

5 Tips To Keep Your Brain Healthy

Ever wondered why you ran when you saw a dog after it started barking at you? It's all largely because of our brains. According to National Institute of Neurological Disorders and Stroke, The brain is a three-pound organ which is the seat of intelligence, interpreter of the senses, initiator of body movement, and controller of behavior. Protected by our skulls and some fluid, the brain is the crown jewel of the human body.

As we go on with our brains doing its function and directing our daily lives, we don't realize that every day, we are aging. Aging is a process of change involving biological, psychological, and social aspects that occurs in a person between birth and death. The brain shrinks with increasing age which attributes to the altered function especially to our elderly population. But there are few things you can do to keep your brain healthy:

Remember it Right: In order to improve your memory, stay mentally active by doing activities that helps keep your brain in shape like doing the crossword. Moreover, look for opportunities to get together with loved ones. Social interaction reduces depression and stress, which could both contribute to memory loss. Being organized could also allow you to remember where you place your things and tasks to be done. Also, a good 7 to 8 hours sleep could help you consolidate your memories, which would facilitate future recall.

Something Fishy: Lipids comprise a significant portion of the brain. Omega-3 fatty acids are one of the memory-related nutrition topics. They exert anti-aging effects on brain structure and function, from cognition and memory to mental health and as well as avoid Alzheimer's disease. You can get them naturally in fish, including salmon and tuna. Other good sources are: vegetables, especially green leafy ones; dairy and juices fortified with omega-3s such as eggs, margarine, milk, juice; grains and nuts such as flaxseeds, chia seeds, and walnuts.

Move that body!: Researchers found that regular aerobic exercise appears to boost the size of the brain area involved in verbal memory and learning. Likewise, exercise improves circulation to the brain and to the whole body thereby facilitating delivery of its needs and removal of its wastes. Standard recommendations advise 30 minutes of moderate physical activity most days of the week. You can join a class or work out with a friend. Establish a goal and track your progress. Also, hiring a personal trainer is a good idea.

Annual Visit to the Doc: When you have that annual vacation, you might as well take that annual visit to a professional doctor. He will be able to keep track of your health and as well as enumerate an expert's view on measures to promote a healthy and well-functioning brain.

Think Ahead: Healthy aging, according to the Minnesota Department of Health, is the development and maintenance of optimal mental, social and physical well-being and function in older adults. It's never too late to make healthier lifestyle choices. Start by learning what to expect as you get older, and from there create plans and decisions. With proper planning and the right approach, it can be achieved.

Ever since your younger years, you learned that health is wealth. And as you grow older, it dawns upon you how important it could ever be because one starts to experience the signs of aging. Eating healthy foods, a good sleep, mental and physical activity in your daily routine, regular check up with a professional health care provider – these small steps could go a long way to keep not only your brain healthy but as well as your body holistically.

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