

BrainShapers Week 3

<http://tinyurl.com/brainshapers>

The Unconscious Mind

Unconscious processes

Food to nourish the brain

Heart and brain

What do they share?

Exercise and the Brain

Consciousness, food, exercise and the brain

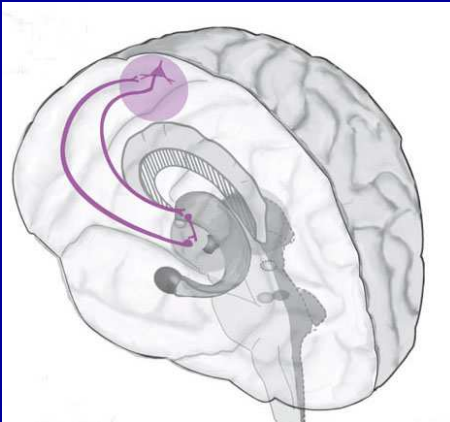


Medics

Savants

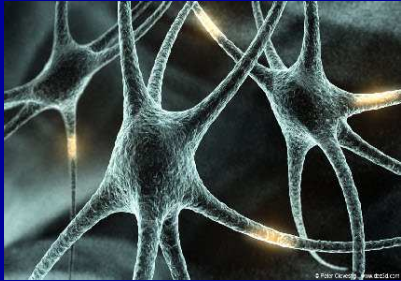
The Unconscious Mind

How big is the unconscious mind?



RHONDA AMSEL





Heart and brain

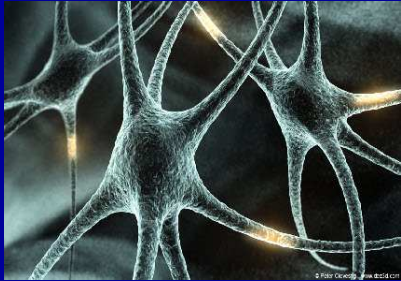
One fifth of our blood goes to the brain

KEY TO A HEALTHY HEART KNOW YOUR NUMBERS:

- ▶ **BLOOD PRESSURE** ↓ **120/80 mmHg**
- ▶ **BLOOD SUGAR** ↓ **100mg/dL**
- ▶ **CHOLESTEROL** ↓ **200 mg/dL**
- ▶ **KEEP IN RECOMMENDED WEIGHT RANGE**

