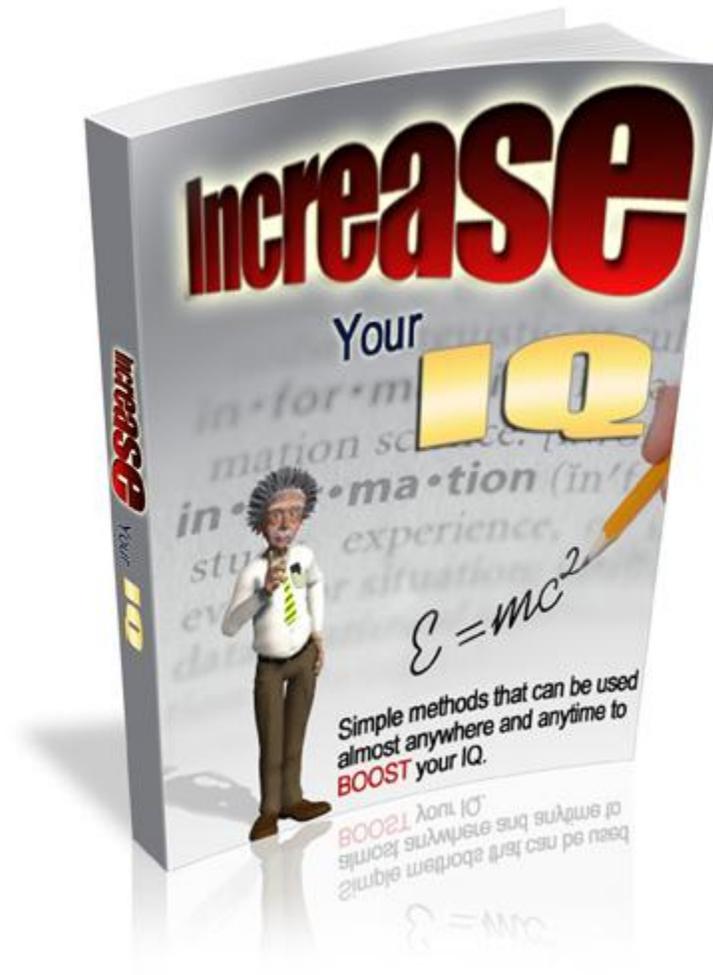


Increase Your IQ Today



Contents

Reading is the Fundamental building Blocks to a Good Brain	3
Work Out Your Brain And Raise Your IQ	3
Raising Your IQ through Exercise	5
Puzzle Your Brain into Intelligence.....	6
The Mozart Effect	6
Raising Your IQ Basics	7
Techniques for Better Learning.....	8
Herbs That Boost the IQ.....	9
Concentration is the Key	10
Can You Build Your IQ to Higher Levels?	11
Increase Mental Capacity 100%	11
IQ Benefits of Exercising and Sleep	12
What is the Brain All About?	13
Memory Retention and Retention Strategies	14
Be Intelligent By Being Active	14
More Ways to Increasing your IQ	15
How To Boost Your Child’s IQ	16
10 Simple Ways to Increase IQ.....	17

Reading is the Fundamental building Blocks to a Good Brain

Reading improves brain function and has a direct correlation with higher IQs. Children who read well have a better chance of doing well in school, and are usually in the “gifted” classes. How do you get children to want to read? You do it by reading to them.

Start reading to your children early and every day. Showing them how magical books can be, make them believe that inside every cover is a magical world that only they can touch. If your child enjoys a particular story, read it again. There’s no harm in reading the same story over, in fact, it reinforces the fact that reading ought to be a habit.

Read at the same time(s) every day. Right before bed is an excellent time because it kills two birds with one stone. It helps boost their visualization and imagination skills and makes them look forward to bed.

What books are best to boost the IQ? The classics like Dr. Seuss help by using poetry. Rhymes stimulate brain activity and promote memorization, another habit to get into

Another way to get children interested in reading is to allow them to pick out the books. All reading is reading, as they say. Just because you want them to read Shakespeare at eight doesn’t mean that it is any better for them than the latest Batman comic. The goal is not to force them, but to instill in them a love of reading and of books. Encourage them to read. Don’t turn them off by forcing them to do it, or forcing them to read something they don’t enjoy. You may prefer the adventures of Elizabeth Bennet to Bruce Wayne, but your child may not.

Many of the bookstores have wonderful children’s sections and you might find that your child will go through many books while there. They usually have games and play rooms so that kids spend more time there (and encourages the parents to shop around for additional books). Allow your child to roam the aisles, opening and reading a few pages until he or she settles on just the right book. This will get them excited about reading.

