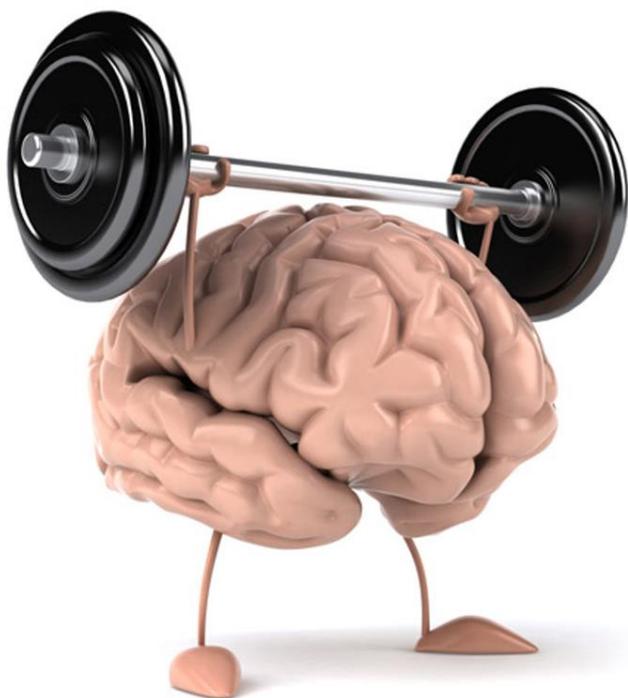


**TAKE YOUR BRAIN TO GYM**

# BRAIN GYM

**BRUCE WADE**



**A 30 WEEK BRAIN GYM PROGRAM  
TO ENHANCE YOUR BRAIN FOR A  
SUCCESSFUL LIFE**



## **Introduction**

Brain Gym is like taking your brain for regular workouts to get fit. Yes, just like a muscle in your body, your brain needs constant working to stimulate development and fitness for concentration, storage and the recalling of stored information.

Do you privately think you are stupid? Are you convinced that there is no way you could become smarter or better than you are right now? If you have answered 'yes' or 'maybe', I need to assure you that you are completely wrong and that there is hope of increasing your brain power and capacity to think better, faster, sharper and to improve the whole functionality of your brain. You need to believe that this is possible before you can go onto any more brain power exercises.

This workbook is designed with a series of exercises to be done over a 30-week period, that will require some effort and time, but when done will render your brain fit for a sprint as well as for a marathon. This is perfect for high school students, scholars and working adults. Each exercise builds on the skills and stamina of the previous exercise, so work through each one allowing enough time to complete each exercise (normally one per week).

The pages at the back of the book have been allocated to journaling. It is vital that you use these pages, or another notebook to record your emotional feelings, daily

progress and new ideas. This forms a basis of your learning journal as you go through the book.

You will need to allocate a few minutes each day, as prescribed in the notes to read, practise and complete each exercise. Some of these will form new habits and natural reactions to situations others will empower you to think more creatively and clearly. Some skills are just cool to have and will give you the edge when dealing with people and various situations.

Please work through each exercise and record your thoughts and ideas. You will be amazed at what you will get out of this book and how awesome it is to have a fit and ready-for-action brain. We have added a bonus section at the end of the programme on positive brain foods and diets.

Welcome to your new brain-fit future.

## **Brain Gym Exercise 1 (day 1)**

# **Your Attitude Is the Key to More Brain Power**

Think back to the many times in your life when you were told 'No' or that you could not do something or that you were just too stupid. These are all remembered by your subconscious memory and they influence how you behave today. It is proved that for everyone negative thing said to us it takes up to ten positive things to re-programme the brain out of remembering the one negative thought.

Your own thoughts can also undermine your success in your life. Below are some examples of what people say to themselves on a regular basis:

- I am stupid
- I don't want to learn
- I had a bad experience with this subject once
- My teacher made me feel bad about myself so I could not learn
- They would never let me do it my way
- I can never speak up because they will laugh at me.
- I was punished by my peers for being different
- I do not feel comfortable being open
- My creativity is dead
- It is too scary to change
- I do not deserve all this
- I can never get through this amount of work

Begin this new attitude by cutting out any negative thoughts you may have. From today onwards you are now a champion in the making and nothing others say or do to you will affect that.

Use an elastic band around your wrist to remind you of your new attitude. Pull it and let it go against your inner wrist each time you say a negative thing to yourself. This will soon help break the habit.

Record all progress in your journal.

## **Brain Gym Exercise 2 (day 5)**

# **Positive Attitude Is the Key to Your Future**

By now you should be on your way to cutting down on the negative thoughts you are having. These need to be replaced with positive sayings. You need to affirm yourself each day. Begin each day when you first wake up by saying the following to yourself out aloud.

- I can be better today than I was yesterday
- I do have a champion inside me waiting to come out
- Today I will learn something new and exciting
- I can master the new skills I need to learn
- I am able to do anything I put my mind to

Repeat these out aloud three times to yourself in a clear confident voice. Speaking them out loud to yourself gives the statements energy and brings you closer to their realization in your life. Feel free to add to them for any specific project or focus you are involved in.

If during the day you find yourself slumping in your attitude or self-belief, repeat the exercise again before you fall over the edge.

End the day with a similar exercise. You need to go to bed each day believing in yourself and rid your mind and body

with all negativity and bad thought patterns.

Continue to use the elastic band from exercise 1 to break the habit of bad, disempowering thoughts.

Record progress in your journal.

## **Brain Gym Exercise 3 (week 2)**

# **Mental Focus and Concentration – clock watch**

If you want to succeed in any activity it is going to take mental concentration and effort. Like any other part of your body, peak performance is only achieved through exercise and practise. This exercise is a beginning of more complicated ones to come but it will begin to focus your brain on one object and allow your entire body to become aware of your potential to think and focus.

