

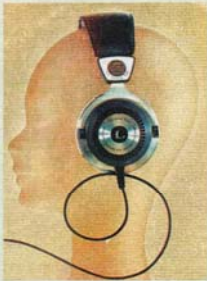


-Steve Baal

## How knowing this helps you

### The brand-new brain game that can help you

**W**earing earphones and a sensor on her finger, a woman claps her hands, trying to strike in time with a cowbell sound coming from a laptop computer. But this isn't just a game. This woman is rewiring her brain—with the help of a brand-new program called "interactive metronome therapy" (IM) that is helping . . . "anyone who wants to



fine-tune their brain function," says Flint, Michigan, neuro-rehabilitation specialist Neil Alpinier, M.D. And the therapy is already being used to help:

- Kids with attention deficit and/or hyperactivity disorder
- Victims of strokes and brain injuries
- People suffering balance problems
- Students, to sharpen their memory and comprehension. A study showed those who tried IM did better on SATs than those who didn't.

"Enhancing the brain's timing is central to synchronizing and improving cognitive and physical body functions," explains Dr. Alpinier. "That's why IM can help anyone. It's like adding extra memory to your computer."

To find an IM provider, log onto [www.interactivemetronome.com](http://www.interactivemetronome.com).

September 13, 2005