

# INDEX OF CONDITIONS

*From RAPPIN' ON THE REFLEXES by Eve Kodiak, M.M.*

*Note:* Working with the reflexes is helpful in most situations. Sometimes, it can be the most important piece of a learning puzzle. However, there are many other possibilities to be considered. Injuries, allergies and immune system disorders, genetic, environmental, social factors all play a part. Other kinds of educational and wellness work may be required. Infant reflex work is most helpful seen in the context of a whole person.

*Any reflex can mediate for any condition, depending upon the circumstances. What follows is a series of suggestions. Follow your instincts.*

**All Conditions:** Everything we do requires the basic power of breath. **First Breath**, for integrating the Moro Reflex, is useful for addressing every condition. **Evolution**, includes movement patterns that suggest all the reflexes. This movement sequence can be used when you want to cover all the bases. **Walking on My Bottom** simultaneously activates the craniosacral pump and anchors a cross-lateral patterning; it's great for mental activity. And I've found **Well, Well, Where's Your Turtle Shell** to be my single most useful group activity. It has a magical ability to create a sense of inner and outer quiet.

**ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactivity Disorder).** These conditions can have such a broad range of causes that *any* of the activities may be right. Try a variety and notice which ones best elicit a sense of focus and presence. After going through the list for "all conditions," I'd look at **Coyote Vowels, Safe and Sound, Grrr. . . Mmmm, Pull Up A Bucket, and Four-Sided Feet.**

**Aggressiveness.** **Well, Well, Where's Your Turtle Shell?** anchors the core and helps to keep limbs from flying out in anger, and **Grrr. . . Mmmm** integrates hands and mouth, creating a movement from anger to contentment.

**Agoraphobia.** **Turtle, Turtle, Say Hello To Me** and **Safe and Sound** create a safe base, from which it becomes possible to explore the wide open spaces.

**Alzheimer's.** For beginning stages of forgetfulness, I'd begin with **Baseball Boogie.** For more advanced stages, I'd begin with **Grrr. . . Mmmm** or **Stuck.** Also recommended: **Well, Well, Where's Your Turtle Shell?** and **Pull Up A Bucket.**

**Aphasia.** **Stuck, Coyote Vowels, and Elevator** help connect mouth movements

with intentional sounds. **Mix it Up** helps by integrating movements across the midline with rhythmic speech, while facing another person speaking the same words.

**Asthma.** Try all the activities dealing with breath and safety, especially: **Blow, Wind, Blow, Well, Well, Where's Your Turtle Shell?, Coyote Vowels,** and **Safe and Sound.**

**Auditory Processing.** All activities. Especially **Coyote Vowels** and **Elevator**, for activating the semicircular canals through specific pitches and vowel sounds, and **Pull Up a Bucket** and **Baseball Boogie** for activating the head-righting reflexes.

**Autism.** It is imperative to create the body as a safe place for consciousness to enter. **Safe and Sound** begins with rocking, and develops this safety into an upward motion of awareness. **Grrr. . . Mmmm** expresses anger and hunger, and transforms it into safety and contentment. **Pull Up A Bucket** instructs in self-comforting, and then reaching out to others. All of the activities having to do with breath, such as **Blow, Wind, Blow, Coyote Vowels,** etc. are also recommended.

**Back Pain.** Everything in the book! Especially **Well, Well, Where's Your Turtle Shell?, Walking On My Bottom, Pull Up A Bucket,** and **Four-Sided Feet.**

**Balance.** **Walking On A Stony Beach, Robot Rap,** and **Four-Sided Feet** all involve balancing on one foot.

**Bedwetting.** **Well, Well, Where's Your Turtle Shell?** brings awareness of the core. **Pull Up A Bucket** integrates spinal reflexes which are specifically indicated for bedwetting, and **Four-Sided Feet** integrates the *Babinsky Reflex*, which works the peroneal muscles controlling the bladder.

**Bonding Difficulties.** **Safe and Sound, Pull Up A Bucket, Grrr... Mmmm,** and **The First Breath** all tell stories that move from an insecure place to a safe one, both within the self and with others.

**Boundary Issues.** **Well, Well, Where's Your Turtle Shell?** establishes a personal core, which can take the edge off the desire to violate someone else's. **Mix It Up!** and **X Marks the Spot** teach appropriate boundaries through touch.

**Claustrophobia.** **Elevator** helps traverse inner space, activating the hearing and balance mechanism of the ear. Being in control of the elevator helps dissipate the fear of being confined in closed-in spaces. **Well, Well, Where's Your Turtle Shell?** helps by creating a sense of inner calm.

**Coordination: Gross Motor.** All activities. Especially **I Am A Lizard, Walking on My Bottom, Walking on a Stony Beach,** and **Four-Sided Feet.**

**Coordination: Fine Motor.** **Shy?, Grrr. . . Mmmm,** and **X Marks the Spot.**

**Compulsive Talking.** I'd especially recommend **Evolution.** Compulsive talking

disconnects mind and body, so any grounding activity, like **Safe and Sound, I Am A Lizard, and Four-sided Feet**, can help. **Shy?** helps bring talk into the realm of real communication. **A Lot of Pie, Mix It Up, and X Marks the Spot** all ground the activity of talking with rhythm patterns that require eye/hand/mouth coordination, and a social sense. (I'd also observe very carefully and begin asking questions. Compulsive Talking is usually a smoke screen for an overwhelming problem of physical or emotional safety in a relationship).

