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**FRONT COVER:**

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# Foreword

What we've discovered about our amazing minds in only the past ten years is mind blowing: nerve-racking living may really wipe out brain cells ... and low self-regard contracts your brain up to twenty percent. Then your intelligence quotient, power to get happy and accomplish personal success goes right down the drainpipe ... along with your brain power and positive thinking. However modern psychological science tells us that, different than old beliefs, our brain power may continue to grow into old age. As a matter of fact our brains and IQ's are so flexible a fresh scientific term has been formulated -- "brain plasticity."

## *Intelligence Intensity*

*Learn 8 tips on how to dramatically increase your intelligence instantly!*

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# **Chapter 1:**

*A Fit Diet and Brain Nutrition*

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# Synopsis

*Brain nutrients include omega-3 fatty acid, B6, B12, Zinc, Epicatechin, and folate. Ward off sugar and risky fats - e.g. Trans fatty acids like you get in margarine. These obliterate brain cells. Creatine has been demonstrated in clinical tests to step-up IQ, especially as we mature. Creatine provides additional energy for mental work. Great food might work synergistically with work outs.*

## Choose Wisely

"The power of the mind is the center of life." Aristotle, Philosopher

Our minds work best on the prehistoric diet that formed their evolution. All the same, our modern diet is a far cry from that of people before us. For generations, hunters and gatherers lived on wild game, wild greens, fruits, berries and plant roots. The common western diet includes big quantities of treated and fast foods.

Jean Carper in her book "Your Miracle Brain" discovered that, compared to a Stone Age diet, we eat:

- Tenth part the amount of fiber
- A like amount of carbohydrates but only one quarter as much from fruits and veggies (the remainder tends to be empty calorie sugars)
- Third the amount of potassium and almost 7 times the sum of sodium (or a ratio of potassium to sodium of roughly 1-2 rather than the preferred 10-1)

Enquiry has demonstrated that this modern diet hinders mental performance and may lead to serious long-run decline in quality of our brains. Particularly, 2 of the major culprits in this mental impairment are excessive sugar and too few antioxidants.

How sugar bears upon the brain:

The issue of excessive glucose-

Glucose, the sort of sugar that disperses in the blood, is vital to optimum functioning of the brain. So, glucose is the brain's sole source of fuel. Inadequacies in glucose levels may cause the brain to lag and malfunction. This blood glucose comes from the foods we consume, especially from carbs like sweets and starches.

The trick is to make certain that we produce the correct amount of glucose to suit our brain's demands. For example there's evidence that more glucose is burned off when the brain is working hard to resolve an issue. So in a few cases, a fast boost in blood glucose levels might be helpful while the brain is active. But, the larger issue for most westerners isn't having sufficient glucose but having a bit much.

The diet of many westerners includes a lot of carbohydrates that are speedily converted to glucose. This incessant upper-level of glucose activates the production of insulin whose task is to let the glucose move from the blood and into the cells where it's required. If the glucose levels are too elevated, insufficient insulin may be produced to accomplish the job decently. Over time, the cells oppose by getting less sensitive to insulin placing more and more stress on the pancreas to make additional insulin. This vicious circle sets the stage for Type 2 diabetes in grownups. It likewise may lead to a number of circumstances that affect cognitive function including a thickening of the arteria carotis going to the brain and hypertension. It's thought that this elevated glucose/insulin combination impacts IQ levels, memory, learning and common brain function.

Acquiring the correct sum of glucose:

So how do we forestall this glucose overload? Among the key techniques is to pick foods that are turned to glucose slowly which let the pancreas keep up with the insulin requirements and forestalls the

growth of insulin resistance. Particularly, it's crucial to pick the carbs you eat cautiously. It's not that all carbs are high-risk. It's simply that a few produce sharp rises in blood sugar while others break down bit by bit and help modulate the flow of glucose to the brain. Not amazingly, the "quick" or "high glycemic" carbs include items like refined sugars and cookies. However the list of high glycemic foods isn't obvious and includes many breads, rice, boxed cereals, and potatoes. On the other hand, foods like legumes, nuts, pasta, low fat dairy products, many fruits and veggies are great at delivering a moderated amount of glucose to the cells.

#### Antioxidants and the brain:

Free radicals are made when glucose and oxygen are burned up. Much has been published about the harm that free radicals may do to the body. But, the brain is especially susceptible as it burns up more oxygen and glucose than any other organ. (And produces gobs of free radicals). Free radicals induce issues in the brain by eating through the defensive layers of the brain cells and demolishing neurons. It doesn't help that the neuron membranes are made of fatty acids that respond powerfully to the free radicals.

Antioxidants are substances that counteract the free radicals to halt this cell devastation. They include vitamins C & E as well as beta-carotene and a lot of others. The most beneficial way to get these antioxidants working for you is by consuming lots of fruits and veggies. Particularly the top 10 sources of antioxidants are:

1. Prunes
2. Raisins
3. Berries
4. Garlic

5. Spinach
6. Brussel sprouts
7. Plums
8. Alfalfa sprouts
9. Broccoli
10. Beets

Additional crucial antioxidants include:

Lycopene - This powerful antioxidant is detected in tomatoes and tomato products like tomato paste, sauce, soup and juice

Tea - Drinking tea may supply your brain with a fast source of antioxidants. Black or green tea is great but instant teas, bottled teas or herb tea have little protective measure.

Wine - Light drinking (approximately one drink/day) supplies a good level of antioxidants that prevents the decline of brain cells. Red wine particularly, has an elevated level of antioxidants. On the other hand, too much drinking is injurious to the brain so you may wish to try grape juice as a non-alcoholic choice.

Chocolate - The great news is that chocolate may be great for you. Select dark chocolate instead of milk chocolate to maximize the antioxidant content.

