



**Seven**  
***Simple* Steps**  
***Proven* To Quickly**  
**Boost Your Intelligence**



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Few of us are as intelligent as Einstein, even though we might be getting along ok anyway. But -  
- we'd all like a boost of brain power, if it's truly possible to attain such a boost without too  
much effort.

It couldn't hurt!

If you've ever wanted to think better - if you've ever thought a boost in your mental capabilities  
would make your life better, that brain power boost might be just a few steps away.

In this report, we'll delve into seven specific, simple steps that can help you in your quest to  
keep your brain working perfectly fine -- and improve its function easily over time.

It's a lot easier than you think -- so let's get started!

# 1. Exercise

Do simple exercises like a simple walk or jog. It doesn't have to be as intense as a full-blown work-out. You just have to keep your body physically fit by staying active.

Simple work-outs have been shown to trigger the release of neurochemicals known as endorphins. These chemicals are responsible for making us feel happy and, by feeling happier, a positive effect on the brain can be observed.

Work out physically on a regular basis. The more your heart gets pumping the more blood circulates throughout your body, and to your brain, bringing fresh supplies of oxygen and nutrients to it. Also, working out brings about an increased release of endorphins that make you feel good. It's no wonder some people become addicted to exercise. Your brain will like it, too.

Even though exercising your body helps improve your brain, you should exercise your brain as well. Always use your mind – think and rethink. Keep your brain muscles active by reading, doing puzzles, answering crosswords and socializing with other people. There are a lot of activities that are designed to keep you thinking. Any type of activity from which you can learn is worth trying. Don't be afraid to explore, active learning is the key to your mind's actual exercise.

See to it that you exercise your mind and body regularly and that you engage yourself in physical activities that can help you maintain your vitality. You'll quickly see your brainpower improve, almost magically, as a result.

Find other ways to tap the full power of your brain here:

<http://6607dhfkp4x2x5m1jquragat7j.hop.clickbank.net/>

## **2. Diet**

Some natural supplements are believed to have a good effect on the brain. These supplements not only keep your body healthier, they also maintain the fitness of your brain; this, of course, translates into additional brain power!

These supplements are so popular that they can be found anywhere, from your local health and food store and on the Internet.

According to studies, foods with artificial food coloring and sweeteners may be bad for the brain, especially if they're consumed in large quantities. Usually, children are more affected negatively by these artificial flavorings and colorings. Examples of these kinds of foods are colas, white bread and hydrogenated oils.

The hydrogenated oils may cause clogging of the arteries and may result in heart disease, as well. The clogging of arteries makes it harder for the blood to flow to the brain and the natural result is less effective thinking.

Artificially sweetened foods are unhealthy as well because they can cause fluctuations in blood sugar levels. These fluctuations may cause short-term brain fogging and even diabetes. It would be wise for you to stay away from excessive sugar products.

### **Refrain From Cigarette Smoking**

Cigarettes affect the flow of blood in your veins. Because of this, there may be a chance of reduced blood flow to your brain; and reduced blood flow means reduced oxygen. With less oxygen to consume, the brain may not function as well as expected, hence memory may be prejudiced.

### **Stay Away from Brain Toxins**

As you may know, illegal drugs may also cause harm to your brain's functioning. However, you should also know that prescription drugs, if misused, may also have the same toxic effect to your brain. Thus, you should always follow the prescription given to you by your doctor, and never self-medicate. This may affect your brain's normal performance. Prolonged use of drugs may even cause memory loss.

You may have personally experienced, or just heard from other people, of the mental boost that they get from smoking or by the use of some illegal drugs. Perhaps, for a short period of time such boosts may be real.

In the long run, however, the effect of the tobacco or drug consumption may be more dangerous to your brain than what you expected. If you want to maximize your brain's functioning, you have to constantly worry about what affects your IQ.

Alcohol is also best avoided, if you want to maximize your brain power in the shortest time possible.

An Addiction Research Center conducted a study regarding the long-term effects of alcohol on an alcoholic's brain functioning. As expected, alcohol was found to be associated with mental problems and lower IQ scores.

Interestingly, they also found that long-term smoking has an effect on decreased brain power.

The results showed that alcohol has more severe effects on the thinking skills of alcoholic men who have been smoking for quite some time already. It has an adverse effect on memory, problem-solving skills and even the IQ of these men.

Among these alcoholic subjects, cigarette smoking was seen to be related to reduced mental functioning. However, even though the cause and effect relationship between smoking and decreased mental performance was not clearly established, there are still some things which point to the fact that cigarettes are the cause to such effect. In order to prove this point, more studies will have to be conducted.

