Introduction

The brain is the most delicate organ of the body and it is the source of transmission of message, controls all our needs and activity both conscious and unconscious activities. It is made up of nerves. This because is part of the nervous system which is composed of highly organized and specialized cells or bundles of neurons (cables) known as nerves.

These nerves are between 12 to 200 billions in number (Davidoff, 1980). The nervous system functions basically to receive sensory information (afferent) and to transmit the information (efferent) to effectors organs, such as, muscles and glands. The nervous system is divided into two main parts namely. The Central Nervous System and the Peripheral Nervous system. The central Nervous system consists of the brain and spinal cord. The spinal cord is an extension of the brain. The brain and spinal cord are protected by bones of the skull and the vertebrae column.

The Peripheral Nervous System consists of the cranial and spinal nerves which are 43 pairs in number. This is made up of 12 Paris cranial nerves and 31 pairs of spinal nerves. The 12 pairs of cranial nerves leave the brain and pass through foramina windows in the skull. The 31 pairs of spinal nerves are attached to the entire length of the spinal cord and leave it and pass through the intervertebral foramina in the vertebral column which are named according to the regions of the vertebral column with which they are associated (Snell, 1980).

Anatomy of the Brain
The brain lies in the cranial cavity and is continuous with the spinal cord. Both are covered with covering called the dura mater, the arachnoid mater and the pia mater. The brain floats in the cerebrospinal fluid within the skull (Snell 1980).

Simply, the brain is two percent of the body's total weight and contains more than 40 billions nerves cells which are in constant communication to produce every thought. Movement and sensation. The developing human brain grows from a tube of cells which seals at both ends and pushes out into three main swellings that forms the three divisions of the brain: forebrain, midbrain and hindbrain.

The hindbrain is made up of pons. Medulla oblongata and cerebellum. As the unborn infant grows, the forebrain gradually expands the midbrain decreases in size and the hindbrain remains approximately the same in size.

The medulla oblongata, pons and midbrain have a collective name as the brainstem. The forebrain and midbrain form the cerebrum. The surface of the cerebrum is called the cortex. The cerebral cortex or human cortex is a massive structure which contains three-quarter of the brain's neurons and approximately one-tenth of an inch think. The cerebral cortex looks wrinkled and folded. A deep groove divides the brain or cerebrum into two nearly symmetrical halves called the Longitudinal fissure. Thus each cerebral hemisphere is at the left and right part of the body. The two cerebral hemispheres are connected by a mass of white matter called the corpus callosum. Each cerebraum hemisphere controls the opposite side of the body thus the left cerebral hemisphere controls all the activities of the right side of the body and the right cerebral hemisphere controls the left side of the body. The let hemisphere controls speech and language production for about 80% of the population (Gleason 1989). Each hemisphere is divided into lobes or folds and named according to the underlying bone and separated from each other by shallow grooves (sulcus) or deeper groove (fissure). These lobes are the frontal lobe, parietal lobe, temporal lobe and occipital lobe for each hemisphere. Below the cerebrum is the cerebellum.
which is connected to the midbrain, the pons and the medullar oblongata by peduncles or connective tissues. Just as the cerebrum, the cerebellum is also divided into two hemispheres connected by a medium portion, the vermis. Its work to regulate posture, balance and movement (Snell, 1980: Davidoff, 1980, Gleason. 1989).

Function
The brain is the master information processor. It receives messages from the receptors processor. It receives messages from the receptors or human sensors which father information about external surroundings and internal parts. The receptors respond to sound, light, heat, touch, muscle movement and other stimuli inside or outside the body. It transmits message to the effectors or cells that control the muscles glands and organs. Each lobe has a role to perform.

The parietal lobe controls speech as the temporal lobe receives, records and synthesizes auditory data for comprehension. The occipital lobe is to receive visual stimuli for registering and association of visual form of objects or words for recognition. The frontal lobe functions as higher mental activities such as formulating plans.