When they are young, start them on their way by having them help you read their favorite stories. One sentence at a time. Gradually build their skills and vocabulary. Before long they will be doing the reading and you will be doing the listening. Even after your child is reading on his or her own, continue to maintain the story time schedule. Chapter books with their mini-cliff hangers are one way of tricking your child into wanting to read more. More importantly, chapter books drives them to read more and more advanced materials that boost’s the brain’s critical thinking skills, which in turn, improves their IQ.

Work Out Your Brain And Raise Your IQ

Everyone wants to know how to boost his or her IQ scores. Most scientists believe that you can actually raise your IQ between 10 and 20 points through “exercising” the brain. Here is a list of activities that you can undertake to help boost your brainpower and raise you IQ score.

1. First up, and this one is pretty much a given, engage in puzzles and other brain teasing activities. Sudoku anyone?
2. Block one (or more) of the senses and then engage in house cleaning activities. This forces the brain to “rewire” itself.
3. On that same note, Nurture ambidexterity and ambidextrous behavior. For example, you the non-dominant hand for dominant hand activities like writing or brushing your teeth.
4. Engage your brain in creative activities like art, music, or writing.
5. Find another use for everything in your house. For example, what other things could you use a nail file for?
6. Learn the nuances of wine tasting; this challenges the brain to utilize other senses than sight.
7. Learn to juggle.
8. Take up an extreme sport like skateboarding or rock climbing.
9. Go to comedy shows and listen to comedians. Laugh. Be funny. Enjoy yourself.
10. Play more. Creative activities stimulate the brain; so don't be afraid to play action figures or dolls with your children.
11. Get more sleep. The brain needs the downtime to dream and stimulate itself.
12. Throw away the calculator and do simply math yourself.
13. Listen to classical music.
14. Learn something new each day.
15. Take up chess.
16. Play video games (don't cheer too loudly over that one).
17. Keep a journal or diary.
18. Eat well. Avoid sugars; add more anti-oxidants to your diet.
19. Exercise. Physical exercise is proven to stimulate the brain.
20. Learn a new language.
21. Learn to speed read.
22. Read books.

23. Turn off the television and go for a walk.

24. Drink lots of water.

25. Join a debate society.

These are just a few of the things you can do to challenge you brain. Like an athlete changing the workout program, you must change how you do things, how you think. Don't let the gray matter atrophy. Think of your own list of things that will make you treat life like a puzzle and you are on your way to stimulating that which you were born with.

Raising Your IQ through Exercise

The brain is a muscle, and like any other muscle it needs the following: nutrients, oxygen, and exercise. Here are some helpful tips for raising your IQ that may surprise you.

Always eat a good breakfast. The brain uses glucose as it primary energy source, so eating breakfast will improve problem solving, concentration, memory and over all mental performance. Not to mention your mood. Without fuel, no engine can run. Make sure that you are taking in Omega 3s, iron, folic acid, and providing it with hydration and oxygen. Remember: stay off the corn syrup and cut back on sugars and carbohydrates. Insulin rushing into the bloodstream to counter the rush of sugars entering it wastes energy and makes you sleepy and lethargic; less able to think.

Make sure to get your supply of antioxidants. Antioxidants protect all the cells of the human body, including those in the brain. Super foods contain the highest levels of antioxidants, such as: blueberries, acai berries, blackberries, plums, garlic, cranberries, spinach, strawberries, and raspberries.

Get out and move. Movement is a key part of the process of development and learning. Sports not only aid in critical thinking skills, but they elevate the mood and boost the brain with chemicals like serotonin and adrenalin. You can fight memory loss, sharpen the intellect, and function at peak by elevating your heart rate. Scientific evidence shows that aerobic exercise fine tunes the brain for peak performance.

Neuropsychologists believe that meditation and meditative practices such as prayer or yoga can actually alter brain structure. MRI scans of Tibetan and Franciscan monks while being threatened with distractions showed that long-term meditators have a greater resistance to distraction and better capacity to problem solve during distractions than people who do not practice this skill.

Play! Games of any kind stimulate the brain and kick it into overdrive. Be it kickball, hide and go seek, or softball, playing sports helps develop critical thinking skills.

Puzzle Your Brain into Intelligence

The human brain is a quite remarkable instrument. The workings of the human brain have been subjected to study after intense study by some of the world's greatest intellects and still we know relatively little about how it works. However, there is one fact that all experts can come to an agreement upon and that is that the human brain benefits from regular exercise just as your muscles do. In fact, your brain not only benefits exercise, it thrives on it. What exercises does your brain enjoy? Deductive reasoning, creative thinking, and puzzle solving are what give your brain a boost and improve your fluid intelligence.

