

HOW TO ENLARGE YOUR BRAIN

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Why You Want A Bigger Brain

Neurological diseases like Alzheimer's, dementia and Multiple Sclerosis are on a rampage across the world and brains are the victims. Dangerous diets and unhealthy lifestyles are causing millions of people to lose brain matter every year for no good reason.

These diseases diminish your brain both in physical size and in mental function. As the damage progresses, more brain cells die, more plaques appear and more nerve connections disappear. The results include memory loss, errors in perception, hallucinations, loss of mental function and eventual death. Along the way, victims lose a sense of self, life memories, and recognition of family members. In short, these diseases steal everything important, everything that makes a person an individual.

The worst part is that these are not infectious diseases. You can't catch Alzheimer's by sitting next to someone who has it. You can't get MS from toilet seats, and you won't get ALS by playing baseball.

What makes these diseases so tragic is that they are inflammatory diseases and they are thoroughly preventable and treatable.

You have more control over your fate in this matter than you might think. It all comes down to life choices. You can remain ignorant of neurological disease and continue on the steady path to cognitive decline, or you can start doing something to prevent this terrible damage.

There are many simple and inexpensive measures that will prevent the tragedy that so many people now accept as normal aging. You have already taken the first step by reading this far.

Brain Enlargement

Unlike other body parts, brains can actually be enlarged with long-term beneficial effects.

Weird Tip of a Bigger Brain

The secret to brain enlargement is to get a good night's sleep. Every night, your brain grows (1). It grows by almost half a percent. That doesn't sound like much, but it takes Alzheimer's patients a full year to lose that much brain.

The reason your brain grows is water, and this is a vital concept that can determine whether you live a long and fruitful life or die early, drooling, in diapers and with no idea who you are.

Where did this information come from? Scientists at the Montreal Neurological Institute conducted a study of more than 9,000 MRI brain scans (2). What they found is that brains are bigger in the morning and smaller in the afternoon. They used brain parenchymal fraction (BPF) to measure brain size. Taken from MRI scans BPF is essentially a measure of your brain volume. I like to think of it as the Brain Pan Full measurement.

A Clean Brain is a Healthy Brain

Sleep performs another vital service for your brain: garbage collection. During sleep, the space between brain cells increases, filling with cerebrospinal fluid that helps flush out waste products that might otherwise collect and clog up the works (3). The amount and quality of the cleaning depends on how well you sleep. A sound, restful sleep is the most beneficial to your brain.

If you have trouble sleeping, you are probably doing things that make it harder for you to fall asleep. Try these tricks for a restful night (10).

- ❑ Turn off the televisions, computers and other screens 1-2 hours before you go to bed. The blue light in almost all flat-screens stimulates brain activity, making it harder to fall asleep.
- ❑ If you must watch computer screens or televisions, wear yellow sunglasses to block the blue light.
- ❑ Drink a glass of warm milk. This old and still effective remedy works because calcium helps calm nerves.
- ❑ Avoid high-carbohydrate foods at night. Make your last meal of the day high-protein instead. Eat at least two hours before bed and get some light exercise, like a walk, to aid digestion.
- ❑ Make your bedroom as dark as possible. Light shining on any part of the body, as strange as that sounds, can negatively affect sleep.
- ❑ Leave the lights off if you need to get up during the night.
- ❑ Exercise during the day. Studies repeatedly show that regular exercise improves sleep quality consistently, safely and effectively.
- ❑ Take a hot bath before going to bed. The bath lowers blood pressure, relaxes and helps lower core body temperature. The drop in core temperature is the first stage of falling asleep.
- ❑ Lights on in the morning. Open the curtains and get as much natural light into the house as possible. This resets your biological clock, priming you to be awake all day.

Pump Up Your Brain Muscle

No, your brain can't do curls or crunches, but it does benefit from exercise (8)(9). There are now many studies proving this point and you may ignore it at your peril. You also needn't fret about being non-athletic.

Strengthening your brain doesn't require running marathons, swimming miles or any other extreme athletic performance. All you need to do is be active for 30 to 60 minutes a day.

That could be three brisk walks per day that add up to 30-60 minutes. It could be Tai Chi or Yoga for an hour. You could work in your garden, climb a tall building (by the stairs, not like Spiderman), or play a round of Frisbee golf. Anything that gets you off the couch and moving around will help.

In addition to physical exercise, use your brain. Mental gymnastics in the form of reading, word puzzles, writing and other intellectual stimulations all help with memory and mental capacity.

Nutrients That Build Cognitive Reserves

Cognitive reserves are just fancy words for excess brain power. The healthier your nerve cells are, the more reserves you will have. Your body will create health for you if you give it what it needs. That means eating right. It helps to take some vitamins or supplements because they are concentrated forms of important nutrients.

