

THE BRAIN FOOD FACTORY

On average, men have larger brains than women ... but does this mean they are smarter?

Well, I'm a man and I'm sorry to say the answer is NO! It's not the size of your brain that matters, it's how you use it!

All the latest research points to the fact that a well exercised brain helps to keep diseases like Alzheimer's and Dementia at bay. Does this mean we have to do mental sit-ups and have our brains do some squat thrusts? Well, in some way it does.

So, how do we keep our brains in top condition? Here are 5 tips to keep your brain healthy.

1. USE YOUR BRAIN - This may sound obvious but it is often overlooked in today's busy world. Instead of reaching for the calculator, try doing some maths in your head. Do crossword puzzles, sudoku puzzles, word games etc, on a regular basis. Increase your memory power by memorizing phone numbers. Read books, watch a thought provoking movie, or ring an old friend and spend some time reminiscing.

2. EAT WELL - Research shows us that eating a well balanced diet helps to keep the brain in great condition. Avoid eating too much junk food or drinking too much alcohol. Have those things in moderation and try to increase your intake of fresh fruit and vegetables.

3. REGULAR PHYSICAL EXERCISE - One of the best forms of exercise is walking, but this does not mean walking to the fridge and back to the couch. Go outside and walk briskly. If you have a dog, take them as well and it will help you both. While you walk, move your arms around, breath deeply, and take notice of all the things around you. It is amazing what you see when you take the time to look.

4. CHALLENGE YOUR BRAIN - Learn a new skill e.g. juggling (try this away from the ornaments). Learn a new language, learn how to play a musical instrument, or take an art class. Try switching hands for simple tasks like cleaning your teeth, brushing your hair, writing etc, as this trains different aspects of your brain.

5. REDUCE STRESS AND RELAX - Your brain needs down time. If you lead a stress filled life, you are not allowing you brain to rest. Take the time (even 30 minutes will help) to switch your brain off. If your brain is overloaded then write a list of all the things that are on your mind, then walk away from the list. Once you have given your brain a rest, you will probably deal with all of the things on the list much more efficiently.

To further exercise your brain, take advantage of our free monthly newsletter. It is designed to exercise all aspects of your brain with crosswords, sudoku, visual games, trivia quizzes, word games, mazes, a children's section, and so much more. Simply go to www.brainfoodfactory.com and enter your email address and you will be added to our list of subscribers, and best of all ... it's FREE!!!! We have a strict privacy policy and your email address will always be safe with us.

Can you find all of the Brain Disorders



Created by Ric Allport - www.brainfoodfactory.com - Challenge Your Brain

Can you find all the different *Brain Disorders* in this Word Search puzzle?

Be sure to check horizontally, vertically, forwards, backwards and diagonally to find them. Letters may be used more than once. Circle each letter in the word instead of the whole word.

When all of the *Brain Disorders* are found go to -

www.brainaustralia.org.au/AZ_of_Brain_Disorders

Read up on all of the Disorders you knew nothing about and brush up on the ones you did. This site is a wealth of valuable information, so take the time to explore all of it.

The *Brain Disorders* you are trying to find are -

Acoustic Neuroma, ADHD, Aneurysm, Aphasia, Autism, Batten Disease, Behcets Disease, Blepharospasm, Brain Tumour, Chiari Malformation, CIDP, Coma, Concussion, Creutzfeldt Jakob Disease, Dementia, Down Syndrome, Dysautonomia, Dyslexia, Dyspraxia, Dystonia, Encephalitis, Epilepsy, Essential Tremor, Gaucher Disease, Hydrocephalus, Menieres Disease, Meningitis, Migraine, Narcolepsy, Parkinsons Disease, Rett Syndrome, Shy Drager Syndrome, Stroke, Sydenhams Chorea, Tay Sachs Disease, Tourette Syndrome, Transverse Myelitis, Tuberos Sclerosis