There are two types of intelligence: crystallized and fluid. Crystallized intelligence is when your brain falls back upon knowledge or existing skills to solve a problem, IE your memory. Something worked once before so it will work again. Fluid intelligence relies on your brain's ability to analyze and understand the relationships and analogies between various artifacts or concepts when solving problems. Fluid intelligence is independent upon prior experience, knowledge, or skill. As IQ is your capacity to learn "new" things, by training your brain in how to learn them, IE exercising you are boosting your IQ.

Puzzles like Sudoku and games like chess can improve your mental age by up to 14 years and stave off the onset of diseases like Alzheimer's. Solving a Rubik's cube can also help to increase the cognitive comprehension aspect of your IQ. The puzzle itself happens to be one of the most misspelled words in the English language, along with the word misspelled. Rubik's Cube was invented in the 70's by an architect of Hungarian descent. It is said to be the most amongst the most popular sold toy in the world! It also serves to stimulate that grey matter and get in going. If you can't find one in your local toy store, then you're bound to know an individual who has one stored away in a deep dark box stored up in their attic, or thrown behind the sofa in a moment of weighty frustration. If not, grab one up at your local goodwill store for pennies and get shuffling and stimulating that grey matter.

Lastly and on a less stressful note, you can put yourself more in the moment with mindfulness exercises and you'll give yourself more brain power. These unique exercises put you in a state of awareness, and allow you let go of distractions. Done regularly, these exercises let you think more clearly and help you to concentrate. The most basic mindfulness exercise begins with simply relaxing and breathing deeply. Close your eyes and pay attention to your breathing. After a short time, move your focus to your body, a part at a time, noticing any sensations or anything you can identify. After a few minutes of attention on your body, start listening to the sounds of the room, without judging or criticizing or even thinking about them. Just listen. Your brain just like a muscle needs time to rest

The Mozart Effect

The Mozart Effect is a theory based on results from a research study that showed when students who listened to Mozart before taking a spatial reasoning test showed an increase of up to 9 points in their IQ. Although the increase was only for a short period of time, 10 to 15

minutes, it did show improvement. The term was first called this by Alfred A. Tomatis. He used the music as a listening stimulus to try to negate certain affects deriving from mental disorders. It was then popularized in 1994 in an article in the New York Times.

The science behind the affect is actually quite simple. The researchers believe that intelligence was improved because it shares the same pathways in the brain as processing classical music tones. One needs to understand that the ear and brain are 2 separate entities but combine to create the listening experience. When a sound wave hits the ear it is then sent via electrical impulse to the brain to be processed. Listening to Mozart or any relaxing music seems to warm up the synapses and pathways in the brain.

This allows the information to be processed correctly and more efficiently. Making it possible to remember and put to use more effectively.

Although many people believe that actually listening to Mozart makes you smarter, this is not true. The affects of the music are more related to spatial-temporal tasks involving mental imagery and temporal ordering and not intelligence. However, boosting those traits increases your ability to absorb information. The best results have shown up in children. Some say it's because the brain is still developing and allows for such activity in the brain to go on.

Some scientists believe that the only link this research has anything to do with is the mood and arousal that the music puts you in. Even with their thinking it only proves the theory to have validity. Music affects different people in different ways. The research has been put to use in other fields as well. Some recent tests on epileptic patients have shown a decrease epileptiform activity. Much research is being put into the psychoacoustic field for many different disorders and for many advancements of the human brain. Advancements in this field could lead to some major breakthroughs in the understanding of how the human mind works and how we can make it work for us.

Raising Your IQ Basics

How many times have we wanted to be smarter? Become members of MENSA? Pass an advanced physics course? It's always that one problem, the IQ, which gets us in trouble. IQ stands for Intelligence Quotient, and is used to gauge the intelligence of an individual through testing. The average IQ is between 85 and 114, the low range is 25-40 (which indicates a severe mental disability) and anything over 175 is considered "Profoundly Gifted". Ever since the advent of IQ testing, people all over have been trying to increase their IQ level.

There are multitudes of ways to increase your IQ level. A lot of programs are sold over the Internet, but are they worth it? A more common way to increase your IQ is to do "mental workouts", a sort of exercise for the grey matter. Games made for the Nintendo DS such as Brain Age I and II, and Big Brain Academy seem to gravitate toward the mind workout crowd. Doing mind teaser puzzles, and things like Sudoku or even crosswords can help keep your mind sharp as a knife, and there's an added bonus: keeping away Alzheimer's!

