

WHAT'S UP DOC PETE?

I had always believed that everyone lost brain capacity as they grow older.

Is this true?



Old brains are slower and not as nimble as young brains.

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However, the good news is that there does not need to be a loss of capacity if the brain is well maintained. You might think of yourself as an older Corvette, a bit slower and not as agile, but a well maintained Corvette has great performance and an abundance of style coveted by many.

Recent studies show that cognitive decline is not a result of lost neurons. Most regions of the brains hold on to their neurons (70-year-olds produce new neurons) with little to no loss in the hippocampus, where memories form, or the frontal cortex, site of such executive functions as planning and judgment.

The owner's manual for maintaining a classic Corvette or a classic brain includes:

Fuel: High-test fuel includes (yes, you are going to hear it again) fresh vegetables, fruits, proteins, organic when possible, and sufficient water.

Oil Change: The brain is mainly fatty tissue which requires the proper fats to function. These include omega-3, phosphatidyl choline and phosphatidyl serine. Additional additives of Vitamin B-12, 1, and 3, folic acid, antioxidants, zinc, manganese, magnesium and selenium, coQ10, antioxidants and an array of adaptogens have been found to enhance brain health.

New Spark Plugs: Hormonal balance including insulin, growth hormone, sex hormones and thyroid and adrenal function are foundational to vitality.

Rotate the Tires: Exercise creates optimal brain activity. Variety in your physical activity helps to maintain interest and a life-long habit for overall health.

Road Time: Cognitive agility is supported by engaging in challenging mental activity. Learning something new and playing games such as bridge, crossword puzzles or the popular sudoku. A cousin to biofeedback is neurofeedback, a technique available at the Longevity Health Center which enables the brain to practice the productive brain wave patterns.

Enjoy cruising through life with your classic, well-maintained brain.



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