1. Find a wall clock with a second hand that ticks.
2. Sit down comfortably in a chair facing the clock.
3. For two minutes rivet your attention on the second hand.
4. Do not be distracted by a single thought, sensation, or other event for these two minutes.
5. Give the slow moving second hand your undivided absolute attention.
6. If your attention wanders, as soon as you catch it, start over again, and do the two-minute clock watch again until you can remain undistracted for a full two minutes.
7. When you have mastered this and are able to do it for the full two minutes, three times in a row, increase the time to five minutes and then seven and then ten.

Do this every day for four weeks in conjunction with the other exercises that follow.

Record progress in your journal.

## Brain Gym Exercise 4 (week 3)

# Mental Focus and Concentration – paying attention 1

To take your concentration a bit further and help with your mental exercises try this when you are involved in exercising or any repetitive activity.

1. Decide when to start and allow at least an hour for this as often as you can.
2. Repeat to yourself, internally, ***I am paying attention!***
3. When you notice that you have forgotten to repeat this phrase in your mind, restart the exercise again by repeating the phrase aloud five times before continuing it mentally.
4. Even while your body may be doing other things keep your mind focused on this task for as long as you can.

Try this at different times of day as you are busy with other things.

Record progress and times in your journal.

## Brain Gym Exercise 5 (week 4)

# Mental Focus and Concentration – paying attention 2

To take your concentration even further now and help with your mental exercises while you are being distracted. This will go a long way to develop a habit of blocking out other noise and distraction you will experience during your sporting and other high concentration activities.

1. Set aside a time period of up to one hour or as long as you can.
2. Find a magazine to read or TV programme to watch.
3. Repeat to yourself, internally, ***I am paying attention!***
4. Take notice of the pictures or characters and try to focus on the details but keep repeating the phrase.
5. When you notice that you have forgotten to repeat this phrase in your mind, restart the exercise again by repeating the phrase aloud five times before continuing it mentally.
6. This will train your mind to be aware of other things and focus on them but internally be aware of you and that you are in control of your thoughts and focus.

Record progress and times in your journal.

## **Brain Gym Exercise 6 (week 5)**

### **Counting 1 2 3 counting 3 2 1**

This exercise is fun and trains your brain to focus the attention on two different levels simultaneously. This may prove very difficult at first, but you will soon get the hang of it and begin to enjoy the ability and new skill.

1. Count backwards from 100 to 0 in 5's.
2. Count backwards from 80 to 0 in 4's.
3. Begin with 3 and keep doubling the number until you lose focus.
4. Count forward in 4's from 4 to 400 as fast as you can.
5. Repeat the above activities while you plan out and perform all the steps mentally for the following tasks:
  - Washing and detailing a sports car
  - Cooking and serving a meal for a close friend
  - Playing 9 holes of miniature golf

Remember to practice and do not let your mind lose focus. If this happens begin the exercise again from the beginning.

When you have gotten these skills down to a fine art try to count the number of words a person is saying while they are speaking to you and still comprehend what they are saying. Record your progress in your journal.

## **Brain Gym Exercise 7 (week 6)**

### **Word Families**

This exercise is easy to begin with but will get more challenging as you progress.

1. Write a word from the list below in a circle in the center of a blank A4 page.
2. Write as many related words as you can think of around the main word and link each word with a circle and a line to the middle word.
3. Take each word in turn and think of related word to that and like then to that word.
4. Repeat this for all your second level words
5. Do the same for each third level words
6. Try if space allows to get as many fourth and fifth level word on the page.
7. Do not stop or think about the process, just keep on writing as fast as you can. When you are done with one word go onto the next.
8. Try not to use the same word twice on the page.

Word list: · Medicine

· Sport

· Ocean

· Career

· Politics

· Achievement

· Farm

Keep the pages you have completed and record your emotions and progress in your journal.

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Word list:     · Medicine                     · Politics  
                  · Sport                         · Achievement  
                  · Ocean                        · Farm  
                  · Career

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## **Brain Gym Exercise 9 (week 8)**

# **Keeping an Eye on Your Hot Spot**

This is a focus concentration exercise that you can do and practise any time of the day when you are doing other activities.

1. Identify the spot inside yourself just beneath the skin under your belly button.
2. In your mind begin to feel the spot.
3. Imagine that the spot contains a marble size source of heat.
4. Begin to feel the warmth radiate from this spot.
5. For the next 60 minutes keep your focus on this spot and try to feel the warmth.
6. Do this while you are doing other activities.
7. Do this at least once a day for three days.

Once you get good at this begin to use other areas of your body such as a joint or a muscle. To add additional complexity to this exercise, move the spot around your body slowly allowing the heat to radiate and warm the

path that your choose.

We have been able to achieve huge results with this exercise by improving the healing of sore muscles and painful joints. The body has the ability controlled by your mind to cool down and heat various areas of your body through conscious thought.

The more you practice this the more fun you will have doing it. It may even cut down on those heating bills during winter.

Record your progress in your journal.

## **Brain Gym Exercise 10 (week 9)**

### **Word Scan**

Your brain is designed to learn and remember in patterns. This exercise will help build on this skill and help improve your reading and eye scanning skills.

1. Get a highlighter pen and the daily newspaper and a 5-minute timer or stopwatch.
2. Select a word of at least 3 syllables from the main article.
3. Set the timer for 5 minutes
4. Highlight the word every time it appears on that page.
5. Continue to the next page until the time runs out.

Do this twice a day for 5 days this week. You will notice an improvement in your scanning abilities. This will help in your speed-reading and recall ability in the future.

Record your progress in your journal.

## **Brain Gym Exercise 11 (week 10)**

### **Reading upside down**

As your word scanning becomes better and better you will begin to realise that your brain can read words without actually looking at them letter by letter. Your brain is programmed to read by recognising patterns of words. Try this exercise to practise and train your brain.