Synthesizing all information, processing memories and interpreting language. Simply, the brain integrates information, evaluates all the data formulates plans, directs vital functions of circulation and respiration. It oversees the fulfillment of bodily needs of food and sleep. It also manages body fuel supply. The brain controls communication, intellectual performance, emotions and general behaviour (Davidoff, 1980: Gleason, 1989: Springer & Deutsch, 1981). Although brain structures are distinct in appearance and have specific responses, every behaviour is interdependent on the brain neuron circuits. Behaviour is the end result of the interrelated activities of the human brain. The brain is active as long as the animal or human being is alive even when asleep the brain functions and controls the signals from the senses and can block out some and give access to certain sensory messages (Snell, 1980). Without the nerve cells there can be no
activities and eventually the nerves die and there is atrophy or wearing or wasting away. Our whole being is dependent on these cells for movement, speech and language production and other sensor perceptions (proprioception) of vision, hearing, smelling, touching and feeling. The speech production alone takes about 100 different muscles which are controlled and co-ordinated during speech, such as, the extrinsic and intrinsic laryngeal muscles together with abdominal thoracic muscles (Zemlin, 1981) about 140,000 neuromuscular events are required for each second of speech (Storke, 1998).

No wonder besides the hands being big, another portion of the human caricature or distorted man represented on the cortex (the homunculus) takes a large proportion of the lips, jaw, tongues and all organs of the supralaryngeal system including the facial muscles meant for mastication, salivation and vocalization. This implies that the more cortex devoted to the homunculus the more sensitive the receptors are (Davidoff, 1980). The brain needs blood flow since stoppage of it results into nerves deterioration, death and atrophy. Cerebral abnormalities may cause disturbances in communication, intellectual performance, emotional and general behaviour (Vazuke, 1962).

Agents of nerve deterioration can be discussed under drugs, malnutrition, artery blockage causing stroke, alcohol consumption and diseases such as, sickle cell, jaundice, diabetes and hypertension.

**Nerve Deterioration**

**Drugs**

From birth to old age, the nerves begin to deteriorate in the minutest sense and increases as we grow. This deterioration is promoted mainly by how we abuse the body in its function. For instance, the amount of environmental sounds we are exposed to the chemicals consumed in form of food preservatives, oral and intravenous drugs, chemicals applied on the body, etc. can all contribute to nerve damage. The situation can be made worse when we consume unprescribed
drugs which we abuse often, such as the anilities with the suffix - mycins, thalidomide for nerve relaxation by pregnancy women are detrimental if not used judiciously. The use of these drugs did not go down well with some people in the recent past. Their use resulted into eye problems, hearing impairment, limbless babies or under-developed children with growth problems (Bamford & Saunders, 1997).

Damage to the nerve either through drugs, or careless surgery can result into nerve deficiency causing the human being to become a vegetable or have partial loss of the function of that part of the body.

**Malnutrition**

Malnutrition is another source that adversely affects the blood resulting into anemia. The nerve can be starved due to insufficient blood. Anaemia is a situation where a person has not got enough of the hemoglobin (Hb) which gives blood its red colour. Hemoglobin is the vital chemical in the blood which is obtained from iron foods like leafy vegetables such as kontomire, beans, fish, meant and eggs, etc.

This chemical in the blood carries oxygen from the lungs and then takes to all parts of the body, such as, so in anaemia, it means there is low hemoglobin. Besides, other cause contributing to anemia are iron deficiency, heavy loss of blood during accidents, heavy menstrual flow, peptic ulcer, pile, loss of blood due to worms in the stomach and intestine. Anemia can bring about ischemia (lack of blood supply to the brain) thus causing the death of the nerve tissues. Vitamin a deficiency can cause child mortality and does not only increase the risk in birth defects. Examples of such defects are cleft lip and cleft palate. Vitamin A deficiency is also linked with an abnormal increase of fluid in the brain and is a major heart problem (Pregnant Women Cautioned, 1995). Vitamin A deficiency can cause eyes signs which is exophthalmia meaning dry eye can lead to practical visual loss in children (Child Health, 1997).
It is also known that iodine deficiency can affect the thyroid gland resulting into insufficient production of the thyroid chemical. This condition can slow down heart rate so that the person may experience muscle cramps, goritre, husky voice as in voice quality and fatigue. Too much production by the thyroid gland can cause fatigue, rapid heart best, sweating and weight loss, (Anyah: 1997) Iodine deficiency can also cause paralysis, learning disabilities (LD) in specific subject (s) or tasks, and mental retardation Kiddie Corner, Fun World, GTV, 1997)

