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Great 1). Fish. The omega-3  
fatty acids eicosapentaenoic  
acid (EPA) and  
docosahexaenoic acid (DHA)  
are found in high amounts...

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2). Move your body regularly. We all know that exercise is good for us and makes us feel immediately good, but it's also... 3).  
Flaxseed oil. Is a ...

**How To Make A Good Brain**

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**Great | Jess + Tom Dyer**

Daniel G. Amen. 3.83

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everything you do—learn to  
care for it properly, and  
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healthier, and happier in as  
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probably run, lift weights,  
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sunscreen and lotions to  
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Make A Good Brain Great Ive  
always been fascinated by

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the brain, I mean this single relatively small organ, involved in everything we do, we are what our brains are. We all know that when your brain works right you work right and when your brain is troubled you are



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Here are some paraphrased  
examples from Dr. Amen's  
book: Doing cigarettes.

Whether you have one in your

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mouth or someone else does, you are still breathing in the same chemicals. Eating highly-processed foods.

These are "nutrient-challenged," to say the least. And they trigger whole set of ...

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**Book Review of Making a Good  
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The more you exercise the  
giant muscle that is your  
brain, the harder and faster  
it will work for you.

Memorize important facts,

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such as people's names or an interesting date in history, every day. Look up a new word and memorize the meaning. Use mnemonics - memory tricks - to help you remember shopping lists.

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## 5 Tips to Make Your Brain Work Super Fast

Eggs are a good source of several nutrients tied to brain health, including vitamins B6 and B12, folate and choline (63). Choline is an important micronutrient

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that your body uses to  
create....  
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**11 Best Foods to Boost Your  
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Make a Brain Model March 2,  
2014 By Emma Vanstone 10

Comments One of my favourite

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of Kerry's experiments is  
her play doh brain , so when  
we found an old pack of play  
doh in the cupboard I  
thought it would be the  
perfect opportunity to try  
it out.

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## How to make a Brain Model For Human Body Science for Kids

12 foods to boost brain

function 1. Oily fish. Oily

fish contains omega-3 that

can help boost brain health.

Oily fish are a good source

of omega-3 fatty... 2. Dark



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chocolate. Dark chocolate contains cocoa, also known as cacao. Cacao contains flavonoids, a type of antioxidant.<sup>3</sup> Berries. Like dark ...

**12 best brain foods: Memory,**

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**concentration, and brain  
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Using your brain to solve  
problems, answer questions  
and make decisions is best

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done when you're at your  
peak For night owls, this is  
obviously a much later  
period in the day. On the  
other hand, if you're trying  
to do creative work, you'll  
actually have more luck when  
you're more tired and your

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brain isn't functioning as  
efficiently.

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Exercise produces a protein  
(BDNF) in the blood stream.

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As blood travels through the brain, cells absorb this protein, which is responsible for both increased memory and focus. One of the most notable experiments was a photo memory test given to

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experimental and control For  
groups.  
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Smarter ...**

Play brain games. Brain  
games such as Sudoku and

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crossword puzzles positively  
have been shown to improve  
connections in the brain.

They also affect short-term  
memory, and have been shown  
to stave off the growth of  
protein deposits (beta  
amyloid) that negatively



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impact brain health. Try to  
keep your mind as active as  
possible.

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Note: Due to the coronavirus  
(COVID-19) pandemic, our in-  
person events and activities  
were suspended. Some of our  
in-person events and  
activities are now

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restarting. We're phasing a  
gradual return. Search to  
see what activities and  
groups may be available to  
you locally, or contact a  
local member of staff.

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