A few tips which you may encounter:

1. Lay off the television
2. Getting a decent night's sleep
3. Exercise!

They may seem like simple things, but keeping the rest of your body in shape helps your brain out pretty well. Another way to help with your IQ might be to just sit down and pop some Mozart in your mp3 player or CD player. It's a short-term influence, but if you find yourself needing some help before a test, try *Two Pianos in D Major, K. 448*, or any other song by the famous musician. Eating healthier foods also help your body get a jumpstart on mental functions.

Many of the items or websites I have found on my journeys involving IQ boosting, are usually unfounded and do not usually work. In this aspect, please be aware of what you might be getting into if you attempt to purchase an online program. The Internet is rife with scams, and you don't have to be a genius to find out which ones are. My motto is "be careful if they ask for money!" The best programs I tailor around myself, and use tips and tricks (and a few Nintendo DS games) to create my own specially designed program for increasing my Intelligence Quotient!

Techniques for Better Learning

Before you start cramming for the next mid term take a few minutes and think about how you are going about learning the criteria. Many think that learning is learning, which it is, but there are a couple things you can do to help your self absorb the knowledge better. One simple thing to do is to be in a calm relaxing place for you to study in. Cluttered rooms contribute unorganized thinking. Take time to organize an area in which you are comfortable in. Relaxing is a major key in being able to process the information in a beneficial manner. Do whatever you need to do in order for you to be comfortable. Light a few candles, stretch, or take a few deep breathes. Also you should plan some time out so you will not be bothered.

Another thing that will help out a lot is meditating before a study session. Meditation is used widely in many different contexts. It has been used all throughout history in religious and non religious traditions including in trying to reach a high level of consciousness or enlightenment. Meditation is a process of focusing the mind on a single object and to not allow for any distraction. It is also described as a state of consciousness when there are no scattered thoughts or diverse patterns. In terms of using it to learn it is a very useful tool. Think about it like this, your brain is like a muscle and needs to stretched and warmed up to properly function to it fullest potential. Meditating allows you to calm the brain and clear it of thoughts. This makes it possible to think about something with much more efficiency and clarity. The brain will then be able to process and ingest the information and it's as simple as just sitting down closing your eyes and clearing your mind of thoughts.

Every think to yourself, "Wow I really am good at this." Well you should more often if you don't. Just by believing in yourself increases you're potential to learn more efficiently. Positive thought is without a doubt one of the easiest ways to help you learn. Also having a good attitude about wanting to learn is needed. If you do not want to learn then you are going to have a hard time doing anything. The positive thoughts and attitudes will not only help you with increasing your learning potential but it will also set you up for a good life.

Herbs That Boost the IQ

The following herbs and supplements have been shown in some cases to assist with boosting brain activity and helping to raise your IQ.

1. Ginkgo Biloba leaves or extracts are known to increase the blood flow to the brain. You can actually eat the leaves (the trees are found in a lot of parks), or buy supplements.
2. Phosphotidyl Serine (PS) is a supplement that has been studied in clinical trials and has shown evidence of increasing lucidity and the rate of learning in those taking it. It apparently activates cell-to-cell communication, improves special receptor functioning, and prepares cells for activity.
3. Vinpocetine, an extract derived from alkaloids found in the Periwinkle plant, is a cerebral vasodilator, meaning that it increases blood flow to the brain. Increase blood flow means an improvement in oxygenation which in turn increases mental alertness and strengthens acuity.
4. Chocolate, dark chocolate specifically, improves mental alertness and has been shown to improve memory.
5. Caffeine also has been shown to enhance thinking when it is an occasional supplement to the diet.
6. Creatine is a compound found in meats. Research has shown that adding creatine to the diet can improve one's memory and general intelligence.
7. Fish is considered brain food. There isn't one research study to counter fish as having the essential nutrients to boost your brain, so eat more of it!
8. Olive oil is good for the memory and tastes good, too.
9. Antioxidants of any kind boost cellular renewal and provide "charge" to the brain. Antioxidants are high in any "blue" or "purple" foods (think blueberries), but they are also in some wines and citruses.
10. Vitamin C has been shown to increase IQ scores in children.
11. Folic Acid is good for the memory.

12. Inositol is a natural substance that is found with the B-vitamins. Many believe that it helps to reduce stress and clear the mind for calm, even thinking.

13. Multi-vitamins have been touted as raising the IQ scores in children that take them daily.

There are many “brain foods” out there that you can eat, many of which contain the supplements listed about. Wheat grass and other greens are known to be good for the entire body, beets, as well. Just make sure to eat right, avoid sugars, and drink lots of water and your brain will thank you.