SOURCE: AMERICAN HEART ASSOCIATION

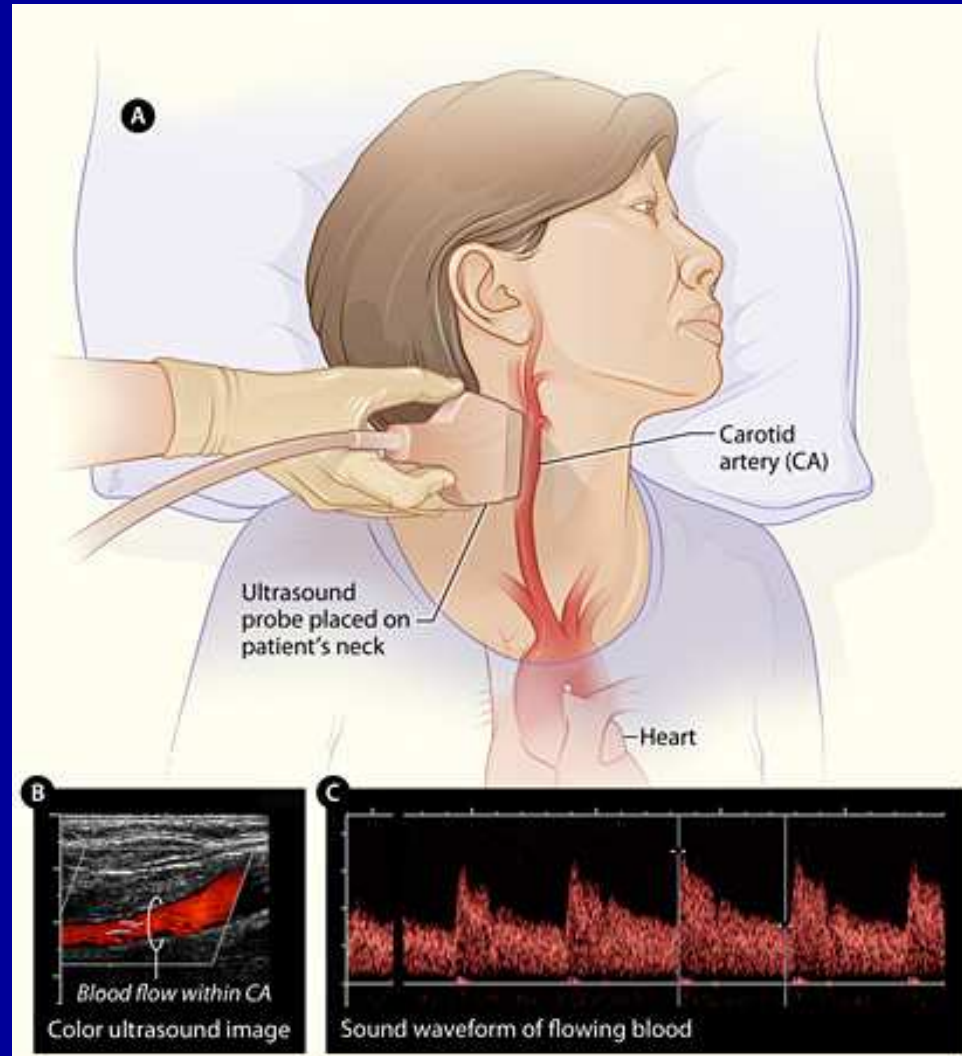


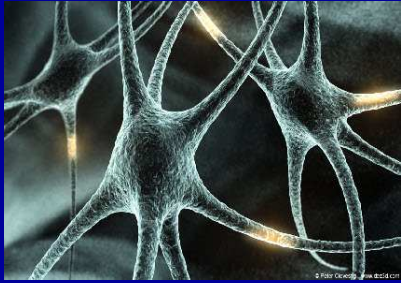


Heart and brain

Plaques can
build in carotid
arteries

Ultrasound
probing
carotid
artery





Food to rejuvenate the brain

No 1 Food ?

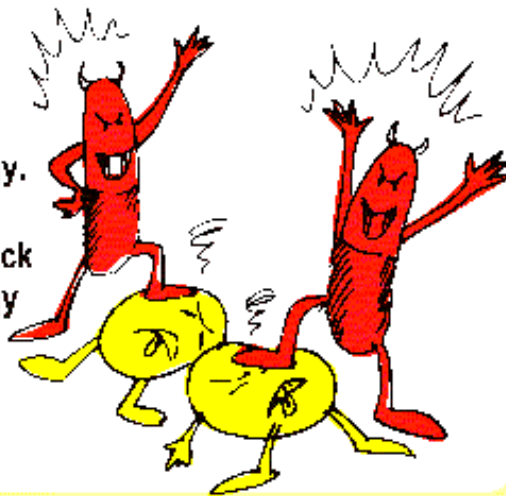


Anti-ageing

Anti-oxidant

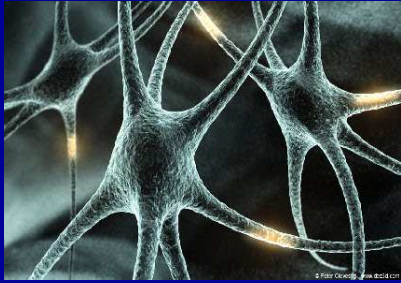
What are Free radicals ?

- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



A biological form of rust

Free radicals attacking mitochondria



Exercise and the Brain

Dr John Ratey

Spark

Body-Mind
connection

Exercise
and
Evolution

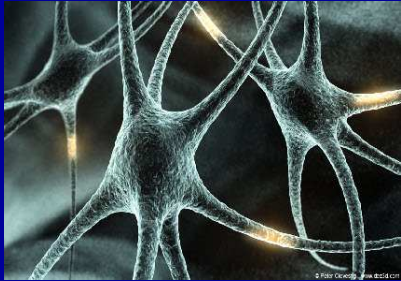
EVOLUTION TEACHES...

Early humans survived because they had the ability to perform demanding physical work.

Individuals who could out-run & out-plan their peers would survive

Humans are endurance predators

The complex block features a yellow and white checkered background. At the top, the text 'EVOLUTION TEACHES...' is written in blue. Below it, a bold black statement reads 'Early humans survived because they had the ability to perform demanding physical work.' A blue horizontal bar contains the text 'Individuals who could out-run & out-plan their peers would survive'. The center of the block is occupied by a horizontal sequence of seven figures illustrating human evolution: a monkey-like creature, a crouching hominid, a walking hominid, a hominid with a spear, a hominid with a spear and a bow, a hominid with a spear and a bow, and a modern human sitting at a desk with a computer. At the bottom, the text 'Humans are endurance predators' is written in blue.