**Depression.** Try any activities that help lift the sphenoid, such as **Stuck, Raft and Canoe, and Grrr. . . Mmmm. Pull Up a Bucket and Four-Sided Feet** promote stability and security, and **Baseball Boogie** helps turn off unwanted thoughts. **Elevator** gets the whole head vibrating. Just plain singing works, too.

**Dyscalculia.** **Elevator** requires the kind of measured spatial awareness necessary for mathematical processing. **A Lot of Pie, Mix It Up, and X Marks the Spot** promote the necessary rhythmic awareness. Also see **Dyslexia**.

**Dysgraphia.** **Grrr. . . Mmmm, Shy?** and **X Marks the Spot** are specific for integrating the movements of the hands and fingers. Also see **Dyslexia**.

**Dyslexia.** Try any activities that 1. stimulate head-righting responses, such as **Pull Up A Bucket**, or 2. that promote auditory recognition, such as **Coyote Vowels** or **Elevator**, or 3. require crossing the midline in locomotion, such as **Walking on A Stony Beach**. 4. Crossing the midline using body percussion, as in **A Lot of Pie** and **Mix It Up!**, is particularly helpful.

**Eating Disorders.** **Grrr . . . Mmm** is the best, being a movement story about the natural course of eating. Also: **Body Ball** and **Safe and Sound** for oral and anal rooting, **Stuck** for more mouthing activities, and **Pull Up A Bucket** for deep security issues.

**Handwriting.** See **Dysgraphia**.

**Information Integration.** All activities with lateral movements, especially ones that cross the midline. **Well, Well, Where's Your Turtle Shell?, Four-Sided Feet, Walking on my Bottom, Walking on a Stony Beach,** and **Baseball Boogie** are particularly good.

**Fearfulness.** **Safe and Sound**, with its soothing rocking motion, is excellent. **Well, Well, Where's Your Turtle Shell?** helps by locating the core. **Blow, Wind, Blow** helps create a sense personal power. **Grr...Mmm** and **Pull Up A Bucket** enact stories that move successfully from a stressful situation into a harmonious one.

**Math Phobia.** See **Dyscalculia**.

**Memory.** Any activity that leans to the side, such as **Baseball Boogie** and **Four-Sided Feet**. **Coyote Vowels** and **Elevator** stimulate aural recognition.

*Monotone.* **Elevator**, with its returning to a resting tone, and **Turtle, Turtle, Say Hello to Me**, with its simple, repeated refrain, are specific for this condition. **Coyote Vowels**, and **Blow, Wind, Blow** also promote basic pitch awareness. Singing any of the songs will help.

*Obsessive-Compulsive Disorder.* I'd focus on oral activities, like **Body Ball, Stuck, Grrr. . . Mmm**, and **Stuck** and ones that connect the core, like **Well, Well, Where's Your Turtle Shell** and **Turtle, Turtle, Say Hello to Me**. **Safe and Sound** has a soothing rocking motion that is very helpful for releasing a "stuck" state of mind.

*Posture.* **Safe and Sound, Raft and Canoe** and **Pull Up a Bucket** work with arching the back in different positions. **Walking on My Bottom, Walking On A Stony Beach** and **Four-Sided Feet** help create stability, coordination and balance.

*Sleep Disorders.* **Baseball Boogie** enacts the *Asymmetric Tonic Neck Reflex*, which is indicated for turning off thoughts and getting to sleep. **Well, Well, Where's Your Turtle Shell** is also helpful lying down, and can be done in *A.T.N.R.* position, with the head turned to one side (usually to the left). **Safe and Sound** is also very good.

*Spaciness, Inability to Focus.* First, drink water. Dehydration can cause spaciness. Homologous activities, such as **First Breath. Evolution.** The oral and vibratory activities: **Stuck, Coyote Vowels, Elevator, and Grrr...Mmm** help raise the sphenoid and activate the inner ear.

*Vertigo.* First, drink water. Vertigo is often caused by lack of oxygen. Dehydrated hemoglobin molecules don't carry as many H<sub>2</sub>O molecules, depriving the body of that necessary "O." **Blow, Wind, Blow** and **The First Breath** also help get oxygen to the brain. Sing **Coyote Vowels** and **Elevator** while cupping the ears, allowing the fingertips to trace the shape of the semi-circular canals. This will help regulate the endolymph fluids which affect a sense of balance. **Safe and Sound, Pull Up A Bucket** and **Baseball Boogie** bring in the head-righting reflexes. **Four-Sided Feet** and **Walking on a Stony Beach** restore a sense of large-motor balance while stimulating the inner ear through head-righting responses.

*Vision Issues.* All of the tonic reflexes, which activate the vision centers in the back of the head, are good: **Safe and Sound, Pull Up A Bucket**, and **Baseball Boogie** especially. **I Am A Lizard** and **Walking On My Bottom** encourage binocular vision, as do **Robot Rap** and **Four-Sided Feet**. **Mix It Up!** and **X Marks the Spot** are excellent for eye-hand coordination.