Concentration is the Key

Have you ever been working on something and just feel mentally exhausted? Becoming frustrated because you just cannot think properly is common to all humans. Few people realize though that its just like going for a run. When you reach the point of exhaustion, pushing yourself a little bit further allows you to build your muscles and increase stamina. Well your brain is exactly the same. Next time you reach that exhaustion point when thinking just push yourself a little further. Do a couple more math problems, read a couple more pages, or work for a couple more minutes. Pushing yourself beyond your capacity will only benefit your brain.

Another easy way to concentrate better is simple doing 1 thing at a time. Even though as humans we are capable of multitasking, devote your attention to one subject instead of multiple objects. It may seem too simple to be effective, but it really is a major key to being able to concentrate better. The worst enemy to your concentration is procrastination. Putting off tasks or thinking that you will just do it later affects the quality of the work that will get done. The amount of time that is added to a project is incredible when you are physically working on something but not mentally there. There are a couple ways around procrastination but one of the simplest is a series of 3 questions to ask yourself. The first question is, do I have to do this? Then ask yourself do I want it done so it's not on my mind? Finally, ask will it be easier later? After asking these questions you will find that the simple questions bring you to the conclusion that this problem is not going away until you finish it.

Studying in a good spot when trying to concentrate is a must for proper learning to occur. If you are stuck a room full of distractions it seems obvious that it will be extra hard to get anything done. Take the time to find a place where you can be free of distraction. Also plan sometime during your day to actually do what you need to. Do not just try to cram in some studying when it is convenient. It will put you under more stress and will not allow for absorption of the material in a good manner. Make sure you are also in a good mind set. Keeping your brain happy will keep you happy when you realize how much more you are able to take in.

Can You Build Your IQ to Higher Levels?

Supposedly, the IQ test measures how intelligent you are vs. the rest of the population. Alfred Binet, of France, pioneered the first Intelligence Quotient test. He wanted to differentiate between “normal” children and those who were struggling. An American man named Lewis Terman revised the test to what we know today as the “Stanford-Binet” IQ test, which remains controversial for the main reason that intelligence depends primarily on factors such as community, environment, upbringing, and most importantly, genetics.

Many of histories notably intelligent people were not extremely high ranking on the IQ scale. The IQ scoring system is often misunderstood. 90-110 is frequently considered “average,” Whereas 130 or over is extremely intelligent, and approximately only 2% of the population achieves this score. Less than 70 are the lowest on the scale.

However, many studies have shown ways to increase your brainpower. Frances Rauscher, a psychologist, found that listening to Baroque music such as Mozart seemed to improve mental ability. Children who obtain music lessons score higher on IQ tests, as well.

Eating well seems to play an important role, as well. Essential fatty acids are impetrative to our brain function. Eicosapentaenoic acid, or EPA, is found in fish oil. Ever noticed how there was an increase in pregnant women taking fish oil supplements? This is why. Of course, eating a balanced diet inclusive of fresh fruits, and vegetables helps, as well as staying hydrated. Exercise is also a key element in maintaining brain function.

Mental activities such as quizzes, books, and puzzles keep your brain in top form. These “mental workouts” keep up your ability to process information, much as working out at the gym maintains physical stamina. Studies have shown these activities can increase IQ scores up to 8%.

Studies show that neural wires transmit electrical messages in the brain. Each neuron covered with a fatty layer of myelin, which insulates and allows the messages to travel at optimal speed; the healthier the myelin, the higher the IQ. Unfortunately, many factors can disturb this function. Some of the most infamous culprits of brain dysfunction are drugs and alcohol.

Positive thinking is a moderately new development relating psychology to physical health. If you are sending yourself negative messages, most likely you will act on these negative messages. Many studies have proven that depression can affect physical health, particularly related to the heart. There is no doubt that this would also affect the largest organ, otherwise known as the brain.

Increase Mental Capacity 100%

Mental capacity is your ability to reason, plan and problem solve, the use of language, and to learn. This is just one part of your total intelligence. As with the physical human body your brain can be worked like and muscle making it stronger. One way to strengthen the brain is by

putting yourself just outside your comfort zone. Putting yourself and your brain in different kinds of setting that are not the norm allows your brain to strain a little and grow stronger.

There are a few things you can do to help this process in everyday life. Next time you're hungry try a different kind of food you have not tried yet. Just a simple tweak in the day can make a huge impact on you. The list of things you can do is endless and varies with every person. That is what makes the human brain one of the most amazing creations ever. All humans are genetically and physically the same for the most part but yet our brains are one in a million.