### 3. Use Your Brain

You exercise your body. We mentioned you should also exercise your brain. Use your brain more often – think and learn – and you’re giving it a much-needed work-out that will only help your brain to function to the maximum more readily.

Read regularly. Talk with other people or even play educational games. Any activity that keeps your brain working effectively -- even something as simple and fun as Scrabble, crossword puzzles and trivia games -- may actually improve your brain's functioning while you're having fun!

Find unique techniques to use and improve your thinking skills. Some mentalists propose techniques which are designed to improve mental skills. We all have the potential to possess a good functioning memory, thus it should be something that we can all improve. All we have to do is find ways and try techniques that can effectively help us develop our potential.

Most people believe educational activities improve their mental faculties. This is true, and you can try this even at home. Simple activities like crossword puzzles actually exercise your brain. They may actually help your brain functioning and prevent it from deteriorating.

The left portion of your brain controls the actions and movement of the right part of your body while the right portion of your brain controls the movement of the left part of your body. It may be possible that the side of your brain which controls you dominant hand is more used than the other side. If you use your non-dominant hand to do some of your daily activities, would it better your brain’s performance?

If you’re a right-handed person, then most of the time you are stimulating the left part of your brain. If you intentionally use your left hand when doing certain tasks instead, you're able to stimulate the right side of your brain as well. By doing so, you’re awakening the part of your mental faculties that is intuitive and creative. On the other hand, if you are a left-handed person and you use you right hand when doing simple tasks, then you are stimulating the side of your brain that is rational and organized.

This idea is supported by Tony Buzan, the author of a book entitled *Using Both Sides of the Brain*. According to him, doing simple exercises or cross-trainings like this brings in additional features to one’s mental functioning, and at the same time there will be a total improvement in one’s brain power. By doing so continuously, a person may stay mentally young and fresh.

Other activities which can stimulate the other side of your brain may be done without really straining yourself. You can just simply walk around your room with your eyes shut (carefully!), or you can get dressed and undressed with closed eyes.

You can also revisit your childhood games; the game when you rub your stomach with one hand while your other hand is tapping your head is actually a good brain exercise. Simple tasks like these are like physical exercise for your brain, and they can quickly bring excellent performance to your brain, no matter how trivial they may be.

So, you may start to wonder regarding the mental condition of those people who are blessed to be able to use both their hands for complicated tasks such as writing, referred to as being ambidextrous.

You may think that, since they're stimulating both sides of their brain, that they're more intelligent than others. This is a misconception; there are no studies or researches which can attest to this idea.

There are people who are able to teach and train themselves to use both their dominant and non-dominant hands to do tasks and even sports, like cricket players. But their training does not necessarily turn them into academic geniuses.

Sadly, this appears to be just too much to ask for.

So, whether or not these simple exercises may make you a little bit more intelligent, these physical exercises are still believed to have good effects on your brain. Academically, the results may just be minor, or even unnoticed, but there can be other aspects which are affected, such as your creativity, organization and other attributes.

One thing worth noting is that it's always best to keep your body in balance. If you want to better your brain's performance, you might as well try to stimulate your whole brain, and not just a single side.

Improving your memory can be a fun exercise that will also definitely improve your brain power while it adds a valuable skill to your mental toolbox! Check out this recommended source of high-quality memory training you can get right now:

<http://159426p9i-0ez2rimbghuxnv03.hop.clickbank.net/>

## 4. Play!

Yup – as you might have guessed by now, even the right kind of playing can actually improve your ability to think! But -- choose games that definitely use your brain.

Refrain from playing "no-brainer" games that challenge nothing more than your hand-eye coordination. Most computer games today are designed to exercise your brain as well as your coordination, so all you have to do is make the effort to choose the ones that challenge you to think.

Gaming consoles themselves are also following this principle, increasing brain function by the way they are designed to interface with the games you play.

Do your part in boosting your brain power: play more games that will increase your thinking and you can't go wrong.

It's a tough job, but someone's got to do it!

## 5. Learn!

Choose a hobby that will give you some lessons at the end of the activity, or that requires you to learn a new skill and continue, to learn to master it. This isn't difficult since, most of the time, we learn something from all of our experiences. Just make sure you do things that aren't monotonous and repetitive. Your hobby should be something that helps you learn new things every time you participate in it. This way, you'll be able to use some parts of your brain which usually go unused.

Your brain is not only like a muscle. It's also like a 10 year old. It could have started out curious and as you nourish that curiosity and savor the habit of learning more, of seeing relationships among things, of solving problems, you tend to improve the cognitive aspect of your brain.

