement, the more frontal lobe involvement in conjunction with the basal ganglion of the limbic brain and the cerebellum of the brain stem.

Cross-Crawl is excellent for activating full mind-body function, especially for those with dyslexia, stroke, or other debilitating diseases needing lots of physical therapy to relearn daily functions. Cross-Crawl should be done as a daily exercise.

HOW TO DO THE CROSS-CRAWL EXERCISE:

1. Start by thumping the K-27 points, which is an acupuncture point on either side of the upper sternum. Doing this will help your body be present while exercising and it also stimulates the immune system.
2. March in place, lifting an arm and the opposite leg as high as possible TOGETHER. Speed is not as important as full range of motion. In fact, the slower this exercise is performed the greater the control necessary and the greater the benefits.
3. Bend your right leg at the knee, while swinging your left arm in front of you across the centerline of your body. Touch your left elbow to your right knee.
4. Now bend your left leg at the knee and touch your right elbow to the left knee.
5. Feel the energies crossing over, invigorating you. Try to repeat the exercise 25 times for each leg. Focus on building that habit into your energy field.



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THE HOMOLATERAL CRAWL:

If doing the cross crawl seems hard, or you find yourself lifting the arm and leg on the same side of the body at the same time, or if you feel down in the dumps... then it is likely that your energies are not crossing over from one side of the body to the other. That is a condition known as homolateral (which means same-sidedness.) When our energies are running straight up and down instead of in "sweeping 8's", we have access to only about 50% of our energies. Because of this, it is hard to process information, heal, learn, grow, change, and create.

It is possible to find oneself in a homolateral state from time to time. Some of us have been living with stress for so long that our energies have stopped crossing over. This can result in feeling "brain dead" or "spacey". Cross-Crawl can re-introduce our energies to the pleasures of crossing over!

Anyone can do this exercise, but it is most effective for people whose energies are running up and down instead of crossing over from left to right and right to left. Try it and see if it makes you feel more focused and alive. Everyone is different. You need to find the exercise that works for you, then branch out and stretch a bit to different exercises. To give the exercise extra power, try twisting your head from side to side as you do the exercise.

If you feel better after doing this exercise, try incorporating it into your life three times a day for 30 days. This is how long it takes to form a new habit. You are replacing an old, ingrained habit with a new one... so show your body you are serious about making the change.

It is best to do this sitting or lying down on a flat surface (like your bed or a massage table). We are going to challenge our bodies to do something unfamiliar and you do not want to strain yourself. The whole premise of this exercise is to honor the current rhythms and habits of our energies and then invite our energies to try something new.

1. Lift your right arm and your right leg. Then put them both down.
2. Lift your left arm and your left leg. Then put them both down.
3. Repeat steps 1&2 about 12 times for each side for a total of 24 repetitions.
This will get you in tune with the homolateral pattern. You are inviting your body to do what it recognizes.
4. Now do the Cross-Crawl exercise above for another 24 repetitions (12 repetitions for each side of the body.)
5. Remember to breathe and rest as you go. There is no hurry. Take your time.