Add the fatty acid DHA (docosahexaenoic acid) to your diet. Salmon, sardines and tuna are excellent sources of DHA. Sardines also help build the RNA and DNA that your body needs for good cell health. Fish have long been called "brain food" and sardines are one of the best. Eat two cans of sardines weekly for best results.

Lecithin is another good supplement that works wonders in your body. In processed foods lecithin is used as an emulsifier. Lecithin is part protein and part fat (11). Your body needs it to build myelin, a fatty insulator around nerve cells that is required for normal nerve function. Lecithin occurs naturally in egg yolks, fish, beef, beans and other foods.

Adding a tablespoon of lecithin to your food daily is an easy way to get this vital nutrient. It has a slightly nutty taste, so it goes well with many foods. Mix it with a breakfast protein shake, a bowl of cereal or stir it into yogurt. You can stir it into peanut butter or almond butter and use it as a spread on a slice of toast. However you take it, make it a daily habit.

Bigger Better Memory

Niacinamide, sometimes called nicotinamide, is the water-soluble vitamin B3. It is related to but different from niacin. Where niacin increases circulation in skin blood vessels, niacinamide has the same benefit for deeper tissues. This increased circulation is a likely explanation for the amazing results observed in a recent study of Alzheimer's.

The study, conducted by Dr. Kim Green and colleagues at the University of California at Irvine, found that niacinamide reversed memory loss in mice with Alzheimer's disease (5). The results were so astounding that the team immediately started a human trial.

Vitamin B3 is so safe that you can begin your own human trial on a population of one (you). The original study used a dose of 1,500 mg, twice a day. However, work by Dr. William Kaufman suggests that the optimum dose is 250 mg, 8-12 times per day, or every 1.5 to 2 hours (6)(7).

This regimen spreads out the dose so the levels of B3 in the body are more constant. The larger dose used in the original study actually clears from the body after just 3 hours. The distributed dose supplies a therapeutic level of the vitamin for an entire day.

Fighting Neurological Disease

The three big neurological diseases that are approaching epidemic proportions are Alzheimer's, dementia and Multiple Sclerosis (MS). These are all inflammatory diseases. They are not infectious. They are lifestyle diseases that are fully preventable. Here's what you need to do to prevent them.

Avoid pharmaceuticals or prescription drugs. Too many of these dangerous compounds have serious side effects that are not listed on the drug fact sheets. Many of these side effects worsen or cause neurological diseases. Some of the most dangerous are statins and blood pressure medications.

For example, statins, the most commonly prescribed drugs for cholesterol control can cause MS and ALS. They do this by interfering with cholesterol production in the brain and liver. The consequence is that myelin breaks down. Myelin is the insulating sheath essential for proper nerve conduction. Cholesterol is a key component of myelin. ALS (Lou Gehrig's Disease) is the breakdown of myelin in muscle control nerves. The result is a loss of muscle strength and death.

MS is also associated with the destruction of myelin and statins accelerate the process. Blood pressure medication also contributes to myelin loss in the brain and peripheral nerves by reducing circulation.

Healthy nerves protect you from neurological diseases. You can build up your nerve health by changes in diet and supplements. Here are some suggestions.

Supplement with sunflower lecithin or foods rich in lecithin. Good food sources are eggs, fatty beef, fish, beans, yeast and peanuts.

Eat or cook with monounsaturated oils. These include olive oil, palm oil and coconut oil. Foods rich in monounsaturated oils include avocados, olives, peanuts, macadamia nuts, hazelnuts, and walnuts. Avoid all the common vegetable oils: corn oil, soybean oil, sunflower oil, canola oil and peanut oil. Never eat margarine. Butter is fine, though it neither harms nor helps.

Add turmeric supplements daily. Aromatic turmerone (ar-turmerone), a major bioactive compound of the herb *Curcuma longa*, slows or reverses Alzheimer's, dementia, MS and other neurological diseases. Dose: 2 grams of whole turmeric per day. Whole turmeric powder is preferred over curcumin extracts because the extracts lack the aromatic turmerone component (4).

India has probably the highest daily consumption of turmeric anywhere on the planet. Dementia and neurological disease is almost unknown among the very large population of this country. It is mostly the people who have adopted western diets who are starting to experience neurological diseases. Take a tip from these healthy and kind people. Take your turmeric every day.

Supplement with the following vitamins. These doses are based on recent science rather than the outdated information the USDA uses to prepare its Daily Values guidelines.

