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Foreword

What we've discovered about our amazing minds in only the past ten years is mind blowing: nerve-racking living may really wipe out brain cells ... and low self-regard contracts your brain up to twenty percent. Then your intelligence quotient, power to get happy and accomplish personal success goes right down the drainpipe ... along with your brain power and positive thinking. However modern psychological science tells us that, different than old beliefs, our brain power may continue to grow into old age. As a matter of fact our brains and IQ's are so flexible a fresh scientific term has been formulated -- "brain plasticity."

Intelligence Intensity

Learn 8 tips on how to dramatically increase your intelligence instantly!

Chapter 1:

A Fit Diet and Brain Nutrition

Synopsis

Brain nutrients include omega-3 fatty acid, B6, B12, Zinc, Epicatechin, and folate. Ward off sugar and risky fats - e.g. Trans fatty acids like you get in margarine. These obliterate brain cells. Creatine has been demonstrated in clinical tests to step-up IQ, especially as we mature. Creatine provides additional energy for mental work. Great food might work synergistically with work outs.

Choose Wisely

"The power of the mind is the center of life." Aristotle, Philosopher

Our minds work best on the prehistoric diet that formed their evolution. All the same, our modern diet is a far cry from that of people before us. For generations, hunters and gatherers lived on wild game, wild greens, fruits, berries and plant roots. The common western diet includes big quantities of treated and fast foods.

Jean Carper in her book "Your Miracle Brain" discovered that, compared to a Stone Age diet, we eat:

- Tenth part the amount of fiber
- A like amount of carbohydrates but only one quarter as much from fruits and veggies (the remainder tends to be empty calorie sugars)
- Third the amount of potassium and almost 7 times the sum of sodium (or a ratio of potassium to sodium of roughly 1-2 rather than the preferred 10-1)

Enquiry has demonstrated that this modern diet hinders mental performance and may lead to serious long-run decline in quality of our brains. Particularly, 2 of the major culprits in this mental impairment are excessive sugar and too few antioxidants.

How sugar bears upon the brain:
The issue of excessive glucose-

Glucose, the sort of sugar that disperses in the blood, is vital to optimum functioning of the brain. So, glucose is the brain's sole source of fuel. Inadequacies in glucose levels may cause the brain to lag and malfunction. This blood glucose comes from the foods we consume, especially from carbs like sweets and starches.

The trick is to make certain that we produce the correct amount of glucose to suit our brain's demands. For example there's evidence that more glucose is burned off when the brain is working hard to resolve an issue. So in a few cases, a fast boost in blood glucose levels might be helpful while the brain is active. But, the larger issue for most westerners isn't having sufficient glucose but having a bit much.

The diet of many westerners includes a lot of carbohydrates that are speedily converted to glucose. This incessant upper-level of glucose activates the production of insulin whose task is to let the glucose move from the blood and into the cells where it's required. If the glucose levels are too elevated, insufficient insulin may be produced to accomplish the job decently. Over time, the cells oppose by getting less sensitive to insulin placing more and more stress on the pancreas to make additional insulin. This vicious circle sets the stage for Type 2 diabetes in grownups. It likewise may lead to a number of circumstances that affect cognitive function including a thickening of the arteria carotis going to the brain and hypertension. It's thought that this elevated glucose/insulin combination impacts IQ levels, memory, learning and common brain function.

Acquiring the correct sum of glucose:

So how do we forestall this glucose overload? Among the key techniques is to pick foods that are turned to glucose slowly which let the pancreas keep up with the insulin requirements and forestalls the

growth of insulin resistance. Particularly, it's crucial to pick the carbs you eat cautiously. It's not that all carbs are high-risk. It's simply that a few produce sharp rises in blood sugar while others break down bit by bit and help modulate the flow of glucose to the brain. Not amazingly, the "quick" or "high glycemic" carbs include items like refined sugars and cookies. However the list of high glycemic foods isn't obvious and includes many breads, rice, boxed cereals, and potatoes. On the other hand, foods like legumes, nuts, pasta, low fat dairy products, many fruits and veggies are great at delivering a moderated amount of glucose to the cells.