1. Take a magazine that has lots of text in it
2. Hold it upside down
3. Set a timer for 10 minutes
4. Start reading a page upside down from the beginning of the article to the end.
5. At the end of 10 minutes see how far you have read
6. Do this twice a day for a week and note your progress

Once you have gained confidence try this at random by reading things that others are reading or scanning the contents of a desk that you are standing on the wrong side of. This skill could lead to you getting all sorts of information you would normally not get to read, sort of like a 007 spy. Record your progress in your journal.

## Brain Gym Exercise 12 (week 11)

### Reading whole words

Try reading this one out loud

I cdnuoplt blveiee taht I cluod aulacly uesdnatnrd waht I was rdgnieg.

The Paomnehal Pweor of The Hmuan Mnid

Aocdrnig to a rscheearch at cmabrigde Uinervtisy, it deosn't mttar in waht odrer the ltteers in a wrod are, the olny iprmoatnt tihng is taht the fsrit and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Amzanig huh?

Try typing some of your own paragraphs in the same way.

Record your thoughts in your journal.

## Brain Gym Exercise 13 (week 12)

### Reading backwards

You think you are getting clever now, try this.

Read each of the following statements correctly, in which each of the words is written in reverse.

eht ksat erofeb su is reven sa taerg sa eht rewop dniheb  
su

dnif eht eno gniht uoy od llew dna t'nod od gnihtyna esle

eht srenniw ni efil kniht yltnatsnoc ni smret fo I nac, I lliw  
dna I ma

So how did you do was it easier to get with practice or  
are you still struggling.

Do siht again dna again ltinu you era able ot recognise  
eht words taht you era reading.

Got a headache, ok take a rest.

Read these a few times until you get the hang of it and  
then try to write a few other quotes out for yourself.

Record your progress in your journal.

## **Brain Gym Exercise 14 (week 13)**

### **Reading backwards – again!**

Try reading backwards again, this time a bit more complicated; I have removed the gaps between the words. Take your time and let your brain do the work. If you think it is hard to read, try typing this out.

nehwsawehttsalemituoydidgnihtemosrofehttsrifemit?

Erauoyletarapsedgniyrto tebenoemoser' uoytonrotongn  
iyrtoteboh wuoyera?

Elttildidle zilaertahtymerisedotddaeulavotsrehtodluowe  
behtgnihttahtdeddaeulavotem

If you have been able to do this successfully, well done. Try again if you struggled with some words and repeat the exercise each day until your brain is able to see the patterns clearly. Remember to allow your brain to do the work. That harder you try that harder it will be. Take a break if it becomes too much and try again later.

Record your progress in your journal.

## **Brain Gym Exercise 15 (week 14)**

### **Writing backwards**

You now get a chance to translate your new skill into practice and hands on work.

In your journal rewrite each of the following statements with each word written in reverse. Try to see and say each word in your mind before you write it out.

- We all live under the same sky, but we don't all have the same horizon.
- The word impossible is not in my dictionary
- We cannot hold a torch to another's path without brightening our own
- There is no life as empty as the self-centred life. There is no life as centred as the self-empty life

Once you have done these a few times try other quotes or short sentences. Begin to look at street signs and road signs and see if you can picture them backwards. Try saying them out aloud and hear what they sound like. Others may begin to wonder about you but just tell them you are doing your brain gym for the day. Record your feelings and progress in your journal.

## **Brain Gym Exercise 16 (week 15)**

### **Letting Your Brain Go**

Here are some fun ways to stretch your brainpower in unusual ways.

Take time to relax and visualise all the probabilities and consequences of the following scenarios.

- What would your life be like if time ran backwards for 2 hours each day? Would you have different opinions about events?
- What if you could maintain your attention span, unbroken, for 4 consecutive hours? What would you do? How would it feel?
- What would it be like to be a single brain cell?
- What would it be like to be a force 5 hurricane in full spin?
- What would it be like to be pure open space, miles and miles wide?

Allow a full day for each of the above scenarios to mull over in your mind. Keep expanding the options and adding to the possibilities. Record your thoughts in your journal.

## Brain Gym Exercise 17 (week 16)

### Unscramble and Evict

The 8 lines below represent 8 words with their letters scrambled.

Set your timer to 3 minutes.

Do this exercise in your head without using pen or paper. Figure out what each word is and then find the odd word that does not fit in with the others and evict it.

If you do not complete the exercise in 3 minutes stop and try again the next day until you have solved the problem.

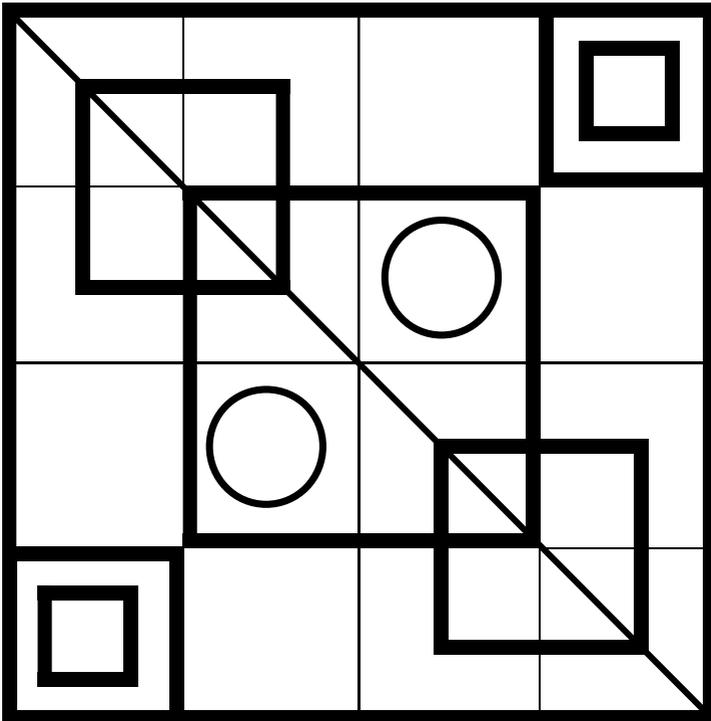
CLLION  
DILCALCA  
AJGRAU  
TANASEPH  
ELYRLOCOSR  
EDSCREME  
SEXUL

Write down your answer of the evicted word.

