

SEPTEMBER
2020

My Newsletter

MARC'S SENSORY OASIS

Sensory-based Occupational Therapy

www.otmarclandry.com

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WE HAVE LIFT OFF!
NEW WEBSITE LAUNCH

I finally have a professional looking website that is under my control and that I can learn to edit and build on.

A Long Time Coming! I welcome your feedback

A website that focuses on the sensory world, sensory processing, sensory diversity, sensory exploration, and sensory acceptance.

CHILDREN ARE PRECIOUS!

Things have changed!

Since 2017, I have relocated to the Big Island of Hawaii. I made the move to be near to my son and his family as they realized that BC would not support the lifestyle they wanted. Here in Hawaii, they can live mortgage free and avoid the budgeting nightmare of living in the lower mainland. SO now I live mortgage free on a 3 acre property with my dog and my chickens and my pond life, with my grandkids nearby!

Between the move and Covid, I now focus on virtual therapy, which is still based on the best Sensory tool available, the Sensory Profile. How I use it and what my services look like is explained on my web page.

I just delivered my first virtual workshop for the BC Aboriginal Child Care Services (BCACCS) and it went very well! So, I'll be offering all my workshops virtually and in person, and will eventually have webinars on my website as well. Future newsletters will update this and will seek to address sensory issues that we all face.

EVERY OPPORTUNITY COMES WITH INHERENT STRESS!

As I go along, I will improve and expand on my new website, which I hope will be a haven for sensory based understanding and acceptance. If you feel like you want to see more information on a given topic, let me know! I will address it on my website with some references or I will present it in a newsletter. As with every aspect of my occupational therapy life, I learn more from people around me and from children. So please, share your ideas. I plan to expand the discussion of Sensory Processing, Self Regulation and Resilience, but will also include some

discussion about hot topics in today's society, such as vaccines and treatments. As such, if any of you have experiences with Sensory, with Vaccines, or with Covid, please take a minute to share them with me. I only learn what is important from communicating with others whether they be professionals or parents. I care about what you think and I tailor my research and communication to what you express to me!

Some of you may no longer be interested in this topic and may choose to unsubscribe. I encourage you to check back from time to time on what I

Safe House!

am talking about, because a good discussion of sensory or of any hard science, may be of interest to you in the future. I will never contact you more than once in a month. If I send a newsletter link, I will also post that newsletter on my site so you can look at it without digging through your emails.

I do one and two day workshops as well as 2.5 - 6 hour workshops, which can be split into different days if that works best. I have been working on my workshops to keep them relevant and interesting. I'd like to talk about the workshops I do! Topics most often include:

The Role of Toxins in Brain Development and Health

Basic Brain Differences - Boy vs Girl Brain Differences and How Trauma Changes the Brain As Well As How To Support Function In All Brains!

The Stress Response System - How this is activated via sensory and cognitive channels, what happens with Stress Response Activation, the concept of Sensory Stress (brainstem) and how to balance the Stress Response System through common sense strategies

Sensory Processing - How we process sensory input and the whole range of sensation and sensory pathways. Individual differences in sensory processing and how this creates a Sensory Temperament. How knowing a person's sensory temperament

helps you understand and interact in a helpful way is key!

Self Regulation - How do we self regulate our level of arousal? Automatic means and deliberate strategies. How to support self regulation when involved with brain function, the stress response system, and sensory processing. When someone asks me what I am doing and my answer is "nothing" or "I don't know" then that is likely a self regulation strategy that can easily be understood.

Resilience - How trauma is universal, especially when one's brain is a little different is critical to understand, and how this trauma affects the brain, the stress response, sensory processing, and self regulation. The teachings of resilience can be woven into each of the above topics to realize that we are always working to build resilience when we are working with Sensory strategies and sensory input. How to use sensory strategies to build awareness, confidence, relationship, and overall resilience

I can also tailor workshops to almost any group or category. I believe that Sensory Smarts is what the world is lacking and that this training can help in all aspects of life and relationship. I can build a workshop specific to your group!

There is more information about my workshops on the Workshops page of my website. Almost any problem with development or behavior has a sensory side worth understanding!

Your job as a parent or developmental specialist is to keep your child SAFE! Feeling safe allows the brain to work at it's best and makes learning more likely to be retained. When learning is fun and a child feels safe and in control, they will develop a positive attitude. This will not happen if your psychological or sensory environment is hostile or uncomfortable. In this small column, I try to focus on one area that you can work on to increase the sensory safety of your home environment, and much of this can be adapted to the classroom.