Antioxidants and the brain:

Free radicals are made when glucose and oxygen are burned up. Much has been published about the harm that free radicals may do to the body. But, the brain is especially susceptible as it burns up more oxygen and glucose than any other organ. (And produces gobs of free radicals). Free radicals induce issues in the brain by eating through the defensive layers of the brain cells and demolishing neurons. It doesn't help that the neuron membranes are made of fatty acids that respond powerfully to the free radicals.

Antioxidants are substances that counteract the free radicals to halt this cell devastation. They include vitamins C & E as well as beta-carotene and a lot of others. The most beneficial way to get these antioxidants working for you is by consuming lots of fruits and veggies. Particularly the top 10 sources of antioxidants are:

1. Prunes
2. Raisins
3. Berries
4. Garlic

5. Spinach
6. Brussel sprouts
7. Plums
8. Alfalfa sprouts
9. Broccoli
10. Beets

Additional crucial antioxidants include:

Lycopene - This powerful antioxidant is detected in tomatoes and tomato products like tomato paste, sauce, soup and juice

Tea - Drinking tea may supply your brain with a fast source of antioxidants. Black or green tea is great but instant teas, bottled teas or herb tea have little protective measure.

Wine - Light drinking (approximately one drink/day) supplies a good level of antioxidants that prevents the decline of brain cells. Red wine particularly, has an elevated level of antioxidants. On the other hand, too much drinking is injurious to the brain so you may wish to try grape juice as a non-alcoholic choice.

Chocolate - The great news is that chocolate may be great for you. Select dark chocolate instead of milk chocolate to maximize the antioxidant content.

It seems that eating "smart" isn't only great for general health, but may better thinking, creative thinking, mental capacity and memory while warding off long term mental impairment.

Chapter 2:

Being Absolved From Chronic Stress: Meditating

Synopsis

Cortisol is a hormone that severely harms the brain. It ruins brain cells at a speedy rate. Mindfulness meditation is a fantabulous practice to bring down tension levels.

"Brain cells produce thoughts. Tension obliterates brain cells. Stress isn't a great idea." Frederick Saunders.

Get Rid Of The Tension

In general, the design of breathing meditation is to quiet the mind and build up inner peace. We may utilize breathing meditations solely or as a preliminary exercise to bring down our distractions previously engaging in a Lamrim meditation

An Easy Breathing Meditation:

The beginning stage of meditation is to block distractions and make our brain clearer and more coherent. This may be achieved by using an easy breathing meditation. We pick a calm place to meditate and sit in a comfy position. We may sit in the traditional cross-legged position or in any additional pose that's comfy. If we wish, we may sit in a chair. The most crucial matter is to keep our back unbent to prevent our mind from getting sluggish or sleepy.

We sit with our eyes partly shut and turn our attention to our breathing. We take a breath naturally, preferably with the nostrils, without trying to control our breath, and we attempt to become cognizant of the sensation of the breath as it comes in and leaves the nostrils. This sensation is our aim of meditation. We ought to attempt to center on it to the exclusion of everything else.

Initially, our brain will be really busy, and we may even feel that the meditation is making our brain more engaged; however actually we're simply becoming more cognizant of how busy our brain really is. There will be a grand temptation to observe the different thoughts as they come up, but we ought to resist this and stay centered on the sensation of the breath. If we find that our brain has wandered and is chasing our thoughts, we ought to right away return to the breath. We

ought to repeat this as many times as required till the mind fixates on the breath.

If we rehearse patiently in that way, bit by bit our distracting thoughts will lessen and we'll go through a sense of inner peace and ease. Our mind will feel coherent and spacious and we'll feel freshened up. When the ocean is rough, sediment is churning and the water gets murky, but when the wind dies back the mud bit by bit settles and the water gets clear. In a like way, when the otherwise ceaseless flow of our disquieting thoughts is quieted through centering on the breath, our mind gets remarkably coherent and clear. We ought to stay with this state of mental quiet awhile.

Even while breathing meditation is simply a preliminary phase of meditation, it may be rather mighty. We may see from this practice that it's possible to have inner peace and contentment simply by commanding the mind, without having to depend at all on outside circumstances.

