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Having total power over all bodily functions makes the brain probably the most vital body part in a human being. In it resides the mind; if it does not exist, there is no sense of conscious living or thought, subsequently, no sense of self. Maintaining its health is a constant activity, even more so as one gets older, because like the rest of the body, its mistreatment or neglect soon renders the body organ flabby, weakened, and prone to diseases.

Our brain is similar to a sponge which absorbs everything in its surroundings. Its wellness determines psychological progress, with the power to control states of happiness or depression, dullness or creativity, restraint or excess. A healthy brain makes room for the flourishing of mental, emotional, and physical intelligence.

Similar to all body organs, the brain should be taken care of to keep it in good shape. Diet affects not only the bodyâ€™s wellness, but also our emotional states and mental capacities. Foods including dark-green vegetables and blueberries provide energy to our brain, are full of antioxidants, and can impede age-related declines in balance, coordination, and mobility. Blueberries are recognized to boost memory.

Salmon, nuts, whole grains, avocados, and dark chocolates are among the more well-known food items that are healthy for the brain. Brain health development begins in the womb with mothers educating themselves about healthy eating habits to ensure their babyâ€™s good brain progress.

A diagram of the brain will show the parts that are susceptible to disorders or injury, which at some point may prevent an individual from using the capacities of his brain to the maximum. Having said that, all people would like to have healthy functioning brains even up to their senior years. Similar to muscles which deteriorate when left unused, the brain, too, devoid of some optimum external flexing, could become atrophied. If our bodies need exercise, our brains must have it as well. Brain exercise games are strongly encouraged tools for brain exercise.

Brain teasers and jigsaw puzzles help in keeping us alert and busy by improving the performance of certain areas, as a diagram of brain parts would show. They are excellent brain training tools which help improve our mental coordination, and are fun games as well. Puzzles help us apply several brain capabilities of intuition and deduction and enrich our analyzing capabilities and logical thinking.

These games test oneâ€™s reaction-reflex time, plus the skill to accommodate many concepts simultaneously. They are made for certain age brackets to make them available for people of all ages. Other memory games include Luminosity which was designed by neuroscientists to help improve core cognitive processes by keeping focus and working memory with facts, names, and finding items. If you want to access more information about a brain diagram and other related subject matters, you may check out the following website: brainhealthandpuzzles.com/brain_parts_function.html.

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