**Artery Blockage**

Artery blockage can starve the brain of blood flow (ischemia) since the carotid artery directly serves as the major blood supply to the brain. The blood vessels can capture and floods the brain with blood thus cutting off the blood supply to the connecting pathways. Similarly, prolong labour during child birth can starve the fetus of blood and oxygen supply to the delicate nerve tissue causing damage to them. This is because lack of oxygen for even few seconds can impair the neurons and if this persists for a few minutes the brain cells will begin to die along with its function. Blood starvation to the brain will trigger deadly cascade of chemical reactions which can result into Cerebral Vascular Accident (CVA) or Stroke which is lack of blood flow to the brain. Besides, high blood pressure, diabetes, heart, heart disease, irregular heart best can increase the risk of stroke. Irregular heart best can cause blood clots to form blocks along the pathways thus increasing ischemia. Too much oily food or cholesterol diet also blocks the arteries. Congenital abnormal blood vessels can also deprive the communication of blood to the brain. Stroke victims may experience mild to barely observable physical deformity or pains. Stroke may deprive victims of communication ability, comprehension of verbal and nonverbal words. There is evidence of loss of memory, loss of facial expressions and gesture. Some victims of CVA are left with psychological problems of the mental and emotional disabilities such as, outburst or crying if trying to express oneself; sometimes,
laughter, flaring up for unknown reasons extreme isolation due to old friends desertion since these friends cannot communicate with the victim. Some of the victims new habit of self expression cannot be reccommodated by friends who make fun of their newly acquired or compensatory mode of communication. Personality change appears in some of these stroke patients. Some have drools dropping by the corners of their mouths because some of the cranial nerves associated with speaking are damaged and cannot function properly. Such victims may always have bibs or towels or paper tissues with them for cleaning it. Attendants or spouse are not exempted from this traumatic event. Either they also pass through very awful psychological times or somewhere tend to desert the fellow. Whatever it is family members are also victims of stroke (Stroke, 1998). They need counselling as to how to accept the condition, how to care for the victim overcome the impact of the trauma on their lives and how to overcome.

**Hardening of the Arteries**

Hardening of the arteries can be caused by absence of estrogen in women of 45-50 years of age who are experiencing menopause (sudden stop in menses or less or heavier bleeding). It is hormonal problem associated with hormones producing less eggs due to ageing. The inadequate estrogen in the system brings about menopause. This condition predisposes women to heart attract because of the of the hardening of the arteries.

**Alcohol**

Alcohol consumption no matte the amount consumed can be fatal to nerve tissues or the unborn baby. Mothers with history of alcohol abuse can have babies born prematurely, still births, underdeveloped fetues, low birth weight and delayed development of the central nervous system. Some of these babies may also be hyperactive and have learning disabilities which could be communicative disorders., low intelligence, dyslexia or raiding disability, etc. babies of mothers with alcohol abuse may suffer from Fetal Alcohol Syndrome (FAS) which includes gross physical deformities and mental retardation. Alcohol can slow
down development and limb movement. It depresses the cognitive efficiency such as memory, problem solving, retrieval and storage facilities of the brain. Besides, alcohol slows down relaxes of the cortex and spinal cord. The immature nerves constitute slow rate of motor development, such as, the delay in neonate sitting down without support, crawling, cruising, speech and language acquisition and development and walking. This late development is found in children with Down Syndrome or mental retardation, cerebral palsy and physical impaired (Bamford & Saunders, 1992: Florentine, 1863: Sheridan: 1981).

