

Energize and Stimulate Your Brain Cells

By Gayle North

Several factors influence brain cell health and brain functioning. Some of these factors have an impact on the functioning of all cells in the body as well. Nutrition, exercise and thought apply to brain health just as they do to the health of the cells in the entire body. Here are some specific tips as they apply to brain functioning.

Minerals are essential.

Brain Cells can be kept healthy longer by insuring that we have a balanced mineral system. The brain works on an electrical – chemical basis. What that means is that the energy the brain needs to function fully is provided by chemical nutrients we acquire through food and supplements. The chemicals are then combined within the brain cells, which results in tiny electrical charges being produced. It is these electrical charges that enable one cell to "talk" to another. If we don't provide our body with the mineral nutrients it needs to do its job, the brain cells will slow down and die a lot sooner.

Mental exercise increases makes the cells grow larger and fatter!

Researchers have discovered that brain cells which are given lots of 'mental exercise' actually grow larger and fatter! Doing mathematical problems, learning new skills, reading a lot – these are the mental exercises that tax the brain and firm it up. Crossword Puzzles? Great! Jigsaw puzzles? Fabulous. Quilting? Fine *if* you have to figure out intricate patterns and measurements. *Anything* that forces the mind to analyze, calculate, reason, and compare.

Not only will the brain cells develop larger, fatter, healthier cells, but to a limited extent, the present cells will attempt to take over some of the work of the work of cells that have died! For example, loss of memory can be slowed or halted and memory can be improved. Reasoning can become sharper and clearer too. Aging itself can't be slowed much but the *effects* of aging will become less apparent.

This discovery only serves to prove the power of thought – and the influence it has on our physical functioning. Our thoughts and emotions create the pattern.

Our mind is always thinking and the cells are always listening – and acting upon what they "hear".

We can form destructive thought without even realizing it. Everyday I hear people making derogatory comments about their decreasing brain functioning. Statements like "My memory is getting worse all the time", "I'm loosing my memory", "I just can't learn as fast now as I used to" - made to ourselves or to others, promote the very thing we are concerned about. Changing these statements to express the idea that the memory is improving or that we are now using more of our brain's capacity to learn or remember things will "teach" it about what we want instead of what we don't want.

Research now indicates that "primary perception" is real – that our thoughts are known to our vital organ cells, and this knowledge can be valuable in understanding holistic health. If, as we are now being told, every single cell of our being knows, and reacts to our thoughts – especially to thoughts charged with high emotion or thoughts concerning life and death, we may want to consider choosing our thoughts more intelligently. We may also want to resolve old emotional issues that

that cause us to carry guilt, sadness, or hostility. If we feel guilt, it is quite likely that the guilt is disrupting some cells of the body that are particularly sensitive to guilt.

Contrary to what many people think, programming the mind is not difficult and does not take years of practice. It is simply a matter of two steps: relax and daydream. Relax and daydream about what you want rather than about what you don't want - more brain power, a better functioning liver, lowering blood pressure, having more patience, or anything else that we desire really can have a profound effect on the mind and body.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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