Once the turbulence of disquieting thoughts lessens and our brain becomes still, a rich happiness and contentment by nature arises from inside. This feeling of contentment and wellbeing helps us to cope with the busyness and troubles of day-to-day life. So much of the tension and stress we commonly experience comes from our brain, and many of the issues we go through, including health problems, are induced or exacerbated by this stress. Simply by doing breathing meditation for 10 or 15 minutes every day, we'll be able to cut down this stress. We'll experience a quiet, spacious feeling in the brain, and many of our common issues will drop away. Hard situations will become easier to deal with, we'll by nature feel warm and favorable

towards others, and our relationships with other people will gradually get better.

Chapter 3:

Self-Assurance In Your Own Intelligence

Synopsis

Academic execution and additional types of IQ work - learning something fresh, accepting a project, solving an issue - depends critically upon your self-assurance in your own cognitive power. To be intelligent, you have to trust that you're capable of resolving issues and making decisions and accomplishing goals intelligently.

I.Q.

Nothing is amiss with being the smartest individual in the room. While it surely is garish to show off your intelligence, you are able to be confident in yourself without putting other people down. Whether you have street smarts, emotional substance or mathematical intelligence, you need to sustain a semblance of humbleness while utilizing your intelligence for good.

Utilize affirmations to remind yourself that you have the intelligence required to do a job or to pass a test. Post notes and signs that you'll see every day. Maintain a journal and congratulate yourself about your smart ways of thinking.

Put up your hand in class or at a meeting to reply to enquiries. Raise fresh themes in a meeting. Open discussions that stir other people to think. An emotionally secure individual isn't afraid to show her intellect in a group.

Conduct tests to confirm your intelligence. Conduct an IQ test if available. Ask a counselor to administer an emotional intelligence test. By distinguishing your scores on these tests, you will be able to validate your self-image and more easily embrace your I.Q.

Affiliate yourself with other levelheaded individuals. By hanging out with the brightest individuals in your class or at work, you will not have to dumb-down your vocabulary. You are able to continue to challenge your thought processes in the company of other people who share your emotional, social and tangible smarts.

Study to feed your brain. Discover books, projects and social groups that further learning and maturation. While your intelligence might be genetic, you have to challenge yourself to mature. By learning fresh things and accepting larger challenges, you'll nurture a real feeling of pride in your intelligence.

When did you last tell yourself how fantastic you are? When did you last reward your competence, beauty, intelligence and potencies? If you're like many of us, you're quick to call attention to something that you did that was "stupid" but once it bears on acknowledging yourself for all your unbelievable qualities you pause. How come?

The personal advantage in acknowledging yourself is tremendous. Not only does it better your self-worth, it likewise eliminates the negative things we say to ourselves as we aren't perfect! I'm still able even when I make an error. I'm smart even when I'm in a foul mood. The fact is I may get off track and yet be capable and smart as those two qualities define me much of the time. I bid you to start now to notice your greatness.

Take out a blank sheet of paper. Put down a few howling, positive qualities that identify who you are. The results will astonish you. As a matter of fact, put "I'm astonishing" as your first entry! Moment by moment, hour by hour, day by day.....savor all the minutes along the way.

Chapter 4:

Having Great Rest

Synopsis

Rest is crucial for mental alertness and a high IQ. There's solid evidence that deep sleep is crucial for recovery from mental work while rapid eye movement sleep (dreaming) sleep hastens long term learning of complex, intelligence-demanding jobs. This is arguably the chief purpose of dreaming.

Sleep

Sleep is as crucial to you as nutrients, air, and water. All the same onetime in your life you might experience trouble with sleeping (about one in 3 adults describe some degree of insomnia at any one time). If you do have difficulty sleeping, several changes in life-style may help you find an acceptable sleep pattern. Experiment with these helpful techniques provided here.

Don't oversleep:

Never oversleep because of a short night's sleep. This is the most important rule. Arise at about the same time each day, particularly on the morning after you've lost rest. Sleeping in for merely a couple of days may reset your body clock to another cycle -- you'll be becoming sleepy later and awakening later.

Correct your body clock:

Light assists in restarting your body clock to its active daylight phase. So when you arise, go outdoors and get a little sun. Or if that's hard, sex all the lights in your room. Then walk about for a couple of minutes. The calves of your legs act as pumps and get blood spreading, carrying more oxygen to your brain to help get you moving.