BrainShapers

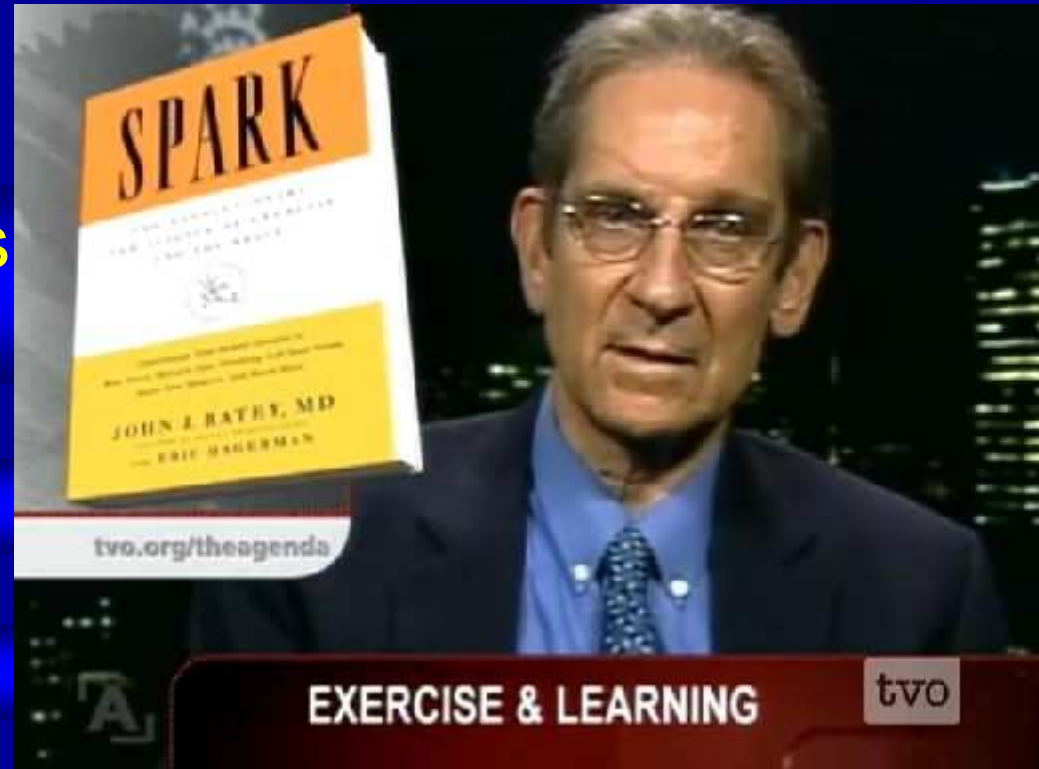
Dr John Ratey

Exercise and readiness
to learn:

