

26 WAYS TO IMPROVE YOUR MIND!

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- Do you want to be more intelligent? • Have a great memory? • Be happy all the time? Read further!



We use our mind all day long, either talking to prospective clients; sending emails; writing proposals; whatever it is... we can't do it without our mind. And without having our brain working as efficiently as possible... life becomes very stressful.

Has your memory failed...finding it impossible to think of your client's name? Have you ever been in a brain fog... just dragging along trying to make it through another day? It could be that you need to take care of your brain.

Athletes today take care of their bodies by eating right and exercising daily. Our brain is no different than our body...our brain needs care too.

In this day-and-age we are always looking for new ways to make our mind work better. Here is a list of a few things you can do to increase your cognitive power.

1. People who eat breakfast before going to work have much higher scores on IQ tests. So what's your excuse for not eating breakfast? Remember breakfast is the most important meal of the day.
2. Eat six small meals throughout the day...low blood sugar could be the reason you get angry at meetings.
3. Eat lots of vegetables, fruits, legumes and whole grains every day. Each one of these is full of the nutrition that your brain needs.
4. If more than half your food is brown.... stop and think about what you're doing. Brown food is usually fried, and fried food is terrible for your brain.
5. Take vitamins and minerals. Especially B vitamins B-12, B-1, B-5 and B-6 are necessary for proper brain function.
6. Studies prove that Vitamin C improves IQ scores by 3.6 % in adults and in retarded children up to 20%.
7. Vitamin E can slow the progression of Alzheimer's disease...so make sure you take your Vitamin E supplement.
8. Magnesium is important for cardiovascular health and lowering the levels of magnesium in your system has been associated with confusion and delirium.
9. Zinc is very important for brain function too.
10. Sunflower seeds, oysters and swordfish are great brain foods. These foods are full of selenium... so make sure you eat



your fill.

11. Low amounts of thyroid hormones in your system can also be a culprit. Low thyroid can lower your metabolism, produce depression and cause a loss of concentration and memory. It can also cause fatigue and weight gain. Have your thyroid checked regularly and if it comes back normal, I would have your doctor do an extended thyroid panel. Some thyroid abnormalities are not picked up on a regular screening and on extended thyroid panels other types of thyroid hormones are evident. Your doctor won't like it... but ask them for the extended panel any way.
12. Low estrogen and testosterone cause a loss of cognitive function and sometimes depression...so make sure and have these hormones tested.
13. The supplement DHEA has been known to help with cognitive function and hormone levels.
14. Ginko Biloba is another extract that is good for improving brain function.
15. Lecithin is yet another memory and brain enhancer and should be taken with vitamin B-5 for good absorption.
16. Fatty acids like fish oil also help to improve brain function.
17. Eat ground flax seeds in your cereal in the morning to improve your thinking abilities.
18. Stay active! Studies show that exercising improves brain function.

19. Remember you either use it or lose it. Play games, do crossword puzzles, play Trivial Pursuit, teach a class, read a book, keep your mind busy.

20. Stop worrying! De-Stress... Worrying actually decreases cognitive abilities according to recent studies.

21. Feel your emotions! Studies show stuffing your feelings has a detrimental effect on your thinking capabilities.

22. Keep focused! Keep from jumping from one subject to another. Work through one project and then to the next.

23. Listen to classical music. The Mozart effect of classical music increases your learning capacity.

24. Think positive thoughts...the more positive minded you are the better the outcome of your life. And depression causes a decline in cognitive abilities.

25. Learn a new language! It seems that math and language are tied together in the same areas of the brain.

26. Take a class at your local college, or do some writing. If you keep adding information to your mind ...your mind will always work well for you.

Life is so simple... all you have to do is take some simple precautions to make sure your brain is running at peak performance! Remember always check with your doctor before trying anything new.