Work out:

Stay physically active during the daytime. This is particularly crucial the day after a bad night's sleep. Once you sleep less, you ought to be more active during the day. Becoming less active is among the riskiest things an insomniac may do. Strenuous work outs (energizing walks, swimming, jogging, squash, and so forth.) in late afternoon appears to promote more relaxing sleep. Likewise, insomniacs tend to be too

motionless a few hours before bed. Do a few gentle exercises. A stretching routine has helped a lot of individuals.

Do not nap:

Don't take any catnaps the day after you've lost sleep. When you feel sleepy headed, get up and do something. Do some house work or do your errands. While studying, stand up regularly (every half-hour, or more frequently if necessary) to walk about your room. Perform a gentle stretch. That will step-up the flow of oxygen to your brain and helps you to be more awake.

Arrange a bedtime schedule utilizing these 2 steps:

1st, attempt to turn in about the same time each night. Be regular.

Most individuals become hungry at 7 a.m., noon, and 6 p.m. As they've eaten at those times for years. Going to bed at approximately the same time each night may make sleep more regularly.

2nd, go to bed later when you're having difficulty sleeping. If you're merely acquiring 5 hours of sleep a night during your insomnia period, do not turn in till just 5 hours before your wake-up time. For example, if you've been waking up at 7 a.m., do not turn in till 2 a.m. No catnaps! Make the time you spend in bed rest time. Still some insomnia? Turn in proportionately later. And then, as your time in bed gets to be great sleep time, move your going-to-bed time back fifteen minutes to half-hour a night and do that for a week roughly.

This is the opposite of what we wish to do: we wish to go to bed sooner to make up the lost sleep. Learn to accomplish what a lot of sleep laboratories teach -- turn in later the night after missing sleep.

Chapter 5:

Focus

Synopsis

All of the practices in this book render fresh brain cells; forestall brain cell death, and further intelligence. But intelligence requires knowledge and data to work with. It needs knowledge and processes for tackling any state of affairs intelligently.

Change

Life is a sequence of shifts in each sphere of life. Whether its work, loved ones, home, youngsters - everything shifts. However, even though change is inevitable, you're likely to feel stressed when confronted with any sort of change.

It needs time and proper perspective to take on changes, take advantageous action, and shift our long treasured ideas. It calls for effort as well as experience. More than that it calls for a confident attitude so that your actions are not slanted by your negative thinking, but instead are inspired by the accompanying-

Acceptance of variety:

- Hope of a little good shrouded in the change.
- Recognizing change as essential part of growth as a person.
- This view will motivate you to take correct action from a winner's position, instead of that of a loser.

Let's explore one of life's basic shifts and the best ways to deal with it.

Occupation loss is something which is being faced by so many individuals due to the lowered economic conditions and recession. As your line of work is something that provides you your identity, your position, and hope for the future, this shift -- the occupation loss-- may be very nerve-racking. But, by handling the situation intelligently, and handling your emotions well, you are able to successfully handle the situation as well as yourself and your loved ones - and manage the tension of change wisely.

When you're confronted with occupation loss, try to regard it as an opportunity. Take this chance to attempt something new or something you've always needed to do.

A few ideas are:

- Take a few evening classes to learn a fresh skill or trade.
- Construct arts, crafts, or jewelry and sell it on the net or at craft fairs.
- Teach other people what you know with tutoring or consulting.
- Begin a net business. If you're concerned that you don't have the essential know-how, educate yourself.

The point is to take a step out of your comfort zone and discover the many opportunities that lie in front of you. Perhaps this may urge you to make a fresh start, which differently may not have been possible.

Stepping out of your comfort zone isn't simple. It does require work and courage. When you're stuck in your comfort zone, you can't see the opportunities that occasionally present themselves in the garb of calamities.

To become unstuck, take a step out of your comfort zone and view extra possibilities, rather than centering only on the stress of change.

Chapter 6:

Fresh Intriguing Experience

Synopsis

We need a stimulating environment demanding fresh experience. We have to take risks, and bring out of our comfort zones for continual learning and mental alertness.

Challenges

It's simple to grind to a halt.

Cuddle deeper and deeper into that tender, safe and comforting comfort zone. However if you wish to better your life you'll eventually have to step out of that zone. As it's there you'll discover all those fresh and exciting experiences. Where you'll discover freedom from tedium.

Here are a few ideas that may help you bring out of your comfort zone. A few are ways to make the action easier. A few are ways you might not have entertained (or blanked out).