Record your progress in your journal.

**Brain Gym Exercise 18 (week 17)**  
**Count the Squares**

Look at the diagram below and count the number of squares you can find in the picture. Remember the definition of a square.

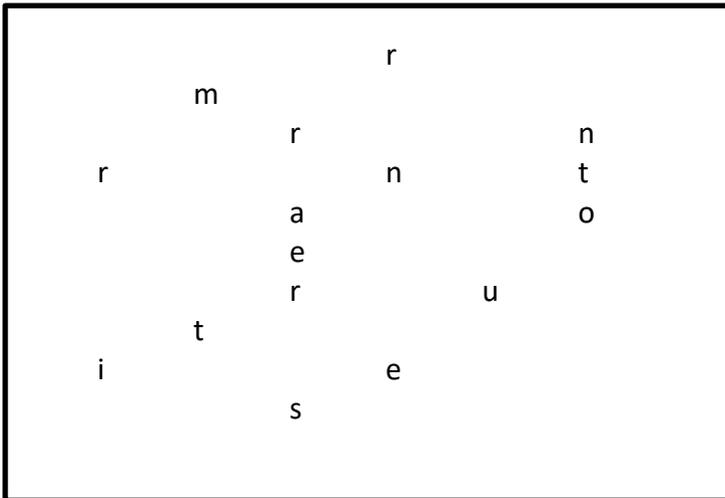


## Brain Gym Exercise 19 (week 18)

### Eye–Word Brain Gym

Study the scrambled letters below for 15 seconds.  
Set your timer for 3 minutes, turn over this page and try  
to reconstruct the original word from the letters.

If you do not complete the task in 3 minutes, try again  
the next day until you get it correct.



Write down your answer.

## Brain Gym Exercise 20 (week 19)

# Problems of the Universe 1

Consider the following question and create in your own mind a reasonable answer.

*If a person at point A, throws a ball against a wall at point B, and it bounces back to the person who threw it, we can conclude that the ball travelled from point A to B, stopped, reversed direction and then returned to point A.*

*If the same person stands at point A, this time on a railway track and throws the same ball against the front of an oncoming train, point B. The ball will bounce back to him once again. Can we then conclude that the ball travelled from point A to the train, point B, stopped, changed direction and returned to the person at point A. To make this possible the point of change of direction for the ball would need to be stationary and not moving to allow the ball to also stop and change direction.*

*Does then the train stop, even for the smallest time to allow this to happen?*

Record your answers and thoughts in your journal.

## Brain Gym Exercise 21 (week 20)

### Problems of the Universe 2

Consider the following question and create in your own mind a reasonable answer.

*Suppose you are shooting an arrow from point A to point B. this distance is 50m. Before the arrow can travel the full 50m, it must travel half this distance. In other words, the arrow must first travel an ever increasing distance before it can cross the full 50m, yet this ever increasing smaller distance can be continued indefinitely, into infinity, because you can always divide a number in half and get a smaller number.*

*So how can the arrow ever arrive at its target 50m away?*

Record your answers and thoughts in your journal.

## Brain Gym Exercise 22 (week 21)

### Problems of the Universe 3

Consider the following question and create in your own mind a reasonable answer.

*If wheels on a train are attached to a fixed axel with each wheel on each side rotating at the same speed as the other, how is it possible to get a train to turn corners where the outer wheel would have to travel a longer distance than the inner wheel?*

If you get stuck on this. Look at an actual train wheel and you will begin to see the magic of science.

Record your answers and thoughts in your journal.

## Brain Gym Exercise 23 (week 22)

### Word Making

Spend the next 60 seconds studying the four sets of scrambled letters. Each set spells a word when put in the right order.

For the first two groups, give yourself 45 seconds to recognise the original words.

For the second two groups turn over the page and give yourself 45 seconds, without looking at the letters.

r d e h n o p n i

e s z r h l i a m e

---

p d e m o n a i

y s e p a s n

Record your answers and thoughts in your journal.

## Brain Gym Exercise 24 (week 23)

### Number Play

1. Examine the numbers below for 15 seconds
2. Seven of these 3-digit numbers have something in common, but one does not.
3. Find out what that common property is and identify the number unit that does not fit in
4. Set your timer for 30 seconds to think after you have examined the numbers.
5. If you do not find it, stop and try again the next day until you get it right.



Record your answers and thoughts in your journal.

## Brain Gym Exercise 25 (week 24)

# Mind Mapping

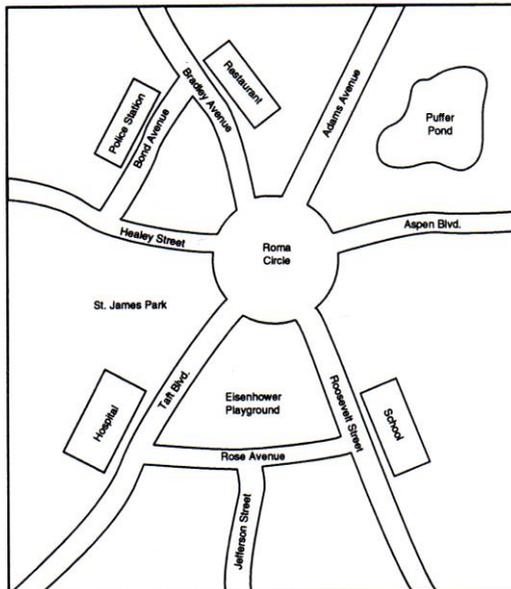
Study the map below for 3 minutes

Turn over the page

Set the timer for 1 minute

Redraw the entire map from memory, including building and street names

Repeat this exercise each day for 5 days or until you get it 100% correct



Record your progress in your journal.

