SUPER
BRAIN HACKS

HOW TO NURTURE AND NOURISH YOUR BRAIN FOR TOP PERFORMANCE

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Contents

1 Introduction 4

What You'll Learn in This Book 5

2 A Complete Guide to How Your Brain Works (So You Can Begin to Hack It) 6

Neurons 7

Neurotransmitters and Hormones 8

Brain Plasticity 9

3 What Our Brain Was Designed For (And How We Are Using It) 10

You Are an Adaptoid 10

Enter: CBT and Embodied Cognition 11

4 How to Increase Your Brain Power With Brain Training 13

The Very Best Form of Brain Training 14

The Power of Computer Games 15

5 Nootropics – Can Smart Drugs Really Make You Smarter? 17

What is a Nootropic? 17

Should You Use These Kinds of Nootropics? 19

What About Caffeine? 21

6 Nutrition and Supplementation for Fortified Brain Power 22

7 Nootropics and Other Strategies for Enhancing Plasticity 27

Noots for Plasticity 27

tDCS 28

8 Lifestyle and Understanding the Rhythms of Your Brain 29

Tips for Sleeping Better 30

Routines and Rhythms for Your Brain 31

The Critical Importance of Exercise 32

9 Conclusion 33

1 Introduction

A lot of people are interested in health and fitness these days and to that end, they will spend a lot of time in the gym or out running in a bid to try and build more muscle and increase their physical fitness.

But while this is an admirable aim, it's maybe an example of us having the wrong priorities. Why? Because these days we don't use our bodies half as much as we use our brains. Our brains are what we use for the majority of careers these days, they are what we use to manage our relationships and they are what we use to handle money, navigate, learn and more.

So if you're going to spend time training your body, it only stands to reason that you should spend *at least* the same amount of time training your brain.

So why *aren't* more people already training their brains? Largely, this comes down to the fact that many people don't realize quite the extent to which their brains *can* be trained, or quite the extent to which their brain function can be improved through simply following the best health practices – through the right nutrition, lifestyle and more.

And more to the point, most people are completely unaware of just how *unhealthy* their current routine is for their brain. They have no idea that the things they're doing every single day are actually *damaging* their brains. And not only does this prevent those people from performing optimally every day but it could also lead to a higher chance of dementia or Alzheimer's.

Just think what you could accomplish if instead of degrading and abusing your brain, you instead focussed on nourishing it, training it and helping it to grow. You might just become limitless…

What You'll Learn in This Book

As mentioned, most people have at some time shown a basic interest in improving their physical fitness and strength. For this reason, most people have at least a *basic* idea of what fitness training entails and how to look after their body's health.

But seeing as Super Brain Hacks is a far less understood topic, this is an area that many people actually lack even basic knowledge of!

This book then will serve as a basic primer and introduction to your brain, as well as an advanced guide to how you can develop it and nurture it. We will cover everything from the basics of how the brain functions and good nutrition, all the way to much more advanced topics such as smart drugs and 'embodied cognition'.

You will learn:

- How your brain works
- The nature of intelligence
- How brain plasticity changes *everything* we once knew about the brain
- Why the right nutrition is crucial for optimum brain function
- The best lifestyle practices for increasing intelligence and improving performance
- How to increase focus and concentration
- How to train your body to train your mind
- How to use the right kind of brain training to enhance your cognition
- How nootropics work, who is taking them and whether you should take part
- Psychological tricks like CBT to help your brain work for you
- The power of meditation
- How to increase brain power by electrocuting it…
- Top things you need to STOP doing to avoid damaging your brain
- And MUCH more

By the end, you will have a far fuller understanding of your own brain and how to make the most of it. As a result, you can start to improve specific aspects of your brain, as well as its overall function. This will

have *huge* impact on pretty much every area of your life as you become more effective in social settings, less tired, more sympathetic toward others (and better able to manipulate their emotions and thoughts), more attuned to your own strengths and weaknesses and more.

Once you learn to upgrade your own brainpower, you can trigger exponential improvements in every area of your life.

Are you ready for that change?

2 A Complete Guide to How Your Brain Works (So You Can Begin to Hack It)

The brain is by far the most powerful computer on the planet with billions upon billions of connections and a near limitless storage capacity. There are still countless things that we don't fully understand about our brains but nevertheless we *are* starting to understand more and more over time. And with each new discover comes new ways to get more from our grey matter and upgrade our performance.

The good news for you is that all this information is freely available now and you don't have to go through years of complex experiments and research to unlock all the secrets. In fact, this chapter will serve as a complete primer to bring you up-to-speed on your brain…

But a word of warning: this is complex stuff. If you *just* want to get to the good stuff and start learning how to get more from your brain, then you can skip this chapter. However, I highly recommend that you do *not*, seeing as it will give you a far better understanding of what's actually going on inside that skull of yours and thereby give you more autonomy when it comes to discovering new ways to tap into your cranium's near-limitless potential.

Neurons

The first thing to understand then, is that your brain is made up of billions of neurons. Neurons are 'brain cells' and in a sense, they operate just like any other cells in your body. They have a cell membrane (the wall surrounding the cell), they have a soma (the body of the cell) filled with cytoplasm (fluid), they have mitochondria to provide energy and they have a nucleus containing your DNA.

But brain cells also have a few 'extras'. Specifically, brain cells have axons and dendrites. The axons are the long 'tails' of your brain cells which protrude from the back. The dendrites meanwhile are a lot like routes or tendrils that stretch out across the brain coming off of the soma. The job of the dendrites is to find the axons of other cells, where they can then form a connection.

Neurons come in all shapes and sizes. While they are microscopic, they will sometimes have connections stretching all the way from one brain 'regions' to another to form connections. Brain cells don't actually touch but instead leave a small gap called the 'synaptic gap' and communication then occurs *across* the gap.

When a brain cell lights up or fires, this is called an 'action potential'. During this point, a small electrical current jumps from the synaptic 'knob' over to one or several connecting dendrites. This is how signals find their way around the brain.

Each time a neuron fires like this, it corresponds to some kind of subjective experience in the brain. For instance, one area of the brain – the occipital lobe – deals entirely with vision. When neurons in this region fire, it causes specs of light to appear like 'pixels' in the eyes of the viewer. Meanwhile, other neurons might make us remember a specific event, experience a smell, move a finger or fall asleep. Generally, neurons are arranged into groups which is what gives the brain distinct 'regions' for particular