Alcohol also increase the stoppage of blood supply to the brain. It increase the coronary heart disease and cardiovascular disease as it increase vitamin deficiencies, inefficient mineral metabolism, high blood pressure, low blood sugar and also increase blood lipid concentration (Dr. Takbakoff. 1996). Alcohol can also cause brain injury that will result into sudden ‘seizure’ of the brain for a second or minutes. This is epilepsy. Epilepsy can be caused by brain injury, accidents through vehicle or during sports. Slaps, fall, birth defects and infections. Infections such as cysticeroids, is a parasitic infection of pork when not properly cooked can infest the human being (Dorkenoo, 1997). Other causes can be due to brain tumours, drugs and high fevers (Ewusie-Mensah, 1996). It can also be triggered by light rays or flicks from television screens.

Educational implications of epilepsy can be holding the children back in their academic performance in schools, children tend to become slow learners, inattentive and forgetful about things. Moreover, some epileptic or fit can cause without warning and these children can be a problem to the teacher. The children can be isolated, suffer stigma and psychologically have emotional problems. Some others have psychiatric compilations. Records show that 12-52 percent incident of epileptic patients show psychiatric illness, poor self confidence, low self esteem and were reserved. (Dr. Isaac Ewusie-Mensah, Head of Psychiatric Department of Ghana Medical School – Epilepsy Seminar, 1996).
Health Related Diseases

Health related disease that rapidly break down the red blood cells or the hemoglobin are sickle cell diseases, and jaundice. Other health related diseases are hypertension, diabetes and obesity. Sickle cell diseases can make patients anemic as this causes rapid breakdown of hemoglobin. People with jaundice also experience breakdown of the red blood cells. Jaundice is a medical condition by which yellow pigment bilirubin) is produced as a result of breaking down of the red blood cells. This in effect cause deep yellow yes, makes yellow urine, dark or white stools. When there is over production of the pigment and lack of excretion of the bilirubin, the red blood cells are excessively broken down. The red blood cells break down can be causes by yellow fever, drugs, infection and wrong blood transfusion. When for example the liver cells are damaged by drugs (self medication, antibiotics) as a causative factor, the liver cannot pass out the pigment through the kidneys as urine (Health Issues, GTV Breakfast Morning Show. 1997). Blood transfusion also causes breakdown of red blood cells.

Blood Incompatibility (rhesus Blood Factor) can bring about jaundice in the unborn baby. If the mother has Rh negative blood type and the baby has Rh positive. This is because the mother lacks the protein that is in the father’s blood.

Therefore, the mother’s system, reacts against the embryo as though it were a bacterial toxin or virus. These antibodies react against the developing fetus with effects similar to those of viral infection, causing either a miscarriage to toxemia or if the infection crosses the placental barrier, the yellow straining of the skin or jaundice will happen unless blood transfusion takes place to save the baby. The Rh factor can cause hearing impairment due to staining of the neural sector of the auditory system (Davis & Silverman, 1978). Other related diseases are hypertension, diabetes and obesity. One is said to have hypertension when the blood pressure shows signs for danger upon
medical examination. However, hypertension could be from the family, disease or taking too much said. Nevertheless, secondary hypertension can occur as a result of kidney problem whereby the veins become constricted to the kidney and this is worse when the woman is pregnant. Hypertension has other associated problems, such as stroke, heart problem, blindness and kidney problem. Symptoms of hypertension could be frustration, headache, tiredness, dizziness and heart palpitation. Diabetes accounts for a large proportion of stroke occurrences. Obesity is overweight of the person due to overeating, lack of body exercise or family history. It is related to hypertension and heart problem. Therefore any adverse effect of any of these as discussed will occur in a diabetic patient also. Other effects are blindness, fatigue and weight loss.

To the young child, Vitamin a and iodine deficiency, misuse of drugs, malnutrition, anemia, alcohol consumption by pregnant women, sudden birth causing baby to hit head at a hard floor or birth in a taxi can cause brain injury besides slaps fall, accidents, and drugs (Gadagbui, 1996).

