

Jeni's Health & Fitness Tips

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Hi Everyone!

As you know, exercise is essential for optimal physical health, but were you aware that it is also essential for the health of your brain?

According to Dr. Sandra Cabot, in her book "Alzheimer's", if you do not do some type of regular physical exercise, you will have a sluggish circulation of blood to your vital organs – including the brain. Physical exercise provides:

- *Greater oxygen supply to the brain cells making them more efficient.*
- *Greater removal of brain toxins and inflammatory chemicals, which cause plaque and kill brain cells.*
- *Opening up capillaries, which supply the brain cells with vital nutrients such as vitamins, minerals and essential fatty acids.*

Dr. Cabot also stresses the importance of correct nutrition for optimal brain health, and recommends a diet rich in fruits and vegetables and Omega 3 fatty acids. It is important to avoid deep fried foods, cakes and most fast foods as these often contain large amounts of Omega 6 fatty acids, which can decrease our mental ability in high doses.

Another important factor in looking after your brain is to use it. Be sure to do lots of reading, crosswords, sudokus and puzzle solving etc. Try a creative writing course or learning a foreign language. The saying "If you don't use it, you lose it" applies to the mind as well as the body.

Be sure to get a minimum of 30 minutes of aerobic exercise each day. It will benefit your muscles, heart and lungs and also your brain. It will help you maintain a healthy weight range, sharpen your thinking and help you to focus more clearly.

Yours in health,

Jeni

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