

[Secrets of a Healthy Brain](#)

How can you function properly and be productive in society if your brain is not healthy? Please follow these recommendations on how to get and keep your brain in top condition. This information can also be very helpful for those with any mental disorders.

First of all, you need to avoid any and all toxic exposures. They can kill and harm brain cells and their function.

This toxic exposure can come from poor air quality, toxic materials, and toxins we ingest into our body. I will tell you how to look out for these toxins that we ingest later in the article.

You need to pay close attention to your brain's reaction after eating or drinking certain things. Ingest something and wait about twenty minutes. See if you feel anxious, depressed, or fatigued.

These could be signs that those types of food do not agree with your brain chemistry, and you should avoid them. Food or drink that is right for you should give you sustained energy and should allow you to think clearly.

You also need to be careful if you work on or around a construction site because of all of the toxins and exposure to heavy metals. Make sure your hobbies and recreational activities don't involve toxic materials.

Stay away from sugar, white flour products, dairy, wheat products(gluten), chemical additives, and preservatives. Don't eat junk food, they have similar effect on your brain as recreational drugs, they rev you up for a short time, which is then followed by a longer period of crashing. They can also become addictive and cause massive weight gain.

Stay away from Aspartame, the chemical ingredient in most diet sodas and many diet products. This was developed in a lab to have no calories and be able to replace sugar as a sweetener in most drinks. Well that is great except for the fact that aspartame is addicting.

Why? Because aspartame is 180 times sweeter than sugar! It has also been shown to lead to weight gain and, in lab experiments, it put holes in the brains of mice and rats. Yes, holes in the brains of mice and rats.

Since they can make so much money fooling people into thinking they are dieting from drinking soda, then I guess they figured the aspartame wouldn't put holes in our brains and is perfectly fine for us to consume. Oh yeah, I forgot one thing, although it is not proven yet, aspartame is being considered as a possible cause of many types of cancer.

How do I know this stuff? I used to be addicted to a particular diet soda, which I won't name. I had to have at least four or five a day, everyday, if I did not have it I was depressed and very tired.

The problem got worse and worse. Finally I kicked the habit and did my research to find out why diet soda was so addicting. The results are stated above. Now I mostly drink only purified water. Boy do I feel better.

I just gave you the results of what I have found. I am not trying to be a conspiracy theorist or anything, but if you really do your research on what most of these major food and beverage companies are feeding us because it is scary. If you want to avoid ingesting the toxins I was talking about in the second paragraph, you need to be reading the ingredients of each product you buy before you buy them.

You will be surprised, most of them sound like a tenth grade chemistry experiment. Now you need to seriously ask yourself, is food meant to have tons of chemicals and preservatives in it? What are they doing to my brain and to my body when I ingest them?

Why aren't people more educated about this? Because they believe everything they hear and say on television and in advertisements.

Here are some pro-active things you can try to implement into your daily lifestyle to help the health of your brain. You should drink plenty of purified water everyday, at least eight cups. 90% of our body is made up of water, so you need a lot of it to be healthy.

Strive to increase your consumption of essential fats, such as olive oil and omega 3 oils. Try to eat as many raw fruits and vegetables as possible.

Quite simply put this stuff is "brain food." This is where you get most of your vitamins and minerals. If you can't eat at least twelve servings of raw fruits

and vegetables everyday, you should consider taking high quality natural vitamin supplements.

Maintain a healthy exercise regimen. If you need help figuring out what and how much exercise is right for you, just go see your local certified medical provider. They will be able to assist you.

Increase your pure oxygen intake by taking deeper breaths, meditation classes, Yoga, or Tai Chi. Engage in mental activities to keep your brain sharp. This can come from activities like puzzles, card games, reading, sports, and good conversation.

If you can follow this advice I believe that your brain will be much healthier for it. You only have one brain in this lifetime so you better treat it properly to ensure it is functioning at its best. A healthy brain will also lead to a healthy body.

Good luck on your journey towards health and wellness!

About the Author

Brue M. Baker, is an expert on natural health and fitness who has helped people from all across the country sky-rocket their health and well-being.

Rather than hitting your head against a wall trying every natural nutrition product out there, let Brue introduce you to what he has found to be the [best natural health products](#) on the planet.

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