Some other things you can do if you feel you have hit a wall, go back to school, and learn to play an instrument, or simply just do something that stimulates your brain. Doing things that you enjoy is a huge benefit for obvious reasons. When doing an activity you enjoy your brain is rewarded and you grow mentally from that. A bad influence would be watching television. since watching it does not use your capacity and it does not let you regain the mental energy. If you are going to watch television watch something educational or something that will make you think. Use of the brain instead of just letting it vegetate will benefit you in the short term and long term of your life.

As we all get older we tend to forget about our minds. It gets harder to keep the brain stimulated when as we age due a lack of social stimulants or just being lazy. All is not lost though you can teach old dogs new tricks. There are ways to keep the mind sharp even at older ages. One of the easiest ways out there is crossword puzzles. Puzzles of any kind are very good for you mental health. If you are more adventurous and think you can take a challenge give juggling a try. This increases your hand eye coordination and mental acuity.

IQ Benefits of Exercising and Sleep

I'm sure we've all met that one person who just happens to score higher than everyone on their tests, and just seems to always get higher grades than the average. We've all had our moments of envy for the person who happens to have a higher IQ than everyone else, and we wonder, how do they do it? There are many factors that fall into your IQ and the different things that can increase or hurt your IQ level. In fact, some of these can be done in your own home, at no cost to you at all!

Worry no more! A quick way to increase your IQ would be to try exercising. It's something that everyone can do in his or her own home for just a few minutes each day. There are many factors that can help with your IQ, but exercising is a great way to start, and is something that can be adjusted to fit the level of any particular person that would want to add it to their daily schedule. Whether starting out at a beginner level or being an advanced trainer, exercising can help increase your IQ and can also open your mind to learning more. The implementation of physical activity can be seen as a manner of waking up your mind. Not only will it wake up your mind, but it can also give your body more energy to continue throughout the day, whereas you would usually be tired. This can range from walking early in the mornings or taking a light jog to

intense cardio exercises in your home or at the gym. Any form of exercise can serve as a means to increase your IQ

Another easy way to increase your IQ would be to get sleep on a regular basis each night. As we get older, our daily schedule changes and our habits vary on a day-to-day basis. Due to these changes, we are sleep deprived and we end up cheating our bodies out of its rest. Well, in addition to cheating our bodies, we actually are depriving our minds of what it needs. In addition to the quantity of rest, the quality is important as well. If you sleep for 8 hours, but are uncomfortable for 5, then it's just like sleeping for 3 hours. In order for this to be effective, your quality of sleep is highly important.

What is the Brain All About?

The brain is the super computer of the human body. Human brains are extremely complex. They consist of millions of neurons and up to ten thousand synaptic connections. Think of your brain as a huge muscle that controls almost everything in your body. Keeping in top condition is a priority in life. The brain controls all the major systems of the body, making the most important part of lives. Development of the brain is essential to becoming smarter and more capable of controlling it. Working it out just like you would lift weights plays a major role in the advancing of your intelligence. Eating properly, taking care of your body, and continuously training are keys to staying smart.

Just like the human body, your brain needs to be worked out every day to stay in shape. You also need to keep your body in good shape as they are one in the same. Taking walks, lifting weights, and eating properly are all helpful to being able to advance your intelligence. If you have no energy your brain will not function properly. Ever try to do homework super late at night. It is hard isn't it? Simply getting a full nights rest will increase your abilities. Sleep deprivation plays a major role in whether or not your brain will be functioning correctly

Another simple and enjoyable way to help the process of training the brain is eating good foods. There are three key neurotransmitters in the brain and they are Acetylcholine, Dopamine and Serotonin. Acetylcholine is responsible for memory, focus, and concentration. A few foods you can eat to boost this are, egg yolks, peanuts, meat, fish, liver, dairy products, and vegetables. Dopamine is responsible for intelligent learning. The simplest way to boost your dopamine levels with food is eat any proteins. Serotonin is responsible for learning and memory. Carbohydrates contain the building blocks for the serotonin. Pastas, potatoes, breads, cereals and starchy vegetables are all very good to boost your serotonin levels.

A good way to keep your brain in shape is to use it. As simple as it sounds many people do not do this properly. Instead of dreaming or thinking of that pointless thought, take that energy and focus it on something else. Doing something you enjoy also helps with this process. The brain is one of the most complex organs in the human body. It's easy to keep care of if you want to put the time in.

Memory Retention and Retention Strategies

For the majority of humans trying to remember the hundreds of thousands things taught to us in school is near impossible. Retention of information can be broken down into three stages. If you practice and follow a few simple steps you can improve you retention abilities.