improves attention

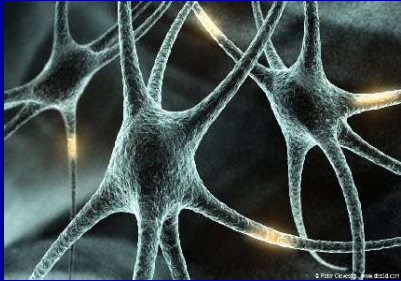
decreases stress levels

improves motivation



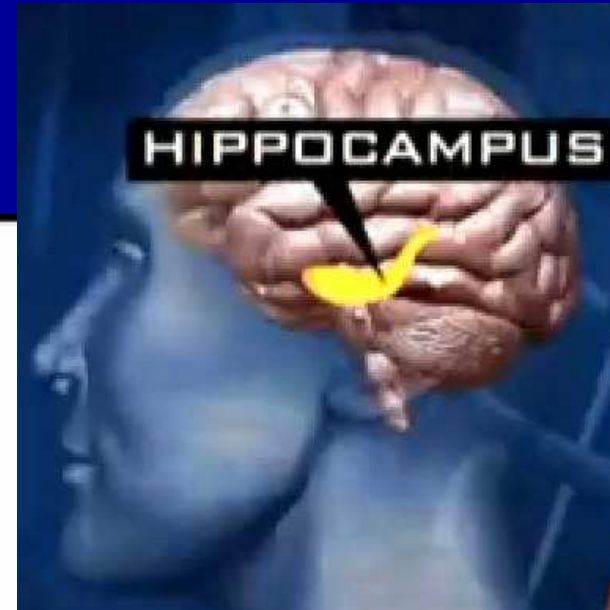
Spark

Body-Mind connection

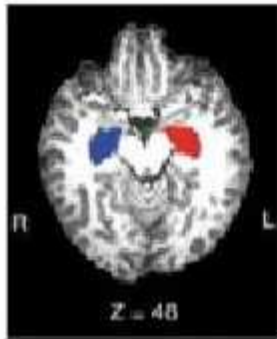


Spark

Dr John Ratey

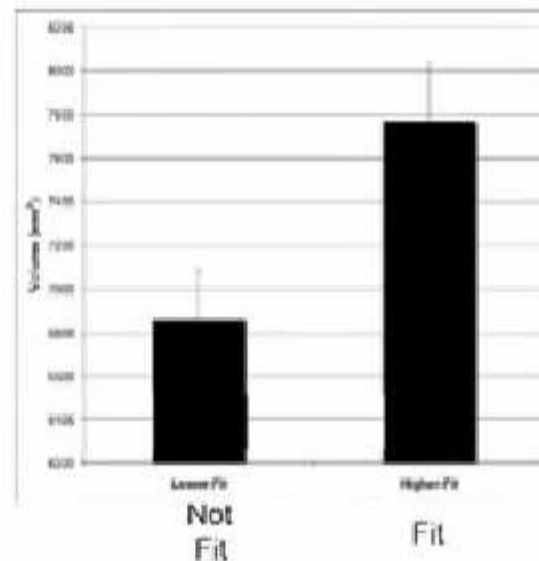


Fitness, Hippocampus Size, and Memory

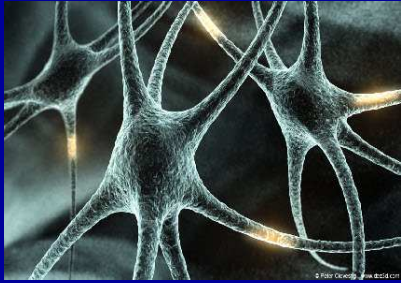


• Kids who were fit and who had better memories, also had larger hippocampi

• Fitness increases neuron connectivity



Chaddock-Lee, Erickson DJ, Prakash RS, Kim JK, Voorn MW, Vanpatter M, Pontillo MR, Raine LB, Rinkel A, Hillman CH, Cohen NJ, Kramer AP. A prospective investigation of the association between aerobic fitness, hippocampal volume, and memory performance in sedentary older children. *Brain Res*. 2010 Aug 21. [Epub ahead of print]



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Jane Fonda

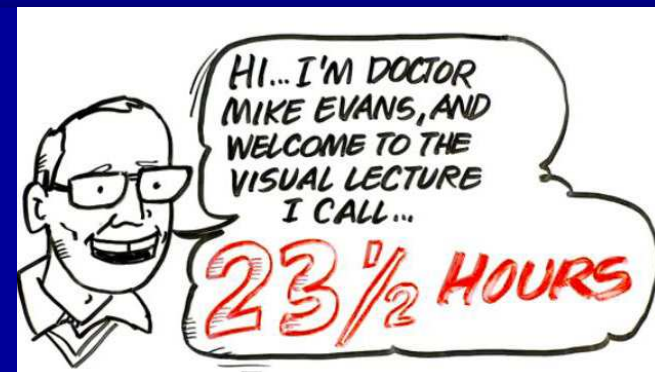
“It changes
your head.”

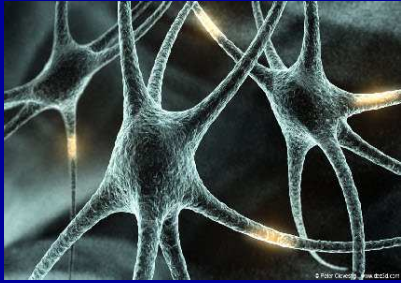
“It changes
your feelings
about
yourself.”



“I’m not perfect and I don’t care any more”

Dr Mike Evans: ‘23 and a half hours’





Exercise

10,000 steps

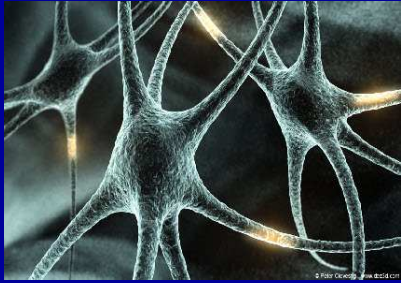
Reduced risks of disease

Brisk walking

Incorporate into daily life

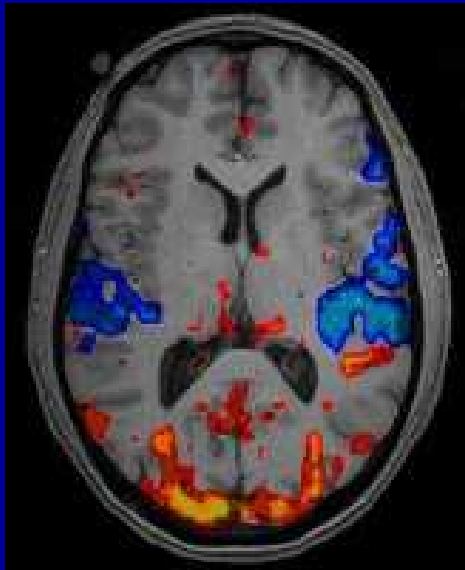
Wearables





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*Just Do
it!*

Health – heart and
brain links

Eat – Anti-oxidant,
vitamin-rich foods

Move – Pump up the
brain

50% reduced risk of
brain disease.