

AUGUST 2011

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ADHD and Vision

It's hard to believe that it's already back to school time - and with that a new set of teachers, classes, and stressors. For those students with ADD or [ADHD](#) school is particularly stressful.

The cause of ADHD remains unclear to researchers, but what is known is that there is an inattention component to it and some of the symptoms of ADHD include the inability to focus on tasks, difficulty processing information, and struggling to follow instructions.

Related to inattention is an increasing number of studies showing a relationship between children with ADHD and children with a visual deficit known as [convergence insufficiency](#). And while correlation does not equal causation, it's an interesting enough correlation that a visual component should be considered.

What is Convergence Insufficiency?

[Convergence Insufficiency](#) is a condition where the eyes cannot turn in towards one another in a sustained manner. This insufficiency then causes problems in near-focused tasks (such as reading). Symptoms of convergence insufficiency include: eye strain, double vision, abnormal fatigue, headaches, and blurred vision.

Now, imagine that you are a kid that gets a headache every time you look at a book, the words are blurry, and it makes you tired. You aren't going to be a great student, and in fact you might even be tagged as a problem child. All because your eyes simply aren't doing their job.

Fortunately, **convergence is a visual skill**, so it is something that can be learned and trained. It is one of the nine elements of athletic visual skill that we assess for and train at our S-Phase certification. We have seen hundreds of clients improve their athletic performance and their quality of their life through some simple visual skill-building drills.

An ADHD Relationship?

Honestly, the research is still too young to know whether a definite relationship exists.

If you believe you or someone you know has ADHD, see a qualified professional for a diagnosis - it is a complex process outside the licensure of a Z-Health practitioner. And be sure to ask for a vision assessment.

For More Information

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Events Calendar

Be sure to check [our website](#) regularly for updates.

Essentials of Elite Performance

- **Chicago, IL**
August 26-28
- **Vigodarzere, Italy**
September 16-18
- **Dallas, TX**
September 16-18
- **Philadelphia, PA**
September 23-25
- **Las Vegas, NV**
October 14-16
- **Los Angeles, CA**
November 11-13
- **Phoenix, AZ**
December 16-18
- **San Diego, CA**
January 13-15

R-Phase

- **Seattle, WA**
June 24-26 & August 5-7
- **Denver, CO**
July 15-17 & August 19-21
- **Berkeley, CA**
July 22-24 & August 26-28
- **Phoenix, AZ**
August 1-6
- **Minneapolis, MN**
Sept 9-11 & October 14-16
- **Boston, MA**
November 4-6 & December 9-11
- **Phoenix, AZ**
January 19-22

I-Phase

- **Seattle, WA**
September 29 - October 2
- **Phoenix, AZ**
October 20-23

Borsting, Eric, Michael Rouse, and Ray Chu. "Measuring ADHD Behaviors in Children with Symptomatic Accommodative Dysfunction or Convergence Insufficiency: A Preliminary Study." *Optometry (St. Louis, Mo.)* 76, no. 10 (2005): doi:10.1016/j.optm.2005.07.007.

Rouse, Michael, Eric Borsting, G Lynn Mitchell, Marjean Taylor Kulp, Mitchell Scheiman, Deborah Amster, Rachael Coulter, Gregory Fecho, Michael Gallaway, and CITT Study Group. "Academic Behaviors in Children with Convergence Insufficiency with and Without Parent-Reported ADHD." *Optometry and vision science : official publication of the American Academy of Optometry* 86, no. 10 (2009): doi:10.1097/OPX.0b013e3181baad13.

Granet, David B, Cintia F Gomi, Ricardo Ventura, and Andrea Miller-Scholte. "The Relationship Between Convergence Insufficiency and ADHD." *Strabismus* 13, no. 4 (2005): doi:10.1080/09273970500455436.

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Kettlebell Institute Certification

Are you a kettlebell practitioner wondering if there might be a better way?

Z-Health Master Trainer Kenneth Jay recently founded the [Kettlebell Institute](#), and related certification process, out of his frustration with the lack of research-based training happening in the kettlebell world.

If you share his frustration then you want to be a part of this certification process.

A 50/50 mix of lecture and hands-on practice time, you will walk away from the end of the two days not only having a much deeper understanding of anatomy, physiology, and neurology - but most importantly - human movement. Strength vs suppleness, tension vs relaxation, the elements of efficiency, and much, much more. Not only will you learn the how's, but you will also learn the "why's."

If it sounds a lot like it's based upon Z-Health, it's because it is! This is the first and only kettlebell certification that marries Z-Health principles with kettlebell training to "create kettlebell coaches of an elite caliber that surpass any other in terms of movement comprehension."

And that is exactly why we are introducing this certification to you. As Dr. Cobb recently wrote,

"One of the great privileges we have in Z-Health is the ability to bring you products and courses from Z-Health Master Trainers - elite professionals with tremendous skills in a variety of arenas.

While these are not corporate Z-Health educational programs per se, we strongly endorse both the instructors and their programs and encourage you to continue your personal and professional growth by studying with these outstanding professionals."

Register Today

With both US and Denmark locations, Kenneth is working hard to make this accessible to as many kettlebell practitioners as possible.

- September 17-18, 2011, Slangerup, Denmark. [Register directly with KBI](#)
- October 8-9, 2011, Burlingame, CA. [Register online through Z-Health](#)
- December, 2011, Slangerup, Denmark. [Register directly with KBI](#)

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- **Oakland, CA**
November 3-6
- **Boston, MA**
February 16-19
- **Phoenix, AZ**
February 23-26

S-Phase

- **Copenhagen, Denmark**
September 1-4
- **Phoenix, AZ**
October 6-9
- **Phoenix, AZ**
February 9-12

T-Phase

- **Phoenix, AZ**
November 9-12

9S Certification Series

- **9S: Sustenance & Spirit**
Phoenix, AZ
September 23-25
 - **9S: Skill & Style**
Phoenix, AZ
December 1-4
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New! 5-Part Video Series

Flexibility training is really strength training.

That is one of the many nuggets that Dr. Cobb shares with you in the new [5-Part Video Strength Report](#) that we released yesterday.

From brain feeding patterns to the importance of both novelty AND prediction, brain science is made simple - and practical. Each video also gives you a demonstration of these principles in action so you can improve your performance the very next time you train.

[Click here](#) to view the first video and sign up for the series.

*P.S. If you haven't read the 34-page free report, **21st Century Strength: Brain-Based Training for Power Athletes** that these videos are based upon you can get your copy [here](#).*

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Newsletter Archive

Did you miss an issue of the Newsletter? Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

Catch up on all of [our back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

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Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.

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Learn More on YouTube

Interested in the science and theory behind Z-Health?

Want some athletic performance tips and tricks?

Check out our growing video library on [YouTube](#). Our most popular clips include:

- [Hamstring vs. the Running Shoe](#)
- [Jump Landing Training](#)
- [Z-Health in 3 Minutes](#)

Enjoy!

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