The first stage in the remembering process is acquisition. Where did you learn this or what event took place? It is crucial in the first stage to pay very close attention to what is being taught or taking place. The second stage of retention is the consolidation phase. This is when the memory or information is sent for storage in your long term memory. At this point in time the more you focus your concentration on the information the easier it will be to extract at a later time. It is also helpful to link the memory to an older memory as it will be easier to recover.

The third and final stage is the retrieval process. This is when you actually need to pull the information out and use it. The more you think about that thought before trying to retrieve it the easier it will be to actually retrieve it in the future. If you are still having troubles trying to retrieve a certain memory it helps to be in the same place you learned what you are trying to remember. This is just one simple way to help improve your memory and there are many others.

There are also a few strategies you should take while trying to retain knowledge. Contrary to popular belief paying attention really does help a whole lot. In order for something to store properly in your brain you must actually learn what it is. Also people are very different in all sorts of ways especially in the way we learn. Many of us learn in a particular way. It is best to figure out how you learn the best and use that to your advantage. When delving into very hard studies it is best to try and learn the basic of it then associate the more complex ideas with the basics, as it will allow for better comprehension and retention. Taking new information and linking it to older information is a useful trick when trying to remember lots of material.

As with anything to do with your body, being healthy is a major key. Eating nutritionally and getting plenty of exercise play a major role in your ability to remember. Getting plenty of rest and avoiding stressful situations are easy ways to help yourself out.

Be Intelligent By Being Active

Intelligence is such a subjective thing. Everyone wants to be smart. But how is the best way to go about it? Here are some tips you can use to help increase your own intellect.

Adventure

Adrenalin can give you a temporary increase to your intelligence. Regular exposure can promote long-term benefits to your I.Q. as well as increase your ability to think coolly under pressure. Bungee jumping, extreme mountain climbing, skate boarding all the high-octane

sports require quick thinking and good judgment. At least they do if you intend to be any good at them. Just look at Tony Hawk who boasts a 144 I.Q.

Avoid Repetition

Repetitive tasks dull the mind. Activities like Farmville or assembly line work require little thought and your mind enters a state of autopilot for hours on end. When challenged with a new situation that requires critical thinking your mind must shake off the fog of autopilot. The longer one engages in mindless repetitive activity the harder it becomes to shake off that fog afterwards

Proper Diet

Put down that Big Mac. It is literally numbing you down. Junk food clogs more than your arteries, it clogs your brains capacity to think. Your diet contributes to mental state just as much as your physical state. Try brown sugar or raw sugar over bleached white sugar. Drink some orange juice instead of soda. Eat more salad. Poor diet leads to poor thinking; so don't sell yourself short when choosing what to eat. If you eat well you will think well.

Try Hypnosis

There are a variety of hypnosis programs you can download or view on YouTube to increase your reading speed, memory, perception etc. etc. In the comfort and safety of your own home you can use these hypnosis programs to improve your thinking process. It is not so much a magic bullet as much as it is a tool like any other one can use and the more you use it the better your results.

Use the Internet

Online you can find websites that will teach you new languages, provide binaural beats, and offer philosophical discourse and so much more. Utilize it to the fullest extent. And if you really just want the question answered for you the Internet can do that too. The point being, is that there are so many folks the web willing to provide tips and tools to help out their fellow man for little to no cost, it's just dumb not to use it.

This is just the short list. There are many more things you can do to nudge your noggin in the right direction. If you start off with these small steps first then you should be more than capable of taking the BIG steps on your own. And don't rush it. Great minds are not made over night. It takes time. One salad and skydiving lesson will not turn you into Stephan Hawking. However, if you keep at it you will find yourself as smart as you want to be.

More Ways to Increasing your IQ

Your IQ represents your intelligence quotient, and is what is used to measure how smart you are, or your "level" of intelligence. Growing up, we all had experiences in which we wanted to

raise our IQ level, or even now, we want to increase our brain power. Experts have studied and researched this to find ways in which this can be done. There are many ways in which this can be done, and many can be done at home, by making simple changes to your daily or weekly schedule. These few changes could impact your IQ more than you could imagine, and could possibly show you how smart you already were, when you didn't know it.

One way to increase your IQ in your home would be to try meditation. To some, this may seem crazy because it's not something that everyone does, or that many people are even willing to try to put into their daily schedules. However, if implemented, meditation could raise your intelligence quotient, and could probably show you improvements in your mental capacity. Meditation can help because it impacts your breathing level and how you breathe. If we think about our daily lives, how many times do we take the time to take long deep breaths each day? We probably don't do this often or even at all. But, deep breathing can impact our IQ more than we notice. By implementing deep breathing, it can make us more relaxed, which can open up and relax our minds as well and can even help us release stress. This can be done for just a few minutes a day, in order to notice a few changes in our IQ levels. It's something small that can show us vast improvements, and doesn't even require much time out of our schedules.