## Brain Gym Exercise 26 (week 25)

### Mental Images

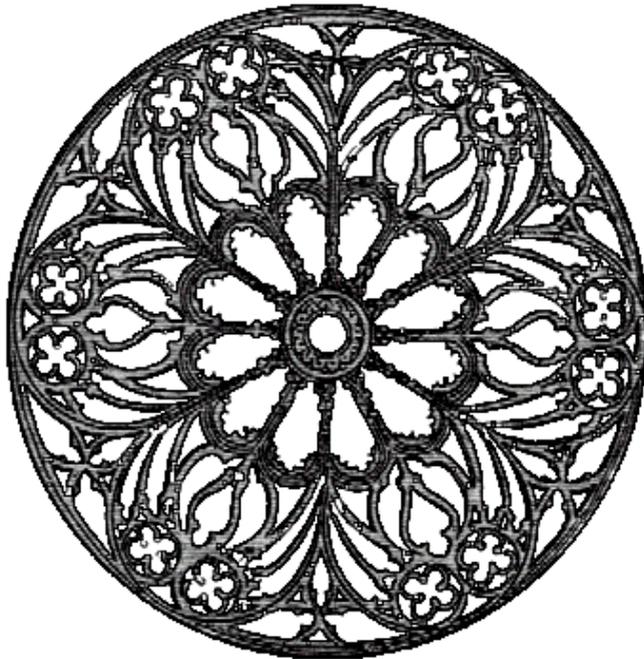
Study the image below for 5 minutes

Turn over the page

Redraw the picture as accurately as you can remember

Six hours later try to redraw the image without looking at  
this page

Repeat this exercise for 5 days



Note how each day you begin to remember more detail. Your second sketches should become more like your first ones in the day.

Continue with this until you are certain you can duplicate the image.

Record your progress and thoughts in your journal.

## **Brain Gym Exercise 27 (week 26)**

### **Where is my Room?**

1. Choose a room that you know well and spend a lot of time in.
2. Make sure you are not in the selected room and sketch on a blank paper the room in as much detail as you can
3. Try to remember every smallest detail to paperclips, loose paper, page numbers of open books.
4. Take your sketch to the room and compare your drawing to reality.
5. Try this again each day with a different room or place that you visit.

Record your progress and thoughts in your journal.

## **Brain Gym Exercise 28 (week 27)**

### **Mind Movies**

1. Watch a short TV programme for more than 20 minutes
2. In your mind recount the entire movie, trying to recall as much detail as possible.
3. If you have a friend to help you, tell them the entire story as you remember it.
4. Now tell the entire movie scene for scene backwards. Remember to add as much detail and characteristics and quotes as you can.
5. Practice this as often as you can
6. Now Watch a full-length movie on TV or at the cinema
7. Repeat the exercise recounting the entire movie firstly forwards then backwards
8. Repeat this 3 days later and see how much detail you can still remember

Record your progress and thoughts in your journal.

## **Brain Gym Exercise 29 (week 28)**

### **Multi-task Focus**

Plot all the tasks and steps you would need to take in order to perform the following tasks. Focus on one task per day allowing your mind the freedom to grow the experience until you have considered all the different aspects of the job at hand.

- Training and keeping a pet penguin in your house
- Building an outside Wendy house to use as a extra guest house
- Starting a daily newspaper for the local sports association
- Walking from Cape Town to Pretoria
- Moving out all the furniture in a 6 story block of flats with each story having 2 flats with 3 bedrooms each.

Record your progress and thoughts in your journal.

## **Brain Gym Exercise 30 (week 29)**

### **Can you imagine this?**

Try working out the answers to each of these scenarios

- How many minutes would it take to paint your bedroom?
- What fraction of a ton does a single blade of grass weigh?
- How many eggs would weigh the same as an empty municipal garbage truck
- How many milliliters of water do you drink in a year, including the water contained in all beverages and processed foods
- How many carbon atoms are in this page

Record your progress and thoughts in your journal.

## **Brain Gym Exercise 31 (week 30)**

### **Mind Movie of the Day**

1. Sit in a comfortable place and allow yourself an hour of free uninterrupted time.
2. Replay the events of the entire day one week back from today.
3. Recount each and everything from the moment you woke up to the time you went to sleep.
4. Perform this exercise each day for 5 days

Record your progress and thoughts in your journal.

## **Conclusion**

Congratulations, you have successfully completed your Brain Gym Introduction 30-week brain gym program.

Your brain should be well on its way to being fit and you have acquired some new skills. But more applicable is that your brain has learnt to learn and be creative: utilize these skills in every activity you do each day.

Never allow 'dead' time such as driving in a car or waiting for someone to be wasted time. Take these times to redo some of the exercises you have learnt and continue to practice and exercise your brain.

Use your new 'super-powers' to impress your friends, teachers and colleagues as you show them what a fit brain can actually do.

Welcome to your future.

## **Bonus Addition—Brain Food**

We have included several articles and information snippets on Brain Food in the next section.

The information in these articles has been extracted from various published information and may or may not be clinically tested or proven and opposing articles may exist. We have included these as information only to provide a further guide to a healthier smarter brain.

Please do your own research before taking any printed facts as absolute truth.

## **How your Diet, Emotions, and Lifestyle may be draining off your natural Brain Power**

High blood pressure and chronic stress works against your natural brain power, which can lead to strokes. Either “pleasure or danger” stress, triggers chemical reactions or physical changes. Hormones and transmitters which are released are reabsorbed into the system under normal conditions. But if stressed often or chronically, health starts to suffer.