Diseases, (sickle cells, jaundice) and Rh Incompatibility Factor adversely affect the child’s cognitive performance. These can either be slow learning or prolong hospitalization, communicative abilities, or learning disabilities, negative emotions and other abnormal behaviours. Preventive measures can be put in place by parents and care diverse to minimize the occurrences of those factors which work against the effective functioning of the brain.

Prevention
Sun-topics discussed here involve care of women of child bearing age, pre-natal and post-natal care, diet (including alcohol consumption), general physical care for adults and children.

a. **Women of Child Bearing Age**
Women of child bearing age, including infants and children are recommended to take foods with vitamin a to prevent eye problems that result from Vitamin A deficiency. It is also recommended that children with persistent diarrhea and malnutrition and those with measles need to be treated with Vitamin. A sources of Vitamin a are animal food, such as, fish, liver, bread milk, egg yolk and dairy products, plant food such as mangoes, pawpaw, red palm oil, dark leafy vegetables, yellow sweet potatoes and carrorts (Child Health, 1997).

b. **Pre-Natal and Post-Natal Care**
Pre-natal care should ensure that child’s brain is not injured before birth and this can be achieved as the result of care taken by the pregnant woman as in attending pre-natal clinic or at the hospital and taking the prescribed drugs as directed. At post-natal stage, babies need to be fed on pure honey or a glucose to supply the brain with energy and live in well ventilated room as the brain is dependent on steady supply of oxygen and glucose through the arteries especially the carotid arteries that directly serve it.

Children need to be immunized against infectious diseases that may damage the brain and spinal cord. For example, the meanings can be attacked by a virus causing cerebro spinal meningitis in children and young adults resulting in headache, vomiting, convulsions and stiffness of the neck. Poliomyelitis virus, an acute infectious disease cause poliomyelitis (inflammation of the gray matter of the spinal cord). The attack is marked by fever, pains and gastroenterology disturbances followed by flaccid paralysis of one of more muscular groups and later by atrophy (Stedman’s Medical Dictionary, 1982). Other viruses that can infect the nervous system may be the common cold, influenza, measles, small pox etc. and these should be treated early.

c. **Diet Guide**
Correct habit of eating can delay diabetes in a potential person overweight should be avoided and three regular meals of which snack can form a part, should be followed. To keep diabetes down, one can reduce sugar consumption. Balanced diet rich in potassium, low in salt cholesterol and in sugar and saturated fact can minimize hypertension and diabetes. It is also recommended that, diabetic patients could take two (2) slices of bread with a little bit of margarine or groundnut paste egg. Porridge like ‘ekwegbe’ rice water koko, bacon or sausages, beans and garri, light, soup, vegetable like Okro and garden egg (Your Health Guide, GTV, 1995).

Walking for 20-40 minutes a day dance in a pleasure way, and ride not as in a completion can keep sugar and cholesterol down. Besides, observing environmental food hygiene is a health ensuring means (Your Health Guide, GTV, 1995).

A vegetarian diet is typically recommended such as, fish beans, eggs as sources of protein since meat takes slow process to digest in the system especially the red meat which may stay longer to petrify and generate toxin into the blood system. If meat should be taken at all, chicken with less fat is preferred against red meant. Iodine foods should be taken such a spawns, lobster, oyster or shell fish, and Keta school boys or herrings, iodized salt, etc. This will prevent Learning Disabilities (LD), goiter and speech and language related problems. For those with hypertension, too much salt and oily foods should be avoided including anger, and too much thinking or stress related situations. They should also visit hospital for counselling and avoiding forbidden foods and drinks (Living With Stroke, 1998).

