



Drs Anke Koelman asks
**Are your children getting
 the best brainfood?**



Do you know which foods are beneficial for



- Brain development?
- Learning?
- Concentration?
- Behaviour?
- High energy levels?



Learn the answers to these questions and much more by attending

Brainfood

by Drs Anke Koelman ND, MHSc (Nutr. Med.), Dip. West. Herb. Med., Dip. Hom.

What people have to say after attending this course

Excellent and very informative

Elizabeth Hensel, SSO

*I think it is fantastic and that all parents & teachers
 should have this awareness and knowledge* Julie Braiotta, Teacher

Course date: 8 October BOOK NOW!

Discounts apply if combined with the *Quantum Learning Improvement* course on the 9th and 10th October (see website and brochures for details). Bring a friend and receive **10% discount**. Bring four friends and you will go **free!**

For enquiries and private consultations contact the Optimum Learning® & Health Centre.

OPTIMUM LEARNING® & HEALTH CENTRE 12 Bayview Crescent, Beaumont, SA 5066
 tel: 08 8379 4755, fax: 08 8379 0824, email: akoelman@ozemail.com.au, www.kinesiology.nu/ankekoelman

To enrol for the **Brainfood** course send your details and full remittance (transferable & non refundable) to the Optimum Learning® & Health Centre

Date: Wednesday 8 October 2008

Time: 9 am – 4.30 pm

Venue: The Optimum Learning® & Health Centre

Cost: \$190, Concession \$170 (GST incl.)

Please make cheques payable to Drs Anke Koelman and post this slip to The Optimum Learning® & Health Centre
 12 Bayview Crescent, Beaumont, SA 5066

Name: _____

Address: _____

_____ postcode _____

Telephone: (h) _____ (w) _____

(m) _____

Email: _____

I enclose: \$ _____



Drs Anke Koelman teaches

How to help children become successful learners



Learn Brain Gym® and the Learning to Read for Sure method so that your children can learn easier, faster and smarter

When an area in the brain cannot be accessed, learning cannot take place. Increasing access to all areas of the brain required for learning, as well as identifying and addressing any missing prerequisite skills results in Quantum Improvements in Learning.

Brain Gym® exercises have shown to be effective in improving coordination, literacy, numeracy, concentration and behaviour.



SureReading is an innovative method for children with Dyslexia, language problems and AD(H)D to teach them to read, write and spell, often with dramatic results. A Dyslexic Australian boy who could not read at all prior to doing the Brain Gym® exercises and this Reading method when he was nine years old subsequently successfully completed a double degree in law and engineering.

Quantum Learning Improvement

by Drs Anke Koelman ND, MHS (Nutr. Med.), Dip. West. Herb. Med., Dip. Hom.

What people have to say after attending this course

I think it is excellent and I can't wait to use it so I can see results. It all makes sense. Julie Braiotta, Primary School Teacher

Worth its weight in gold. Invaluable! Margaret Irving, Literacy Coordinator

The course was such a mind-opening discovery that I can't wait to put it into use with my kids and for myself

Ingrid G., Graphic Designer

Course dates: 9 & 10 October BOOK NOW

Discounts apply if combined with the **Brainfood** course on the 8th October (see website and brochures for details).

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To enrol for the **Quantum Learning Improvement** course send your details and full remittance (transferable & non refundable) to the Optimum Learning® & Health Centre

Date: Thursday 9 & Friday 10 October 2008

Time: 9 am – 5 pm

Venue: The Optimum Learning® & Health Centre

Cost: \$375, Concession \$335 (GST incl.)

Please make cheques payable to Drs Anke Koelman and post this slip to The Optimum Learning® & Health Centre
12 Bayview Crescent, Beaumont, SA 5066

Name: _____

Address: _____

_____ postcode _____

Telephone:(h) _____ (w) _____

(m) _____

Email: _____

I enclose: \$ _____



Drs Anke Koelman

ND, MHSc (Nutr. Med.), Dip. West. Herb. Med., Dip. Hom.

Introduction to Kinesiology



Learn how to determine the best



- Diet
- Lifestyle
- Vitamins/supplements
- Therapy (naturopathy, massage)

for yourself and your family!



Kinesiology or Bio-energy testing is a Biofeedback technique that enables you to find out the answers to the above questions.

Could you use Kinesiology in your life?

Would you like to learn more?

What people have to say after attending this course

Terrific, informative, a wonderful tool!

Deborah Cooper, Naturopath

Informative, useful and thought provoking

Aphiah Salerno, Service Coordinator Disability Services

I think it is an excellent introduction.

Shivanthi Rajaramanan, Lecturer

Excellent, it was exactly what I needed. Can be easily applied to patients to aid diagnosis and treatment. Such an interesting subject!

Diane Synon, Naturopath

Thursday 2 October BOOK NOW!

Discounts apply if combined with the Brainfood course on the 8th October and/or *Quantum Learning Improvement* course on the 9th and 10th October (see website and brochures for details). No prior knowledge required.

For enquiries and private consultations contact the Optimum Learning® & Health Centre.

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tel: 08 8379 4755, fax: 08 8379 0824, email: akoelman@ozemail.com.au, www.kinesiology.nu/ankekoelman

To enrol for the **Introduction to Kinesiology** course send your details and full remittance (transferable & non refundable) to the Optimum Learning® & Health Centre

Date: Thursday 2 October 2008

Time: 9.30 am – 5 pm

Venue: The Optimum Learning® & Health Centre

Cost: \$190, Concession \$150 (GST incl.)

Please make cheques payable to Drs Anke Koelman and post this slip to The Optimum Learning® & Health Centre
12 Bayview Crescent, Beaumont, SA 5066

Name: _____

Address: _____

_____ postcode _____

Telephone:(h) _____ (w) _____

(m) _____

Email: _____

I enclose: \$ _____