Your mind is exercised more if you participate in active learning. Try new experiences so that you can learn from such experiences firsthand.

Maintain your social life as well. Don't isolate yourself from your social groups; instead, you should keep in touch with each of them. A happier life would mean a healthier life.

## 6. Sleep

During Sleep is the time when your body rebuilds and recharges itself. Your brain needs this recharging more than your muscles or any other part of your body. Most professionals believe that you should sleep for at least six to eight hours a day. Aside from these hours, you should also try to take ten-minute power naps for a quick re-charge once or twice a day, or as often as you require them.

You heard that right – you have permission to take as many brief “power naps” as you require throughout the day (if at all possible, of course). The combination of this refreshing sleep and the naps will surely help you feel fully energized to take on more activities for the day. Consider it a duty to your brain, not a guilty pleasure.

Don't deprive yourself of sleep. Your brain will function better with more hours of sleep than it will with less.

Take enough rest and sleep. Six to eight hours of sleep is highly suggested to keep your mind in its prime. After a good rest, you should engage yourself in healthy activities, such as exercising and working out. This will keep your body active and alert.

There's no point improving your brain if you can't protect it physically. You should always protect your head from injuries, because trauma may affect the functioning of your brain. Even simple injuries should be avoided, because repeated minor injuries, if accumulated, may cause damage to your brain. Thus, you should utilize simple prevention, like putting on helmets when bicycling, in order to avoid situations that may result in even minor damage your brain.

If you want to be able to think better, your brain's health is the key. Thus, you should keep it as healthy as possible and avoid all those factors which may expose you to mental deterioration.

Above all else, get plenty of sleep. The brain works better when your synapses are healthily firing and your subconscious has had time to sort itself out. This means rest physically *and* mentally.

Sometimes, the perfect time for a power-nap is at the moment you face a problem that you haven't been able to solve. The more time away from a problem you get, the more your mind has time to work on it, subconsciously. It's always better to approach work problems after a long night's sleep – but do consider a power-nap if faced with a problem that doesn't allow you to “sleep on it” for a night.

## 7. Relax

Because of the complexities of our society today, your brain gets just as exhausted as your body does. You should take the time to relax and cleanse your mind of the worries and stresses that might otherwise overwhelm your thoughts most of the day.

You may want to try a visit to a spa or meditation, for example, to give your mind a break. After the relaxation, you'll feel that you're more prepared to take on any complex task. This is how you make your brain easily improve its performance with almost no effort on your part other than finding a bit of extra time to sleep and meditate correctly.

The time you spend on relaxation techniques such as meditation will be more than made up for by the almost miraculous increase in mental capacity you'll realize as a result.

It has been said that, through meditation, you are able to calm not only your body but your mind as well. It may sound too difficult to try, but there are ways to make meditation as simple as possible.

In order to perfect your meditation skills, you do need to practice it. To master meditation can take years, but you can still begin with the simplest relaxation techniques and see excellent results. It will surely make you feel better, your brain will relax a little and your whole body will be rejuvenated.

There's virtually no down-side.

Meditation is a good way to reduce stress; and we can think better if we're not stressed. As many researchers have pointed out, you can actually suffer from brain damage if you're exposed to constant stress for too long. Isn't meditation sounding more necessary now?

Through mediation, your concentration will be strengthened, thus you can fully focus on any mental activity you're working on. You should learn to control your mind and use it efficiently for your own goals, and you can do this by starting with breathing techniques, moving farther into them and then on to simple meditation.

### **Breath Watching**

Find a spot where you can sit and relax comfortably. There, give close attention to your breathing for a few seconds. Basically, you just have to clear your mind for a moment and have a quiet time on your own. Here are a few tips to assist you:

#### **1) Find your spot**

Since you're only a beginner, you may want to find a quiet place where you can meditate. As you become more expert in meditation, you'll notice you can easily meditate anywhere you want to. For the mean time, find a spot where you can feel at peace.

## **2) Be comfortable**

Look for a position for your early meditation which will keep you at ease, but not asleep. For most people, crossing their legs is their preferred meditation position. If you're the kind of person who can lie down without falling asleep, you may also try lying down...this may be your most comfortable position. Just keep yourself perfectly still and comfortable but not asleep – this should be your meditation position.

One good preventive measure for your brain is the inclusion of colorful fruits and vegetables to your diet. The brighter the color of the fruit or vegetable, the healthier and fresher it is, generally – thus, the better they are. As you know by now, healthy foods help the body get rid of unhealthy toxins because these foods contain antioxidants. If you follow this kind of diet, you may have a 70% lower chance of suffering from dementia when you get older.