For children with epilepsy it is being recognized from findings on pilot basis (though to be researched further into ) that, they need to obtain from
gas producing foods that precipitate the condition. Such foods are, coca cola, Pepsi cola and other minerals that contain gas. Beans and cabbage are other gas producing foods which need to be avoided in the diet of the epileptic people. It is also realized that flicks or light rays observed when the televisions is on triggers the conditions hence it is advisable to make these children stay a distance of three or more meters, away from the television set when it is switched on. Diet management has been proved to be successful as these children are kept off eating gas producing meals feel better. They need to take a lot of water, fruits, salads, vegetables, cucumber juice, carrot and salad like other people since these build up a healthy system (Avoke, 1998: Adzanku, 1997). In addition, it is recognized also that lemon juice thins the blood to improve its quality (Adzanku, 1997).

Alcohol consumption is to be minimized since the calories from it upset the cell metabolism of vitamins and minerals and further complicates the nutritional deficiencies that frequently accompany chronic drinking and weakens all the mechanisms of immune response (Takakoff, 1996). Modifying alcohol and smoking practices reduce the risk of narrowed arteries (Living With Stroke, 1998). It is also stated that too much thinking and anger deteriorate the nerves. For instance, anger produces acid level rise that weakens the nerves down therefore vitality also goes down (Adzanku, 1997).

d. **General Physical Care**

We need to avoid physical or bodily hurts, such as slaps on the sides of the face towards the temporal lobes or falls to damage the brain or the spinal cord. It is wise wearing helmets or head protecting devices during motor ride or wear seat belts during traveling on vehicles. Body exercise as in massage, deep muscle relaxation activities are to improve blood flow and circulation. Thinking positively about beauty of nature and joyful
events and laughter boost healthy living since these events unlock the muscles and make tension be released and make the body better.

Any symptom of irregular heart best should be reported for medical check up. Those working in factories and loud noisy environment may have ear muffs and ear plugs to protect the ears against temporal shift in threshold levels of hearing. The need to be off unprescribed drugs especially the antibiotics or the mystics cannot be overemphasized.

Routine screening exercise of children form birth through the pre-school years as practiced in U.K. and U.S.A. for instance, is needful to be carried out on “at risk” children with family history birth defects and congenital infections such as cytomegalovirus and rubella. Others are low birth weight and severe asphyxia. Personnel for this screening can comprise, medical doctors (pediatricians), nurses, special educators, including audiologists, speech and language therapists, physiotherapists, educational psychologists and psychiatrists. Furthermore, personal hygiene, good drinking water and healthy food environment are health related issues. For instance, toxoplasmosis is a disease caused by the presence of or reaction to toxoplasma gondii virus found in the faeces of domestic cats, raw or under-cooked meats especially in mutton and possibly in droplets, aerosol or mucos contamination. In pre-natal infections, fetus may be infected in the uterus from parasites in an infected mother. In this state, death or severe brain and eye damage usually occur (Stedman’s Medical Dictionay, 1982).

Clean ventilated environment should always be encouraged. Environment where carbon monoxide is emitted from exhaust pipes of vehicles need to be avoided. Children should also be protected against lead poisoning agents such as peels of dry paint on the walls chewing lead pencils since lead poisons the blood streams. Other lead items are leaded ink, used for
manufacturing magazines, journals and books, others are found in pipes, sheaths, cables, batteries, solder and type metal shields. Lead consumption cause mental retardation, kidney problems and anaemia. Hence use of torchlight batteries to blacken the blackboard is hazardous and should not be encouraged in schools.

Young children should also be protected against broom sticks and pointed objects that can prick the eyes or ear drum to cause sensory deficits. Women with menopause between 45-50 years and above should work on their diet and have estrogen treatment since at this stage in life due to lack of estrogen, narrowness of the arteries is possible that can cause heart problem. It is also important to check on health issues with a qualified doctor, follow counselling and above all, accept the condition as natural instead of thinking too much about it that will deteriorate the system.