It seems that eating "smart" isn't only great for general health, but may better thinking, creative thinking, mental capacity and memory while warding off long term mental impairment.

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## **Chapter 2:**

*Being Absolved From Chronic Stress: Meditating*

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# Synopsis

***Cortisol is a hormone that severely harms the brain. It ruins brain cells at a speedy rate. Mindfulness meditation is a fantabulous practice to bring down tension levels.***

***"Brain cells produce thoughts. Tension obliterates brain cells. Stress isn't a great idea." Frederick Saunders.***

## **Get Rid Of The Tension**

In general, the design of breathing meditation is to quiet the mind and build up inner peace. We may utilize breathing meditations solely or as a preliminary exercise to bring down our distractions previously engaging in a Lamrim meditation

### **An Easy Breathing Meditation:**

The beginning stage of meditation is to block distractions and make our brain clearer and more coherent. This may be achieved by using an easy breathing meditation. We pick a calm place to meditate and sit in a comfy position. We may sit in the traditional cross-legged position or in any additional pose that's comfy. If we wish, we may sit in a chair. The most crucial matter is to keep our back unbent to prevent our mind from getting sluggish or sleepy.

We sit with our eyes partly shut and turn our attention to our breathing. We take a breath naturally, preferably with the nostrils, without trying to control our breath, and we attempt to become cognizant of the sensation of the breath as it comes in and leaves the nostrils. This sensation is our aim of meditation. We ought to attempt to center on it to the exclusion of everything else.

Initially, our brain will be really busy, and we may even feel that the meditation is making our brain more engaged; however actually we're simply becoming more cognizant of how busy our brain really is. There will be a grand temptation to observe the different thoughts as they come up, but we ought to resist this and stay centered on the sensation of the breath. If we find that our brain has wandered and is chasing our thoughts, we ought to right away return to the breath. We

ought to repeat this as many times as required till the mind fixates on the breath.

If we rehearse patiently in that way, bit by bit our distracting thoughts will lessen and we'll go through a sense of inner peace and ease. Our mind will feel coherent and spacious and we'll feel freshened up. When the ocean is rough, sediment is churning and the water gets murky, but when the wind dies back the mud bit by bit settles and the water gets clear. In a like way, when the otherwise ceaseless flow of our disquieting thoughts is quieted through centering on the breath, our mind gets remarkably coherent and clear. We ought to stay with this state of mental quiet awhile.

Even while breathing meditation is simply a preliminary phase of meditation, it may be rather mighty. We may see from this practice that it's possible to have inner peace and contentment simply by commanding the mind, without having to depend at all on outside circumstances.

Once the turbulence of disquieting thoughts lessens and our brain becomes still, a rich happiness and contentment by nature arises from inside. This feeling of contentment and wellbeing helps us to cope with the busyness and troubles of day-to-day life. So much of the tension and stress we commonly experience comes from our brain, and many of the issues we go through, including health problems, are induced or exacerbated by this stress. Simply by doing breathing meditation for 10 or 15 minutes every day, we'll be able to cut down this stress. We'll experience a quiet, spacious feeling in the brain, and many of our common issues will drop away. Hard situations will become easier to deal with, we'll by nature feel warm and favorable

towards others, and our relationships with other people will gradually get better.

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# **Chapter 3:**

*Self-Assurance In Your Own Intelligence*

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# Synopsis

*Academic execution and additional types of IQ work - learning something fresh, accepting a project, solving an issue - depends critically upon your self-assurance in your own cognitive power. To be intelligent, you have to trust that you're capable of resolving issues and making decisions and accomplishing goals intelligently.*

## I.Q.

Nothing is amiss with being the smartest individual in the room. While it surely is garish to show off your intelligence, you are able to be confident in yourself without putting other people down. Whether you have street smarts, emotional substance or mathematical intelligence, you need to sustain a semblance of humbleness while utilizing your intelligence for good.

Utilize affirmations to remind yourself that you have the intelligence required to do a job or to pass a test. Post notes and signs that you'll see every day. Maintain a journal and congratulate yourself about your smart ways of thinking.

Put up your hand in class or at a meeting to reply to enquiries. Raise fresh themes in a meeting. Open discussions that stir other people to think. An emotionally secure individual isn't afraid to show her intellect in a group.

Conduct tests to confirm your intelligence. Conduct an IQ test if available. Ask a counselor to administer an emotional intelligence test. By distinguishing your scores on these tests, you will be able to validate your self-image and more easily embrace your I.Q.

Affiliate yourself with other levelheaded individuals. By hanging out with the brightest individuals in your class or at work, you will not have to dumb-down your vocabulary. You are able to continue to challenge your thought processes in the company of other people who share your emotional, social and tangible smarts.

Study to feed your brain. Discover books, projects and social groups that further learning and maturation. While your intelligence might be genetic, you have to challenge yourself to mature. By learning fresh things and accepting larger challenges, you'll nurture a real feeling of pride in your intelligence.

When did you last tell yourself how fantastic you are? When did you last reward your competence, beauty, intelligence and potencies? If you're like many of us, you're quick to call attention to something that you did that was "stupid" but once it bears on acknowledging yourself for all your unbelievable qualities you pause. How come?

The personal advantage in acknowledging yourself is tremendous. Not only does it better your self-worth, it likewise eliminates the negative things we say to ourselves as we aren't perfect! I'm still able even when I make an error. I'm smart even when I'm in a foul mood. The fact is I may get off track and yet be capable and smart as those two qualities define me much of the time. I bid you to start now to notice your greatness.

Take out a blank sheet of paper. Put down a few howling, positive qualities that identify who you are. The results will astonish you. As a matter of fact, put "I'm astonishing" as your first entry! Moment by moment, hour by hour, day by day.....savor all the minutes along the way.