### **Too Much Stress Can Age Your Brain**

High levels of the stress hormones may start to age your brain prematurely and lead to decline in brain power.

*How you cope with stress* will directly affect how much and how fast your brain ages. Also contributing to many illnesses, insomnia and sleep disturbances.

High blood pressure thickens the cerebral arteries and cuts the normal flow of oxygen and blood to the brain.

### **You May Be Losing Valuable Neurons To Stress As We Speak**

There is a 2 – 3% drop in IQ from high blood pressure and stress alone.

## High Blood Pressure: 7 Brain Power Preserving Steps

1. Lose weight, eat fiber, reduce saturated fat, less alcohol and table salt, and consider a semi-vegetarian diet.
2. Increase intake of *Calcium*.
3. Increase *Magnesium* (which dilates the blood vessels)
4. Amino acid *Taurine* helps reduce high blood pressure
5. Amino acid *Tryptophan*
6. *Garlic* – 3 fresh cloves daily or garlic extract
7. Regular aerobic *exercise* – walking, running, swimming

## **Exercises for Chilling Out and Removing Your Brain Power Drain from Stress**

1. *Get truly relaxed* – Spa, music, pamper and indulge yourself.
2. *Collect yourself* – stay calm, take mental inventories, assess your situation.
3. *Breathe with attention* – inhale counting 1- 5, exhale counting 6-10.
4. *Alternate your nostrils* – hatha yoga tradition.
5. *Take flower essences* – Lavender, Cherry Plum, Impatiens, Chamomile, Indian Pink.
6. *Take a long bubble bath.*
7. *Become a corpse* – hatha yoga position called *Savasana*.

## **6 Dietary Factors That Can Depress You and Drain Your Brain Power**

1. *Folic Acid* Deficiency – can mimic symptoms of senility and CNS disorders.
2. *Riboflavin* (Vitamin B2) deficiency
3. *Thiamine* (Vitamin B1) deficiency
4. *Pyridoxine* (Vitamin B6) deficiency
5. *Vitamin B12* deficiency
6. *Vitamin C* deficiency.

## The Autobiography of My Breakfast, Lunch and Dinner

This will help you see the relationship between what you eat and how you feel in yourself.

1. Keep food-mood journal for a week
2. Label 3 vertical columns on right half of page – Breakfast, Lunch, Dinner.
3. Divide each column into two more vertical ones, labelling them Before/After.
4. Down left margin enter: Alert, Vigorous, Sharp, Motivated, Relaxed, Calm, Focused, Patient, Irritable, Grouchy, Tense, Agitated, Sluggish, Apathetic, Slow, Sleepy, Sad, Blue, Despairing, Unable to cope.
5. Note how you feel *before* eating anything – check off which words on list best describe state of mind.
6. Eat the meal – now note which words describe your condition.
7. If mood has shifted from *alert* to *sluggish*, take note what you ate.

8. Try determining which foods have a negative effect on you
9. If you go from *focused* to *despairing*, it's time to quickly change your diet.

Study results at end of week and make appropriate changes in your diet.

## **Eliminating Brain Poisons: Alcohol and Memory Loss**

Alcohol is actually an enemy of your brainpower.

In excess it's bad for memory.

*If you want maximum brainpower and fully working memory, reduce your alcohol consumption to a minimum.*

### **Too Much Alcohol Pickles the Brain**

According to medical studies, even as few as 2 alcoholic drinks a day will diminish your ability to remember.

Ten people were given a pint of Whiskey over a period of a few hours. They were tested for recall from a movie they had just watched – only 5 could remember the objects from the film after 30minutes, after 24 hours they could only remember 60% of what they had recalled after 30minutes. The other 5 couldn't recognise the movie objects after only 30minutes –they had blacked out and never committed the material to short-term memory in the first place.

Physiologically alcohol is a brain poison. The membrane around the brain's capillaries called a *blood-brain barrier* can be broken down by a number of factors, including tumours, infection, injury and alcohol.

Light or moderate drinking can impair your ability to form concepts, do abstract reasoning, learn, adapt and perform sophisticated mental tasks. *Alcohol is a brain*

*depressant.*

It can produce short-term forgetfulness and long-term chronic memory loss, thus making it harder to gain and store new information.

Alcohol also robs the body of vital nutrients, especially the B complex vitamin.

Long-term alcohol consumption and abuse actually change the physical structure of your brain permanently, and affects the way the nerve cells conduct impulses.

Long-term alcohol abuse may lead to serious, even permanent memory loss because it makes the liver toxic.

## 9 Brain Poisons Worth Reducing or Eliminating from Your Life

*If you want to safeguard your natural brain power and create the conditions in which you can increase it, avoid as many of these products as possible; if you need to use any for medical reasons, keep your use at an absolute minimum.*

1. *Cocaine* – generates electrical seizures, abnormal electrical activity in the brain, anxiety, hyperactivity, and increases Dopamine which affects the personality in strange ways.
2. *Amphetamines* – is a class of stimulant, including “speed”, “angel dust”, and diet pills.
3. Regular use leads to loss of mental abilities, memory capacity, changes in personality, paranoia and aggression.
4. *Barbiturates* – prescription and over the counter sedatives, sleeping pills - depresses brain function, decreases mental abilities and impairs memory.
5. *Tranquilizers* – prescribed by psychiatrists, can produce severe problems in brain function and a high degree of memory loss.
6. *Antidepressants* – powerful mood-altering

substances.

