




Dear Friends,

I'm excited to introduce you to the Learning Breakthrough Program (LBP), an effective, innovative, inexpensive, movement-based treatment for ADHD and reading problems.

I am always looking for new, non-medication treatments for both ADHD and reading problems, and I believe this is one of the best. It is actually not new, in that it has been in use clinically for 30 years. However, some of the science behind it is new. It is based upon the principle of neuroplasticity and stimulating the cerebellum, a region at the back of the brain that has connections to the front parts of the brain, which is where the symptoms involved in ADHD and reading problems originate.

By stimulating the cerebellum through physical activity, such as standing on a balance board, throwing beanbags, tracking a pendulum ball that was tapped with a stick, and a variety of others, you can actually bring about improvement in concentration and reading fluency, by taking advantage of the connections from the cerebellum to the front parts of the brain.

The beauty of the Learning Breakthrough Program is that it is affordable, convenient, and actually fun. You order the kit and do the exercises at home. You can demonstrate for yourself that it is working by doing the before and after comparative tests provided with the kit. So, you get immediate positive reinforcement, which is a powerful motivator to keep you, or your child, doing the activities.



"I have seen firsthand the extraordinary power of the Learning Breakthrough exercises in improving concentration, memory, reading, verbal fluency, and mental dexterity, as well as confidence."

Dr. Edward Hallowell

One of my sons and my wife benefitted enormously from cerebellar stimulation activities, my son with a reading problem, and my wife with a coordination problem (yes, these activities also improve coordination and athleticism!).

LBP can--and should--be used as part of a comprehensive treatment program that also includes education, coaching, tutoring, perhaps medication, and perhaps additional complementary treatments.

I am so enthusiastic about the Learning Breakthrough Program that I have leant my name to endorse the product. While we do need more research to prove the efficacy, I have seen enough anecdotally for me to be a big-time fan of this effective, convenient, and affordable treatment.

I think Learning Breakthrough Program is one of the most exciting innovations in the treatment of ADHD and reading problems since the advent of stimulant medication in 1937. And it carries the possibility of going one better than medications, in that it addresses underlying causes.

The only drawback to Learning Breakthrough is that not enough people know about it. I hope to help in the effort to change that soon!

To learn more, go to the LBP web site, www.learningbreakthrough.com

Edward Hallowell, M.D.