Please find a space that can serve as a safe place. It can be a bedroom, closet, or corner area. A place with calm colors, preferred characters, and comfortable sensory options. Just having a blanket or stuffy in a soft, fairly quiet spot can be the beginning of a safe spot. A few choice books or pictures can help also. Don't force this spot but guide the child into it for occasional story time or quiet play. Try not to direct too much to keep this as a safe retreat. Next month I will talk about things you can do to build and enhance your safe space!

There is a healthier way to live!

Visit www.feingold.org



The Feingold Program

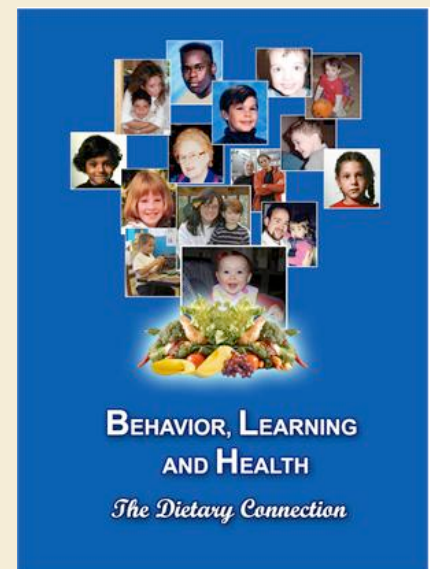
A dietary connection to better behavior, learning and health

If you could go back to a time when life was simpler, when farms dotted the landscape and you knew where your food came from, would you? Wouldn't you like to be able to take some of the chemicals, additives, and non-food substances out of the food you give your children?

Europeans have made great strides in banning artificial food colours, preservatives, pesticides, hormones, texturizers, and other artificial ingredients from their food, and they still have plenty of choices of delicious foods! In fact, some of the same food companies we have known for years sell non toxic, additive free versions of their foods in Europe!

The Feingold program can help to guide you into a healthier lifestyle. Led by a world renowned microbiologist, Dr. Feingold was relegated to the fringe of medicine when he suggested that we were poisoning ourselves and our children in the name of big profits for huge corporations who have taken over our food supply as well as our FDA, Health Canada, CDC and our federal politicians.

This is one well supported approach to re-claiming the health and vitality that food was intended to give us. Using the program materials, you can learn to shop intelligently and gradually eliminate some of what is causing North Americans to live shorter and sicker lives.



The Blue Book that explains the program can be downloaded for free.

[click here](#)

Start Reading it TODAY!

Moving toward a healthy diet is a massive project, especially for busy families! Take steps and try to change small aspects of your diet. This will keep you from being overwhelmed and giving up, while giving you noticeable results that will motivate you. The Feingold diet starts by removing chemicals and poisons from out food.

Take Action **DONATE**

PSR **PHYSICIANS FOR SOCIAL RESPONSIBILITY**
1982 NOBEL PEACE PRIZE
U.S. AFFILIATE OF INTERNATIONAL PHYSICIANS FOR THE PREVENTION OF NUCLEAR WAR

WE MUST PREVENT WHAT WE CANNOT CURE

Mobilizing health professionals on issues that represent the gravest dangers to human health.

ACT NOW! +

f PSR ENVIRONMENT
t PSR NUCLEAR WEAPONS

Protection for immune health.

Eat lots of green and red vegetables, have fruit, decrease or eliminate alcohol, and dress warm. And try to get some sun. But, because you will want to fight that virus, you might research the uses of colloidal silver or silver hydrosol. While I do not give medical advice, I do share information so you can have broader choices.

Here are some weblinks if you want to learn more about this non pharmaceutical product.

History of Silver

Product Brochure Some people use colloidal silver generators to make their own. ([here too](#))

Canadian Colloids this company might be a bit cheaper

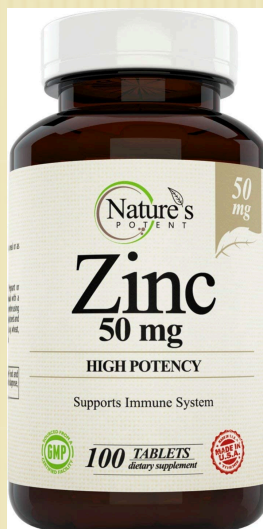


I've seen this locally and used it many times. While I think it's expensive, I've never seen it commercially at a really great price.

Quercetin and Zinc should be staples in your immune boosting diet. Quercetin can be found in apples, berries and other foods and can be taken as a supplement. A Canadian group is researching it's use against Covid, but it has been long known to be a safe immune booster, especially when taken with Zinc!

<https://www.youtube.com/watch?v=IK6OLRKjXQO>

Can you share with me an immune boosting strategy/supplement that you like?



NEXT MONTH

The Sensory Profile
A tool for everyone to increase understanding, acceptance and managing sensory-hostile situations and environments