

What Does Your Brain Have to Do with Your Health?

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Physical energy drain can account for a lower quality of brain function. Poor health not only affects all of the body, but it especially affects the brain. Although quality nutrition plays a major role, poor health is caused by a lot more than just not eating all the right foods. Toxins in the air and water, as well as in the food, contribute to lower brain function. Antioxidant supplementation has become a necessity. Preventing free radical activity that can weaken the brain is an important step toward securing better brain function.

Proliferation of more functional neurons improves brain function. Studies show that glyconutrients aid the brain and give an individual an improved quality of life. We all want to be alert, knowledgeable, and have a level of perception that allows us to maximize the use of our knowledge. We desire our long-term and short-term memory to function at maximum capacity. We want to have the ability to plan and carry on quality physical activity for as long as possible. This can only happen when brain functions are operating efficiently.

Scientists believe that as more synapses are fired in your brain, memory may be improved. Can we discover positive ways for firing more neurons to increase brain power? The answer is, "Yes." Neurons are at the very core of all brain function and at the heart of every neurodegenerative disease. Recent revolutionary information indicates that we now know we have the potential to foster repair and regeneration of the human brain.

When your brain is in information overload, additional neurons are instantly brought online to evaluate the data. The type of event determines the number and the types of neurons activated. Schools of neurons are held in reserve for the moment more brain power is required. Could your life get better if you found ways to improve these tiny electrical signals?

Events hold a hierarchical organizational place in the brain. The time period around some events may remain clear in your memory years later. Your perception of an event determines if it is positive or negative. Your attitude affects your whole nervous system and determines if event data is stored for your good or your harm. Your neurons are trained to be receptive to your will.

Did you know that you can train neurons? This neuron training can be called tracing, or laying down memory, layer upon layer. As you lay down hierarchical memories, you establish the rules upon which future memories will be laid down. Even a negatively-programmed mind can be taught to become more positive. Pleasant events, and even humorous events, can build more user-friendly neurons.

The brain obeys the signals it has established. A hypochondriac may develop an illness in an otherwise-healthy body. The brain obeys the constant signals of welcoming illness because it becomes convinced that the signal is truth. Your neurons are hard wired for truth, and truth is what holds all things together.

As things enter your awareness, your brain pre-judges them. Your perception is somewhat different from everyone else's perception of the same word, subject, or event. As your will is exercised and the events are repeated, traits and character are established.

Any health challenge can cause the brain to not function at peak performance. Addressing your overall health is an important step to thinking better. Take the necessary steps to monitor not only what you put into your body, but also what you put into your mind. The neurons in your brain control your whole system, be that good or bad. The information you communicate to your mind is what will control you. If chaos is present, it is because it was commanded into being. You have more authority over your body and over your circumstances when you understand the power of the communication between the systems.

There is cause and effect for the firing of every neuron in your body. Faulty communication may cause the firing of neurons at the wrong time or for the wrong thing. When neurons misfire, the source of the problem may be as simple as poor nutrition, either as a lack of needed nutrients or as an excess of something such as sugar or sweets.

The communication network establishes the map for transfer of all information. In one respect, the brain is like a computer: if wrong information is input, wrong evaluations will be made. If neurons begin firing when you enter a wrong familiar zone, they will attract more of the wrong thing. A mild, yet destructive, familiar zone may be a craving for an unhealthy food.

Emerging evidence is verifying that, with repetition, neurons literally become hard wired to work a certain way. When the propensity is good, that is wonderful. When the propensity is less than good, that is called addiction. You can change the way you think by replacing junk food and junk thoughts with excellent nutrition and positive thoughts. You can train your brain to always be on the lookout for the best in every situation.

Having a healthy brain will help you have a healthy body. Since the brain obeys the signals it has been given, be careful what signals you send your brain.

Healthy people are constantly sending their body signals about how healthy they are. Instead of reinforcing the symptoms of disease such as focusing on aches and pains and telling people all of their physical ailments, they reinforce wellness by searching for solutions and concentrating on vibrancy and vitality.

Now that you know that you can train your neurons, it is time for you to start focusing positive energy on your health, so you can be in the group that enjoys maximum vibrancy and vitality.