

CHOOSING THE PATH OF Holistic Brain Health



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The Human Brain and Its Mystery

What comes to mind when we talk about the brain? Well to a layman, he thinks we are talking

about the head. Well scientifically speaking, he is partly right but not completely. The brain is the content of the cranium.

The brain is a mystery machine that coordinated the entire body and whose mystery has not being fully unravel even after years of study and research. Just like a computer, the brain can be referred to as the "motherboard" that controls every other part of the computer. In this case, it controls the entire body and its parts.

It is the center of cognitive thinking, expression, emotions, equilibrium, and control of special senses among other fascinating functions.

the study of the mind and the brain is the last frontier in science. Although the field has made enormous progress over the past several decades, understanding of the basic principles of thoughts and brain functions, but are still far more unknown than known", said by Micheal Tarr, co-director of the CNBC

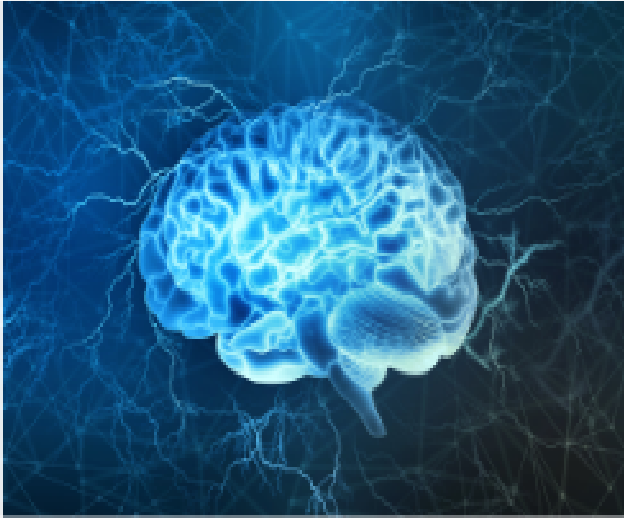
"personally, I think that unraveling how the mind and brain work is a significant step in what makes human human" said by the Cowan Professor of Cognitive Neuroscience.

Our whole existence is dependent on the brain, right from the womb till we are born till we attain adulthood. Our thoughts, emotions, movement, all depends on a fragile and delicate organ without which we cannot survive," the brain".



The brain is a very powerful and indispensable organ in the body for optimal survival. We are always consigned by our physical health and pay very little attention to our Brain's health. The way we take good care of our physical wellbeing, it is also pertinent that we take care of our brain's health in similar fashion. Though, mental health and brain health are often confused with each other but they are completely different entities. Before we talk about the structure of the brain and the holistic wellness of the brain, let's talk about some facts of the brain

Facts About The Brain



- The brain functions 24 hours a day, 7 days a week
- About 70000 thoughts are processed by the brain in a day
- The brain is very fragile, jellylike and thrown into numerous fold called gyri and sulci.
- The brain continues to grow throughout life but not the neurons. Neurons do not undergo mitosis and are arrested in the G0 phases
- About 70% of the 70000 thoughts processed by the brain in a day are negative thoughts

- It is discovered that, the electrical current produced in the brain in the transmission of nerve impulses can power a small electrical bulb.
- The blood requirement of the brain is just 20% of the entire cardiac output with a large number of vasculature.
- Based on medical research, there is more unknown than known about the brain.
- Self-consciousness is lost when the brain stops working. The individual becomes vegetative.
- The human brains consist over 100 billion neurons which are constantly transmitting signals for acquiring new knowledge as well as information



Facts About The Brain



- The signals that passes through the neurons combine to form neuronal pathway that controls most of our emotions, equilibrium, learning and memory.
- Throughout a person's life, the brain is in constant activity of creating memories, which could be short term or long term memories by creating different patterns of activities.
- It must be noted that the size of the brain has nothing to do with its performance or level of smartness.
- Just as humans age, the brain is susceptible to aging, as it shrinks in size, and in function as well as speed. Amnesia is very common in elderly persons

- The brain has a unique way of learning new things. It begins to create new neuronal connections and patterns.
- From studies, human emotions which is attributed to heart functions originate in the brain.
- The brain has various triggers that stimulates it such as drugs, sex, music and so on. It stimulates the release of dopamine from the raphe nuclei in the medulla and other activating centers that stimulate brain functions and enhances alertness.
- Studies shows that about 25% of blood cholesterol is located in the brain and absence or insufficient cholesterol in the brain leads to neural cell death.
- The brain is hindered from its function by the intake of alcohol. Alcohol inhibits certain neurotransmitters that activate the brain and stimulate the formation of GABA an inhibitory neurotransmitter, this cause the incidence of not recalling previous incidence after intake of alcohol.