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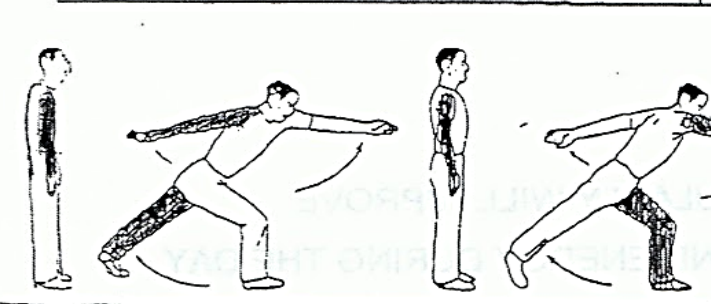
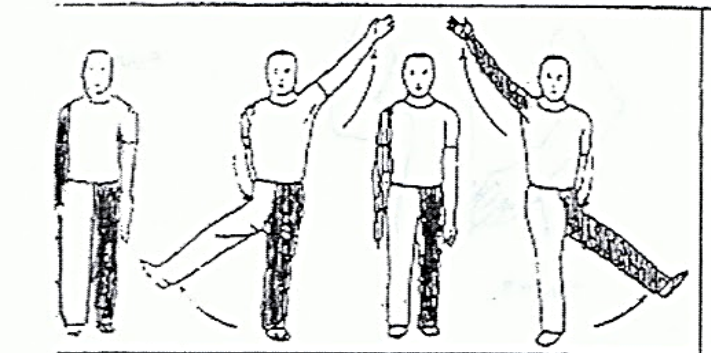
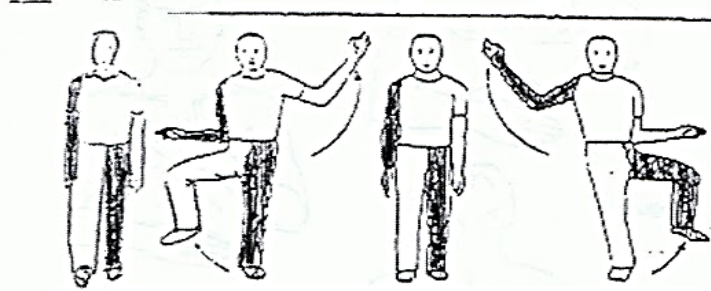
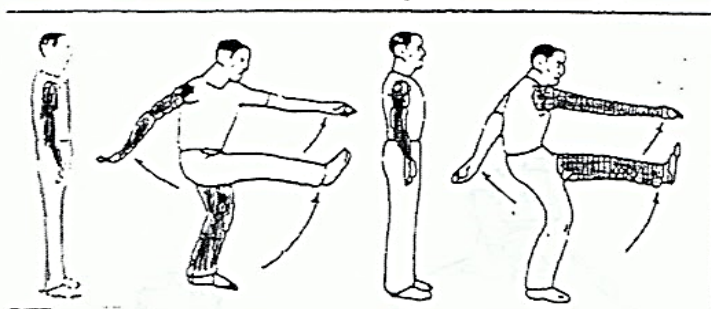
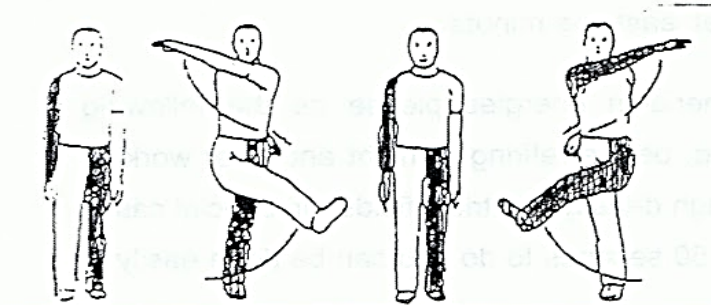
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CROSS-CRAWL EXERCISE PATTERNS



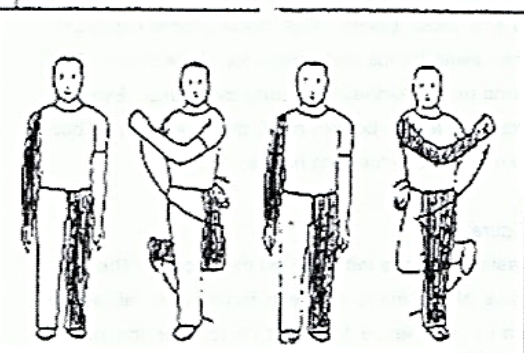
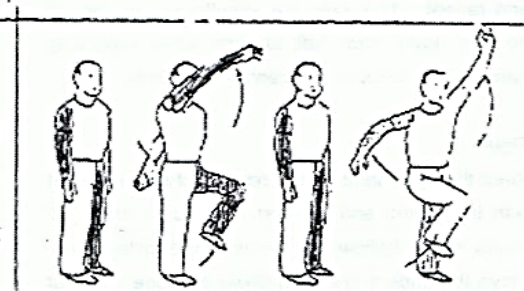
Cross-Crawl Exercises

Contralateral exercises may be devised for exercise and flexibility. Used after muscle tests and treatment they assist in improving coordination and memory and learning skills. To help young children achieve coordination adults may move limbs as shown.



A movement repeated on each side = 1 set.

Do 25 sets x 4 times each day



It is more fun, and even more effective, when the exercises are done to uplifting, enjoyable music. Doing them on a rebounder multiplies the effect even more.