Face up to your fears. But do it in little steps.

This is among the most beneficial ways to defeat fears and bring out of your comfort zone. What holds us back is frequently a dread or that facing that dread straight on may be overpowering. This is a solution to those 2 problems. It lets you stretch your comfort zone slowly making it less uncomfortable and dreadful.

If you're for example anxious socially you may not feel able to ask individuals out on dates immediately. The dread of being declined and that other people may think less of you if you get declined may make many of us feel not able to ask the question.

So you take little steps instead. Steps like first just saying hi to individuals. Or beginning to talk more to individuals online via bulletin boards and IM. And then attempting to be more involved in

conversations at work or in school to exercise your conversation-muscles.

I suppose one may say that you gradually de-sensitize yourself to social spots or whatever you're afraid of. Or, seeing it in a more motivating light, that you're constructing courage and enlarging your comfort zone in this section of your life (which is something that frequently oozes over to additional areas of life also.)

So, distinguish your fear. Then make a plan with a few littler steps you are able to take to step by step lessen your discomfort.

Attempt something weird.

One obvious way to go out of your comfort zone is to do something fresh. But a more intriguing option may be to toy with doing something weird. When you pick something fresh you might choose something that's in line with your personality. So your experiences may become confined. Rather, pick something that's out of character for you. Something that isn't you as you are right now. Something that you - and/or the individuals close to you - wouldn't believe that you'd do.

Make a fresh friend.

This will display your to fresh experiences, feelings and interests. And it's not simply about meeting fresh individuals the common way. Attempt merely picking up a biography about somebody you know nothing about. Begin reading a book from an author you haven't read previously. Read about a random topic at Wikipedia. Or add an

unforeseen RSS-feed about something you commonly never read about.

Take an acquaintance with you.

As a whole, it's frequently easier to not go it alone. And this applies to a lot of spots. Including when you're going for the emotional bungee cord jump that bringing out of your comfort zone might be. I'd say this likely the most popular way to get yourself away from comfort zones. If you're going to a party where you recognize few individuals then it might be easier to bring an acquaintance. If you've decided to begin going to the gym it may be easier to really get going and keeping going there each week if you've a gym-partner.

All the same, there are likely downsides to bringing acquaintances also. If you're at the party with your acquaintance then you may not meet and get to know that many new individuals. If you're going to the gym with a partner it may lead to the two of you talking and centering less on acquiring a good workout.

Prepare yourself.

Your comfort zone may be protecting your from imagined dangers. Perhaps matters aren't as hard or scary as you think? Do a bit of research. Acquiring some great info may dissipate quite a bit of your dread and nervousness.

Do a little of Googling. Show books and blogs. Ask somebody who has been there earlier. By reading/hearing about what other people have done the same matter you're about to do saw, heard, felt and did you

not only lessen damaging feelings but likewise acquire some really valuable and practical tips.

Use positive memories.

Realize it may be fun to bring out of your comfort zone despite what your brain and feelings may be telling you before you get moving. Remember the previous times when you've broken out of your comfort zone. Center on the positive memories, when you got out there, when you took chances. And it wasn't so tough, it was really fun and exciting and something fresh to you.

Many times we automatically replay our damaging experiences - or negative versions of events - in our brains before we're about to do something. And we forget about the favorable memories and our prior, positive accomplishments. Prevent that trap. Let the great memories flow through your brain instead and let things get easier.

Utilize additional methods to pump yourself up.

Besides remembering favorable memories, there are a whole bunch of things you are able to do to pump up your spirit temporarily. Here is a little list of such tips:

- Utilize Music. Listen to elating and motivational music.
- Utilize Your Body. How you utilize your body affects how you feel. Move in a positive way and you'll soon feel more positive. Move in an energized way and you'll soon feel less restrained.
- Utilize your imagery. Shut your eyes. Envision how great everything will be. How fantastic and excited you'll feel. This is a whole lot more useful than viewing in your mind how everything will come out badly.

- Utilize Guided Meditation. This is useful for giving you a favorable boost for a few days.
- Utilize Your Breathing. Not precisely a way to pump yourself up but instead to calm yourself down fast.

Chapter 7:

Regular Work Outs

Synopsis

Simply like training working memory, running and additional sorts of aerobics arouse the production of fresh neurons in part of the brain called the hippocampus required for flexible learning and intelligence.