Another way to increase your IQ would be to try writing. Nowadays because of technology, many of us don't take the time to write, because of everything that's available that causes us to not have to write. There's so many other ways of communication available, that many people don't want to write. However, this can help us by using aspects of our brain that we rarely use on a regular basis. Rather than sending someone an e-mail, try to write them a letter by hand which can increase your IQ very easily in a short time. This is one quick way to increase your IQ at home.

How To Boost Your Child's IQ

Behavioral scientists are the first to tell you that your IQ is not static. You can boost it by eating right, getting exercise, and stimulating brain activity. This summer, help boost your child's IQ by working with them on fun and meaningful activities.

Children who read well tend to write well, and writing well, leads to reading well. This powerful combination of reading and writing gives children a boost in their mental capacity. Writing requires reflection, imagination, and problem solving skills. Have your child keep a summer journal, or even a creative writing notebook. When a child evaluates their day-to-day experiences they increase both their intelligence and emotional quotient. When writing they are learning problem solving skills without even knowing it! Scrap booking is a colorful alternative to the typical journal and also helps with fine motor skills.

Sports and outdoor activities not only help your children stay healthy but they also know boost brainpower. Outdoor play not only helps to raise their aerobic levels (which stimulates the brain), employs critical thinking skills. Moreover, the creativity that's involved in make-believe games (like pretending the tree house is an Elvin fort) can challenge their brains to think in

complex problem solving skills. Outdoor play (unlike indoor) actually reduces stress levels in children. This summer send the kids outdoors. Take them on hikes or camping, build a tree house together, sign them up for swim lessons or even send them off to camp. Kids need to be outdoors and most kids today are sadly lacking in the types of vitamins provided by sunshine. Whether they like it or not, they need to play outside.

Reading is fundamental. Children who read during their summer break perform better in school when they return in the fall. It doesn't matter what they read they need to read. So be it a comic book or "Percy Jackson's Lightning Thief", get them reading. Studies show that when your child reads for fun, he or she, will do better in school than those kids who are forced to read. Take your child to the library and let them pick out any book they choose. Even if it isn't something you would like...it doesn't matter. All reading is good for them. Make reading fun by setting up a hammock in the back yard or allowing them to take the book to their outdoor forts.

10 Simple Ways to Increase IQ

For many years, the common belief was that a person's IQ was a fixed trait, largely determined by someone's genetics. While genetics is important, many scientists are finding that there are techniques that can raise the IQ. Here are ten ways that will help do just that.

1. Breathing deeper will increase the oxygen to your brain, and this will help increase brain function. For best results, breathe in through the nose to get more oxygen in.
2. Rest and take breaks. Take breaks after twenty or thirty minutes. Just a short break will give you time to absorb what you learn.
3. Improve your diet. Stay away from simple carbohydrates and simple sugars. Carbs and sugars make concentration and mental tasks more difficult. Increasing antioxidants can help protect cells, and this includes brain cells.
4. Exercise. There are some studies that have concluded that increasing the heart rate and even breaking a sweat can elevate moods, fight memory loss, and sharpen intellect.
5. Use downtime wisely. What do you do while sitting in a traffic jam or waiting in a line? Use this time productively and exercise the brain. Listen to audio programs in the car or do puzzles while waiting in lines.
6. Journal. There are researchers who have studied the habits of 300 people who were considered geniuses. They found that they all had a common habit of journaling their thoughts and experiences. Thomas Edison, in fact, recorded his thoughts in hundreds of journals throughout his life.
7. Learn and read. Open up to learning. When we learn, we open new neural paths. Smarter people are those who many different neural paths with many connections. Reading more will help you learn more.
8. Enjoy puzzles and games. Computer games can really help sharpen your mind. These games force your brain to work quickly and strategically. Puzzles tend to help sharpen

the mind and teach how to create solutions.

9. Eat breakfast. Eating breakfast has been proven to improve concentration and mental performance. The main energy source for the brain is glucose. Breakfast is the first chance your brain has to refuel after eight hours of rest.
10. Embrace the morning. It has been proven that the brain is sharpest in the morning. Be aware and do as much as you can before midday. Research shows that taking tests before midday increases success rates by about five percent.

There you have it. These are ten ways that can help improve your IQ and they are simple enough that anyone can do it.