Vitamins, especially vitamin B can also help maintain the fitness of your brain. If you lack vitamin B, you're more prone to suffer from Alzheimer's disease and many other diseases. You may want to include vitamin supplements in your everyday meal.

If you don't feel like you need supplements, then you may want to cut down on your alcohol and cigarette consumption. These substances, together with coffee and sugar, can use up your body's stock of vitamin B. Aside from this, you should also try eating more beans and green veggies; these are rich in vitamin B.

You should stay away from bad fats that come from junk foods. Your brain may be made up of fats, but this doesn't mean those fats should come from hot dogs. Instead of munching on unhealthy foods, enjoy good fats such as those found in fish and nuts and all those foods which are good sources of omega-3 fatty acids. If you do this, you will have a higher chance of keeping your brain in its best shape throughout your entire life.

## **3) Let Go of the Tension**

Observe which part of your body is most tense. You should learn how to tense up those parts, then release the tension. You may experience the release as your body begins to be drained from all the tension. If you repeat the process, you will later learn how to relax easily, seemingly without any effort whatsoever.

#### **4) Breathe properly**

Breathe properly through your nose. In doing so, the air easily passes through your lungs. You may notice that your diaphragm, abdomen and chest expand more when you breathe through your nose. This is how you should breathe.

It's recommended that you also start researching problem-solving techniques, and see how certain strategies may apply to your various domestic, academic and work scenarios.

Your brain is like a muscle. It atrophies or welts when you don't use it. Like a plant, it doesn't grow well when it doesn't receive the right nutrients. Like a dog underfed and eating trash, it limps and gets sick easily.

#### **5) Pay attention**

There may be instances when your mind may be disturbed by other thoughts, but you should always remind yourself to go back to paying special attention to your breathing. With this constant reminder, any thoughts that may disturb you will soon fade away.

You may want to perform this meditation for at least five minutes. Then, as you practice it more and more each day, you may want to perform it for longer times. You should then see that these meditations can really help you clear your mind and increase your focus. By feeling better, your brain also performs better.

Stress is another thing that you should avoid, if you want a healthy brain. Hence, you should protect yourself from being too stressed out and from being overwhelmed by all the drama that the world (and, especially, many people in the world) may throw your way.

Release your tension, relax and meditate, so you can give your body and your mind the time they need to recharge.

#### **More Relaxation Period = Better Thinking**

After you've seen for yourself the power meditation holds to generate a peaceful, level-headed existence, you'll surely want to delve into the subject some more. Here's ONE source we highly recommend you check out:

<http://a8b69dp9n8x331u7n-qn2vjpai.hop.clickbank.net/>

If you want to protect your recent memories, you should stay away from stress. Stress can trigger the release of cortisol, a neuro drug which can interfere with the brain's performance,

especially with handling recent memories. With chronic stress, the part of the brain which handles recent memories may even shrink.

If you want to prevent this kind of damage from happening, you should learn to relax a little and release the tension from your body daily. You should never let stress overwhelm you.

Problem-solving is a good way to keep your brain sharp. Once you get familiar with how your biases clog and impede your way of seeing things, and get some training on problem-solving techniques, not only will your stress level go down, you'll start to feel empowered. Most people try to avoid problems, but if you're curious about how to generate solutions to problems and how to try them out, then problems become opportunities to make things better.

The more empowered and capable you feel about your problem-solving skills, the better you feel about yourself, and the more you become capable of dealing with stress. Consequently, the more capable your observational and analytic skills become, and the healthier your brain gets.

There is also a social and self-affirming positive outlook about trying to better your brain. It involves spending time enjoying the company of your friends and family, when you can be yourself and just let it all hang. There's something spiritually relieving about being yourself, and about being around the people you're comfortable with, and whose company you enjoy. This kind of rest is good for your brain, too.

Aside from everything discussed so far, other intangible things are also now believed to cause a possible decrease of your brain power. Personal problems such as egotism may be a factor. Because of egotism, a person may limit his ideas into just one view, which is his own. Because of egotism, he may become settled with just his original thought and he would think, since his thoughts are more important than others, there's no more need to look at the ideas that come from others at all.

You should always be in control of your life. Don't feel as if you have no power over things. Maintain a positive self-image and a positive outlook on life. Follow just a few of the simple steps presented to you in this report, choosing just those you're most comfortable with and that you respond to most, and you'll soon be thinking bigger and faster than you ever did before.

Don't think for a moment everything you can learn about improving your brain power can be fit into a small report like this. This is only the beginning!

Delve farther into excellent, simple ways to improve the functioning of your brain here:

<http://1ed5agobo13d54nv1pwotgy3ug.hop.clickbank.net/>