Conclusion
The brain is seen as a powerful but delicate organ of the body and vulnerable to diseases, falls or injury and dietary deficiencies such as anaemia Iodine and Vitamin A deficiencies. However, it is realized that we can protect this delicate organ as we observe health guides in terms of recommended drugs, dietary care, avoiding stressful situations and creating a healthy environment for ourselves and even for the unborn baby. What is most needful is to have medical check up if symptoms occur in the adults and for children. Immunization is needful against infectious disease. In addition, it is recommended that early detection or identification must be a national concern so that physical and sensory defects can be clinically diagnosed to enable educational socio-psychological management to be planned in the rehabilitation programme.

The brain needs healthy activities to make it function besides balanced diet, exercise and the general care we give our bodies. Therefore, as
early as the child is born the sensory aspects should be exposed to listening, visualizing touching through play and manipulating the toys and objects in the environment under supervision. Quality parenthood is important as this enable the children to have interaction with the facilitators, feel safe as parents are around and help them build confidence in what they do. They can grow up to act with self confidence and independences if the environment is conducive.

This early training to sound stimuli, visual stimuli and having the feel and touch (Kinesthetic Feedback) of objects around the immediate environment and thereabout with someone to interact with joyfully, boosts up cognitive, social psychological and physical growth. It also affords many challenges to the child hence he grows with abilities which are acceptable to the society, his peers and to himself. Above all, his cognitive development can be stirred up in the educational activities available in the pre-school environment. For example, the learning environment should be full of toys, coloured bright pictures. Spacious and any playground for fun, musical activities and equipment to stimulate auditory training rhythm and relaxation in addition to fine and gross dissemination of speech and language. Good modeled speeches with elaborated styles or codes by teachers or facilitators are idea examples that young developing children need to be exposed to, for learning through imitation. Short rhymes with actions, puzzles for problem solving, games and mental drills like spelling ‘B’ picture-word-association activities can build eye-hand co-ordination. Short and long term memory stage remembering or retrieval of information and imagination.

References


Epileptic Fit in school children and young children. *National Society for Epilepsy videogram Programme*. No. 2 U.K.


Health Issues Jaundice (1997). GTV Breakfast morning show, September 29


Want yo supercharge your brain and wonder if brain power supplements work? Here’re Dr. Jamie Schwandt’s recommendations on brain power supplements. The director of Lucy, Luc Besson, remarked, “It’s totally real, and it’s true that the power of this product for a baby is the power of an atomic bomb. It’s real. It’s totally real. Jeremy Nathans’ talk is sure to leave you in awe of the complexity and power of the human brain.

This lecture is called "One Amazing Second in the Life of Your Brain." We’re going to describe a very simple task, one so simple that it takes only a second to perform, and seems almost effortless, and yet, as we look at the processes that happen in our heads as we perform this task, I think we’ll agree, I hope we’ll agree by the end, they’re most amazing.

Brain Power: The Untapped Power of the Human Brain. The human brain is the most complex object in the universe. Each one of us carries within our skulls a three-pound lump of fats and proteins with the consistency of jelly that we call a brain. Your brain contains 100 billion neurons that link to one another in a pattern more complex and unique than your fingerprint. Your brain has the power to learn new languages, perceive beauty and remember tens of thousands of individual bits of information. The vast and incredible power of the human brain is only beginning to be understood by scientists. The brain is the most powerful organ humans possess. Although we all have a hugely powerful potential offered by our brain, we spend very little practicing our thinking skills. We believe that thinking is either a natural function or that the great thinkers among us are gifted. Nothing could be farther from the truth. Everyone has the ability to improve our brain’s underused potential.

Do you want to get to know your brain better? The only one of these assumptions that is true is that it is only our thinking that limits the power of our brains.

Summary of our brain’s key points. 1. The human brain is so powerful that few of us come anywhere near to using it as well as we could. 2. Every person has the ability to think intelligently and creatively. To boost brain power, implement 10-15 minutes of deep breathing exercises into your daily schedule. You can also eat brain-boosting food like walnuts, salmon, kidney and pinto beans, spinach, broccoli, pumpkin seeds, blueberries, and soybeans. Try to get 8 hours of sleep each night and exercise regularly to improve your creativity, memory, and cognitive functioning.