7. *Antihypertensives* – include beta-blockers and digitalis.
8. *Multiple Drugs in Combinations* – can cause unpredictable effects if taking several powerful drugs at once.
9. *Partial List of Brain Poison Drugs to Avoid or Limit in Use* – barbiturates, bromides, benzodiazepams, phenothiazines, lithium, antihistamines, analgesics, glaucoma eye drops, aminophylline etc.
10. *Other Brain Toxins to Avoid* – aflatoxins (produced by mould), aspartame (sweetener),

## 2 Brain Poisons Worth Cutting Back on in Your Life

1. *Caffeine* – use coffee sparingly, 1 or 2 cups daily only. Too much caffeine in your system adds to the toxic overload in your body. Can become dependent on it because of the stimulating effect.

2. *Nicotine* – gives you a temporary boost in usable IQ that carries a potentially deadly price tag. Smokers who switch from nicotine to aerobic exercise experience the same state of *relaxed alertness* resulting from the release of endorphins, adrenaline and acetylcholine.

## 10 Steps to Unclog Your Brain In 2 Weeks

The vitality of your Intestines and general digestive process is crucial to enhancing brain power. Bodily detoxification is most important.

Take Intestinal Cleanser twice daily for 10-14 days – high fibre preparation made from plantago & psyllium seed husks. This may take 3-6 days to start elimination process.

- If you start getting cramps or diarrhoea stop the treatment. Wait a few days and resume.
- Try avoiding foods that cause bloating, such as beans. Eat light foods high in fibre, drink more than usual pure water. Avoid “junk foods”, and cut down fats and sugars.
- To stimulate detoxifying action take Yerba Prima Kalenite Herbal Formula tablets after every dose of bowel cleanser.
- For even more thorough detoxification – Purifying Program, made by Eden’s Secrets
- Be prepared for possible psychological and emotion repercussions – distant thoughts and memories,

anger or depression.

- Flower Essences can help you through this process – *crab apple, beech, white chestnut, holly.*
- Take Acidophilus pills daily – live lactobacillus organisms, (healthy intestinal flora.)
- Repeat this program in 3 months, then again 6 months, then make it an annual affair, as an internal spring cleaning on behalf of improving your brain power.

## **Get the Meat Out Of Your Brain – 5 Reasons Why Meat May Drain Your Brain Power**

If your diet is high in meat (beef, pork, lamb), aside from risks of high cholesterol and saturated fat, this can cause loss of brain power in your elderly years. Consider reducing your red, fatty meat consumption by half, or even entirely, to preserve your brain power when you are older.

*Atherosclerosis* – hardening of the arteries.

*Food Poisons* – meat laced with hormones, antibiotics, tranquilizers, additives, preservatives, pesticides and other toxins.

*Contaminated Meats* – food poisoning

*Free radicals* – diet based on meat may keep you from eating enough fresh fruits, vegetables and legumes, which contain flavanoids and carotenoids.

*Homocysteine* – if your system is high in this chemical produced by eating meat, it can cause a decline in your mental abilities, and is a risk factor in strokes and heart disease.

## **Your Memory Loss May Be Due to Faulty Nutrition – and How to Reverse It**

Consider the possibility that the main source of your declining brain power is *malnutrition*.

The *elderly* tend to be deficient in many nutrients and have poor nutrition.

*Hospitalised elderly* people seem more undernourished than those living at home.

- *Folic Acid deficiency* – may cause apathy, disorientation and an inability to concentrate.
- *Vitamin B3, Niacin* – pellagra, chief sign is dementia.
- *Vitamin B1, Thiamine* – may cause loss of memory
- *Vitamin B12* – the elderly do not absorb B12 sufficiently – deficiency linked to memory loss, confusion, apathy, irritability, pernicious anaemia, muscle spasticity, depression and actual brain damage
- *Choline* – crucial to the function of memory.

## **A Long List of Pollutants Create A Toxic Body and A Stressed Brain**

Nobody in industrialized societies lives in a pure, chemical-free, pollutionless environment.

Consider the numerous sources of contaminants that we subject our bodies to;

- Antibiotics, pain killers, birth control pills, hormone replacement substances, medical drugs
- Vaccinations
- Recreational Drugs
- Alcohol
- Processed foods, artificial sweeteners, colours, additives, preservatives
- Fruit and vegetables grown with chemical fertilizers, herbicides, pesticides, hormones
- Food irradiation
- Contaminated water supplies with heavy metals, Chlorine, Mercury, Lead
- Pollution from car exhausts
- Industrial fumes
- Radiation and X-rays
- Cigarettes
- Electropollution
- Household pollution
- Formaldehyde from building materials, paints and synthetic materials.

## **You and Your IQ May Be Suffering from A Toxic Brain**

If your body is unable to detoxify itself of all the contaminants, your brain power will suffer. If you are *chemically sensitive*, you may find yourself in a chronic *brain fog*. When your normal detoxification pathways are clogged from too many toxins and chronic nutritional deficiency, your body produces chloral hydrate and sends it to the brain – resulting in;

- Faulty memory, inability to think clearly or concentrate,
- Depression, exhaustion
  
- Mood swings from manic to lows
  
- Headaches
  
- Tingling or numbness in parts of body
  
- Feel unreal, dizzy, dopey, spaced out
  
- Attention deficit disorder, learning disabilities, hyperactivity

## **A QUIZ TO SEE IF YOUR BRAIN IS CARRYING A TOXIC LOAD**

1. Get foggy-headed when using copying machine?
2. Happy one day and dopey, unfocused the next?
3. Nose registers smells better than most people?
4. Have a hard time tolerating alcohol?
5. Bothered by perfumes and strong cleansers?
6. Feel worse when entering certain stores?
7. Drugs and medications you cannot tolerate?
8. Do Vitamins sometimes make you feel worse?
9. Your reaction time slower in city traffic than in the country?
10. Find yourself at times suddenly dumb as if someone stole your brain?
11. Feel as if you've had too many alcohol drinks – when you've not had any?

