

SUPERIOR **BRAIN HEALTH**

*Secrets to Boost Your Brain Power
& Mental Wellness*



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Introduction

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The human brain might be one of the smallest organs in the body, but it is the most powerful and the most important. It's like the CPU of a computer. It controls all the activities of the body. Once something goes wrong with it, it will affect every other body part. In fact, if something goes wrong in some parts of the brain, it can lead to complete paralysis of the limbs and even insanity. Therefore, it's vital that you do your best to protect your brain and boost its functions.

It must matter to you that your brain is working at its optimum level because your life revolves around the effectiveness of this organ. The activities in your brain are the reason you form habits. They are also responsible for the effectiveness of medications. The reason medications work in your body is because there are receptors in your brain that binds to them. Therefore, you shouldn't be passive about protecting your brain and enhancing its abilities.

In this short but educative book, we will explore the various ways you can boost the functioning of your brain. There are many benefits you stand to enjoy when your brain is functioning at its peak level. We'll highlight them in one of the chapters. Ensure that you practice every tip you find in this material because they are based on research evidence. This journey promises

to be life-changing. Therefore, ensure you have the right approach to it so that you can make the most out of it.

CHAPTER 1

BRAIN POWER AND BRAIN HEALTH 101



Chapter 1: Brain Power and Brain Health 101

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Since brain health and brain power are the main themes of this book, we'll begin by exploring them. Like many similar concepts, brain power and brain health are often used interchangeably. However, they're not the same. This chapter will explain the two ideas so that you can tell the difference. It'll also help you know what exactly it is that you're trying to improve when we start digging more into the subject matter.

What is Brain Health?

The crux of brain health is the ability of a person to function well when performing daily activities, including work. This includes functions such as making quality decisions, solving problems, enjoying emotional balance, and interacting successfully with others. All of these functions are based on the ability to remember, understand, learn new things, process information, think strategically, and being innovative when solving problems. Note that brain health is not the function. Rather, brain health is the fact that your brain is in a good state that enables it to carry out those functions.

So, when your brain isn't healthy due to various reasons, which include an unhealthy lifestyle and accident, it'll not be able to carry out its functions effectively. There are many changes taking place in the brain when you think, learn, imagine, and feel. Your habits also lead to changes in the way your brain functions and can affect its performance. Therefore, you have a role to play in ensuring that your brain health isn't affected.

World Health Organization's Take on Brain Health

According to the World Health Organization, brain health is an emerging and growing phenomenon that encompasses plasticity, functioning, and recovery across the life course. When you have good brain health, you'll be able to realize your own abilities and maximize your emotional, psychological, behavioral, and cognitive functioning to cope with different life issues. Several interconnected biological and social determinants play a role in brain health and brain development from pre-conception through the end of life. These determinants are responsible for the way the brain develops, responds, and adapts to various situations.

They give ways to strategize in order to prevent issues and make progress across the life course. Brain health conditions are characterized by disruptions in normal brain growth and brain functioning. They emerge throughout the life course and may manifest as neurological and neurodevelopmental conditions. They include headache, multiple sclerosis, Parkinson's disease, neuroinfections, autism spectrum disorders,

cerebrovascular disease, brain tumors, epilepsy, cerebral palsy, dementia, traumatic injury, and neurological disorders resulting from malnutrition.

Social and health care for these conditions often requires multisectoral and interdisciplinary collaborations with a holistic person-centered approach focused on prevention, promotion, treatment, and care. They also include rehabilitation over the lifespan and the active engagement of persons experiencing the conditions and their families and carers, as appropriate.

What is Brain Power?

Unlike brain health, brain power is all about the brain's functions. It includes intelligence and the ability to think. So, what we admire about people isn't their brain health but their brain power. People with fantastic brain power are capable of handling highly intelligent activities and perform at a high level. You cannot afford to have low brain power in the modern world due to the fact that we are increasingly moving away from the days when we depend more on our muscles and strength.

The most successful people in the modern world aren't the most muscular but those that know how to maximize their brain power. These days, we are involved in many activities that require idea generation, business meetings, copywriting, and other endeavors that require you to be alert and focused. The pressure to perform at your optimum level is very high in the modern world. There are many people waiting in the queue to replace you if you

cannot produce the goods. Therefore, it is vital that you're deliberate about improving your cognitive ability.

When you have high brain power, it guarantees that you will be able to do more in a short time. Indeed, there are some people that are naturally super intelligent. Still, there are things that can be done to ensure that you can compete favorably with such people. Scientifically, brain power can be measured. It can be done by using the Brain Health Index (BHI). The BHI is a multi-faceted science-based snapshot that helps to measure the brain's performance. You can subjectively detect when your brain performance is improving. However, tests like this can help you to track changes in your brain performance in an objective way.



Fun Facts About the Brain

As we conclude this section, we'll highlight some fun facts about the brain as we prepare for further discussion regarding brain health and brain power in the next chapter. Below are some interesting facts about the brain that you will find intriguing:

Incredible Miles of Blood Vessels

The brain has more than one hundred thousand miles of blood vessels! This is striking because even the distance around the world at the equator isn't up to that. The distance is 24,900 miles. This implies that if the blood vessels in the brain were stretched out as a journey, it would take days to complete it!

It's Normal for Your Mind to Wander

It's vital that you do all you can to stay focused. However, it's not necessarily a sign of indiscipline to find your mind wandering once in a while. Research has proven that some parts of the brain are responsible for controlling activities such as daydreaming. Interestingly, these parts are always active when your brain is at rest.

Thinking Consumes a lot of Oxygen

Oxygen is the fuel of the brain. The more you think, the more it consumes. Serious and rigorous thinking, especially when you are anxious, can consume up to fifty percent. So, you should try as much as possible to cut off anxiety to preserve your brain health.

Size Doesn't Matter

Some people assume that an individual will be more intelligent when he or she has a relatively larger brain. However, this isn't true. There is no scientific evidence that supports the claim that a larger brain will make a person smarter.

Jelly-Like Texture

The average adult human brain weighs around three pounds. Interestingly, it has a texture that feels like firm jelly. Have you ever wondered what it feels like if you touch the human brain? There it is!

High Blood Consumption

The brain carries out a lot of activities within a short period. Therefore, it's not shocking that it consumes a lot of blood. In fact, up to one-fourth of the blood pumped by the heart arteries goes to the brain.

Ultra-Connected

The brain works like an electric circuit. Every action carried out by other parts of the body is a product of the connections in the brain. For example, when you recall a thought, it's due to a connection in the brain.

Neuron Forest

Ten percent of the brain is made up of over 100 billion neurons. These neurons branch out to over 100 trillion trigger points. This forms a vast connection of nerve cells that experts refer to as the neuron forest.

CHAPTER 2

THE SCIENCE BEHIND BRAIN FUNCTION IMPROVEMENT



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