- ❑ Vitamin D, 2,000 to 4,000 IU daily
- ❑ Vitamin E (as d-alpha tocopherol), 100 IU
- ❑ B vitamins, at least 100% of the Daily Values
- ❑ Niacin, 100 to 200 mg 30 minutes before a meal, once a week

All these vitamins provide essential nutrients for nerve construction and repair. Vitamin D is also outstanding at raising your general immunity. That means fewer illnesses like colds and flu.

The purpose of taking niacin is to cause a niacin flush. The flush helps by increasing blood circulation. Better blood circulation brings adequate oxygen and nutrients to nerves. If the dose above does not cause a flush within 10-20 minutes, increase the dose until you find the amount that works.

Niacin in higher doses can also be used to improve MS. The treatment uses whatever dose causes a strong niacin flush (skin reddens, feels hot and prickly, like a hot flash). That dose could be from 100 mg to 3 g. Take the niacin 30 minutes before each meal and at bedtime. Take another dose if you wake up during the night.

Measure Your Progress

It is a fact that you can't change what you can't measure. Brain health is measurable and you don't need an MRI or a medical degree. All you need are some free, online tools.

SAGE

The SAGE test is a reliable indicator of early and mild memory impairment. The test is simple and just requires a pencil and paper. There are four versions of the test in PDF format and all are equivalent, meaning you can compare the results from any of these versions.. I recommend downloading all four and taking a different one each time. Take the SAGE test twice a year and chart your results.

Get the SAGE tests at the link below.

<http://wexnermedical.osu.edu/patient-care/healthcare-services/brain-spine-neuro/memory-disorders/sage>

Scroll down the page to the boxes reading "Terms and conditions" and "I agree and download test." Read the terms and conditions, then download all four test forms in your language of choice.

Continue further down the page to the section named "For Physicians." Open the "More information" box and read about administering the test. In the next section, download the scoring instructions and scoring explanation. You will need these to score your test.

When you are read to take the test, print out one of the forms and use it. One important point is to take the test where you cannot see any clocks or calendars. There is no time limit, so don't worry about how long it takes you to complete the test. The average time to complete the test is about 15 minutes. Write down your answers on the printed form and do the best you can with each question.

After the test, score it and plot the results, entering the date you took the test and the score you got. I use a simple spreadsheet with just the date and score. If your score increases over time, your brain is growing and improving. If it consistently decreases, you should make an appointment to see your physician and review the test results.

Other Tests

There are many online tests of mental skills. Some tests are structured like games and are intended for use as mental exercises. The point of all testing is to measure results. The point of using multiple tests is for variety and breadth.

Using several tests gives you a broader picture of brain health over time. Some tests focus on specific skills, like math, hearing perception or spatial awareness. SAGE is a general test. Some of the tests listed below are very specific.

Take SAGE regularly for a good overall measure of memory health. Add in some of the tests below as you desire. Pick the ones that appeal to you. The choices are not important. What is important is to repeat the tests over time and plot the results. That is the only way you can know that your actions are having an impact.

- ❑ <http://brainworkshop.sourceforge.net/>
- ❑ <http://www.cambridgebrainsciences.com/>
- ❑ <http://panamath.org/index.php>
- ❑ <http://cognitivefun.net/>

If you are treating a specific condition, like MS, you probably have some internal assessments that you can use as tests. It could be simple things like pain-free days, an improved walking gait or a lack of vision problems. Whatever your most common symptom is, track it by charting its severity, presence and absence day by day. If changes in diet and nutrition are helping, you will both feel the improvement and be able to see it in your graph.

References

I learned of many of these references from the Alternatives health newsletter. This health resource, written by Dr. David Williams is outstanding. I have been a subscriber since 1997 and make use of many of his recommendations. Subscribe to [Alternatives](#) today and you will live a longer, healthier and happier life.

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Continue your education by reading [Alternatives \(http://scrimp.it/dY\)](http://scrimp.it/dY) health newsletter written by Dr. David Williams. Also, consider taking advantage of these [Special Offers \(http://scrimp.it/dZ\)](http://scrimp.it/dZ) from Dr. Williams for readers of "How to Enlarge Your Brain." Get the action checklist for brain enlargement [here at http://helioza.com/natural-health/rayfranklin/brain-enlargement/](http://helioza.com/natural-health/rayfranklin/brain-enlargement/).

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I am an engineer, an avid reader and a writer. I have had an interest in health and preventative medicine for decades. Recently, I started compiling lists of preventative solutions to common health problems for my own use. When I realized that other people might find these lists useful, I decided to enhance and publish my notes.

I hope you have found this information to be helpful. Please feel free to contact me with questions or comments. Email ray@helioza.com