If your answer is yes to most of these, chances are your body is toxic, chemically sensitive, low in vital nutrients and unable to detoxify itself.

## A Quick Guide to The Possible Drains on Your IQ

*Formaldehyde* – foam insulation used in homes and offices built in the 1970s

- depression
- fatigue
- poor memory
- inability to concentrate
- headache
- coughs
- arthritis.

*Trichloroethylene* – found in machine solvents and oils, dry-cleaning fluids, carpet shampoos, floor polish, copy machines, furniture glue, and typex.

- poor concentration
- fatigue
- drowsiness
- slow reaction time
- confusion
- headache
- limited attention span
- poor decision-making ability

*Pesticides* –

- confusion
- fatigue
- faulty concentration and memory

- irritability
- sluggish thought processes
- schizophrenia and depression
- severe memory impairment
- difficulty in concentration
- memory lapses
- speech difficulties
- anxiety

## **Add Stress to Your Toxic Life and You Lose Even More IQ Points**

If you are also under stress most of the time, the toxins in your body plus nutrient deficiencies starts to drain your IQ, due to “toxic brain syndrome”.

The cumulative effect of pesticides, chemicals, food allergies, nutrient deficiencies and abnormal bowel flora, produces chronic tiredness and the toxic brain.

The longer this condition of toxicity continues, the faster you become *chemically sensitive*.

## **9 Ways to Stop the Brain Drain: You Don't Have to Be "Learning Disabled"**

If you have a child who has been labelled dyslexic, learning disabled or who has "minimum brain dysfunction", this may have nothing to do with intellect, but rather diet, nutritional deficiencies, and possible brain toxicity caused by exposure to heavy metals.

*Malnutrition, even in a mild degree, or any kind of dietary imbalance, can make it harder for a child (and adult) to learn and express their full brain power.*

- *Junk and sugar foods* – negatively affects child's ability to learn, increases adrenaline, making child restless and hyperactive, also causes anxiety and inability to concentrate.
- *Caffeine* – in sodas, teas and coffee makes learning more difficult.
- *Food allergies* – food sensitivities can directly interfere with a child's ability to learn.
- *Vitamin C* – can increase IQ by taking extra amounts of this vitamin
- *Iodine* – deficiency has been linked with problems in the thinking process
- *Iron* – low levels of iron linked to difficulties in

concentrating, and emotional and social problems.

- *Zinc* – low levels may cause children to be irritable, sullen, and prone to crying and thus poor learners.
- *Aluminum* – too much is bad for brain power – toxicity linked with Alzheimer's
- *Cadmium and lead* – this is an airborne pollutant with lead in paint, auto exhaust and cigarette smoke. Increasing child's intake of calcium, iron, copper, zinc, vitamin C and thiamine, reduces the effects of lead exposure.

## **7 More Ways to Stop the Brain Drain: You Don't Have to be "Learning Disabled"**

If you suspect that lead toxicity is a factor in learning disabilities, follow guidelines to build a nutritional "blockade" against pollution.

- *Eat regular meals* – food neutralizes the effects of lead exposure
- *Reduce the amount of fat in your diet* – fats absorb lead faster than other foods
- *Increase your dietary calcium* – works with iron, phosphorous and vitamin D, helping to block lead absorption
- *Take more vitamin C and zinc* – they work together to protect against lead poisoning
- *Take more iron* – shields the body from lead and cadmium
- *Selenium and vitamin E* – blocks lead and cadmium
- *Review level of manganese* – have to make sure that not too much or too little is taken

Precautions regarding Manganese –

- Antacids, laxatives containing Magnesium, bran fibre,

tannins in tea and oxalic acid in spinach may cut back the amount of Manganese in your system.

- If you take high levels of magnesium, calcium, iron or phosphates, they may reduce your absorption of manganese
- If you are going to increase your manganese intake, take it as part of a well-balanced supplement that includes a range of vitamins and minerals.

## **How to Detoxify Your Brain: Start your Detoxification Program Today and Regain Brain Power**

Steps to change things in your brain's favour, focusing how to *eliminate* factors that *interfere* with your brain power. These are strong measures to take now and for the next few weeks to help your body rid itself of its many toxins.

### **Stage One, 1 Week**

- Omit all alcohol and products containing alcohol
- Omit all sweets, sugars, natural and artificial, maple syrup, honey, brown sugar, fruit drinks. Reduce salt intake to half.

### **Stage Two, 1-2 Weeks**

- Continue with omissions in Stage One and add these new ones
- Omit all foods containing moulds or that are made by fermentation – cheeses, yeast breads, processed canned, boxed or bottled foods, coffee, black teas, vinegar, ketchup, mayonnaise, mustard and commercial salad dressings.
- Use fresh vegetables – kale, brussel sprouts,

cauliflower, cabbage, onions, squash, carrots, turnips and parsnips

- Omit all dairy products and margarines, wheat and white flour products, pastas, gluten.
- Use whole grains such as brown rice, whole unprocessed oats, rye, buckwheat, quinoa, millet, barley, raw un-roasted, unsalted seeds and nuts.

## **Journals**

Please use a journal to record your brain fit development, your answers and other findings that you discover as you progress through the various exercise.

It is proven that the habit of daily journaling is directly linked to personal reflection and growth. In fact, research has shown that one habit that links successful people in industry, finance and leadership across the globe is daily journaling.

But do not just stop here, if you find value in your journal, then please purchase yourself a notebook that you can write in daily to record your reflections, new ideas and personal development.

Rereading these will help you identify those all-important golden threads of wisdom that just may lead you to your next big thing.

## About the Author



Bruce Wade based in Cape Town, South Africa is a professional Speaker, Coach and Facilitator of programs and ideas that challenge our everyday thinking. Best described as a Strategy Adventurer, he has spoken to and coached people around the globe.

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*I look forward to your future*

