

WHAT IS BRAIN POWER AND HOW TO ACHIEVE IT

Brain Power for Adults. An Alzheimer patient aged 82 was asked to draw Queen Elizabeth on a tiny screen of her game player. Then, using a cartoon instructor in the video game player, she was asked to draw a picture of herself. The patient's husband said that their children gave them that video game player, while he was watching his wife play her daily brain power exercises. The purpose of the activity is to stimulate her brain through rapid reading, listening and calculation.

Brain health movements among senior citizens are sweeping in various communities in Europe, American and now in Asia. There are more than 5 million Alzheimer patients in America today and projected to jump to 7.7 million by the year 2030. Brain decay is actually wider because all human brains lose nerve cells as they age. Brain neurons typically start dying at the age of 20 causing symptoms of cognitive declines showing up in memory and hearing first.

Scientists also recognize that brain decay is not irreversible. Long term studies revealed that some brain stay relatively sharp, while decline dramatically to others. Most recent studies also show that the key difference may be to which each brain is challenged throughout life. Scientists observe that "people who are engaged in very challenging tasks – not just work but during leisure activities such as reading, crossword puzzles, bridge, chess and travel – tend to slow down their mental aging process very significantly." Part of the daily routine is doing brain power exercises to improve their memory. The theory is that mental stimulation slows down memory loss and other mental factors related to aging. Recent research also suggests that the brain can replenish new cells and rewire existing ones who are late in life. Activities like art classes, aerobic exercises, swimming, drama playing, puzzles, video games, storytelling and other adult-friendly computer games are part and parcel of the therapeutic approaches to memory improvement.

Brain Power for Children. Most children are intelligent and smart by nature and they're undergoing a number of mental and physical changes everyday. "Brain develops at a very rapid rate in short cycles of bursts. These changes are very critical and play important role in the overall development of the brain."

Though parents should be aware of the early brain development in their children, they need not worry too much about it. All they need to do is to follow very simple methods and guidelines to help their children gain brain power. Touching, singing lullabies, playing games, storytelling, reading, sports activities and many other daily activities help acquire memory improvement in remarkable manner. These simple actions will help children develop highly critical network of brain cells, neurons and nerve fibers. Providing diverse experiences and invaluable brain building activities to

children is the hallmark of an ideal parent. You may aspire to work hard and share these experiences to your child to make them brain smart.

You can find simple tips on how to maximize your [brain power](#) here.

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