Exercise

Anybody with a brain works out these days, but do you recognize exercise may return the favor and exercise your brain? Not only is exercise smart for your heart and body, it may make you smarter and better at things you do.

Exercise is truly for the brain, not the body. It feigns mood, vitality, alertness, and feelings of wellbeing.

Someplace along the line you might have decided you're merely not the yoga type. Certainly, you've heard the raves about yoga for tension management, but you are able to barely touch your toes. So there's no way you are going to stand on your head or bend your foot behind your neck as though a human pretzel. And meditate? Last time you attempted to lie still for 3 minutes you wound up obsessing about the batch of bills on your desk and what to have for supper. Not precisely Zen material. But now that everybody in the world is getting benefit you think it may be time for you to try. Perhaps it is.

One professor started canoeing in a serious way to fight the symptoms of adult ADHD (attention deficit hyperactivity disorder). Then he composed a book, titled Nature's Ritalin for the Marathon Mind, about the Advantages of exercise on troublesome brain disorders like ADHD, a neurological/behavioral circumstance resulting in hyperactivity and the inability to center on tasks.

Putnam mentions studies of youngsters who frolicked for fifteen to forty-five minutes prior to class and cut their ants-in-the-pants behavior by one-half when they got to class. As with much exercise,

the effects were comparatively lasting -- smoothing behavior 2 to 4 hours after the exercise.

Putnam likewise points to some preliminary animal research that indicates that exercise may cause fresh stem cells to grow, freshening up the brain and additional body parts. According to Ratey, exercise likewise provokes nerve growth factors. I call it Miracle-Gro for the mind, he states.

Christin Anderson, MS, health and fitness coordinator of the University of San Francisco, explains that exercise impacts a lot of sites inside the nervous system and sparks pleasure chemicals like serotonin and dopamine that make us feel sedate, glad, and euphoric. Put differently, if you don't wish to wait for those great feelings to come by chance event (if they do), you are able to bring them on by working out.

Once one works out, Anderson states, you are able to think more distinctly, perform better, and your morale is greater. This is perfect science -- excite your nervous system and function at an elevated level.

Chapter 8:

Working Memory Brain Schooling

Synopsis

Software systems now exist to expand working memory capability. Our 'Working memory' is our short term memory for data that we actively process to think, figure out issues and make decisions, while dismissing distractions. The mental ability of working memory is highly associated to IQ level. By training working memory capability we better IQ level. This is the only acknowledged way to increase IQ. The company 'High IQ Pro' supplies this scientific training software system.

Train It

Here are ways to school working memory:

The single most beneficial way to school working memory for brain fitness is to utilize (almost the) same computer program utilized by Jaeggi et al. in her field of study. You can't get on the nose the same software package that will automate something called n-back training. You are able to; however, utilize Brain Workshop, free open-source software that closely simulates the procedures utilized in studies of working memory. The software package for brain fitness training is free, and you are able to download it on the net.

As valuable as n-back training is, you might wish to branch out and do additional things. A visual game that may train working memory is known as concentration, a matching game that makes you recall the position of images while you seek a match. There are batches of these sorts of games on the net (and one variation is included in the Posit Science brain training software package. You can find it on the Web.

Away from your PC? Why not attempt Sudoku? You are able to do it on paper in books, and you are able to find a number of applications for your telephone or hand-held game device. You are able to even download and print them from the net. I determined several sources when I searched the net. Don't know what Sudoku is? Discover it on the web.

Standing in line at the market? Choose numbers off the cover of the magazines and add them together in your head. Too simple? Subtract them and multiply by a different number. Still too simple? When was the last time you did a square root in your head?

Seated on the couch at home? Spend time envisioning the route from your house to a place you only travel to once in a while. Acquire a mental picture of your own house, and then produce a mental image of the 1st turn, and then the following, and the following. Did you arrive there? Now reverse the path till you arrive home.

Wrapping Up

Lastly, it's your attitude that you need to check into if you're going to keep your brain in tune. The key is to realize that some of our abilities change as we become older, but others better particularly if we stay active. Use it or lose it, as the saying goes. Realizing that you're going through cognitive changes and then attempting to maximize your performance will help maintain your abilities and sustain them to their fullest potential.