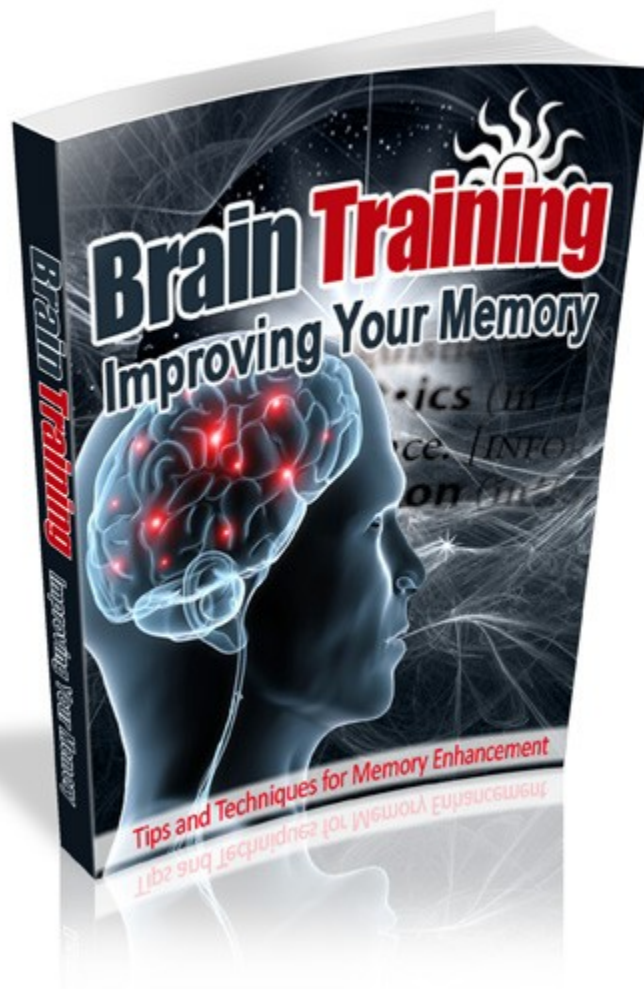


# Brain Training



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## **Why It's Important to Train Our Brains**

For as much as we believe we train our brains and give them a good workout, we seldom actually do it on a regular basis. In most cases, our brains are not used in a balanced way. We're creatures of habit. We find a way to do things that we consider comfortable and we seldom change our ways.

Many of the physical activities we perform each day are done with one side of our body, without even giving it much thought. If we're not giving something much thought, we're not exercising or training our brains.

We also get very set in the way we feel emotionally about things or people, which does not give our brains much stimulation or cause for thought. These are not things we consciously set out to do in our lives but rather habits that have developed because of the way our brains function, mostly because of genetics. For instance, it's not our choice to be right handed. It just happens that way, and we seldom give it much thought.

We are also the result of year's old biological factors that affect our skills, moods and social habits. Our brains and brain functions are also the result of our culture and upbringing. Although many of us argue the old nature versus nurture theory, studies indicate that training our brains to be more active can play an important role in how we act, feel and how successful we are in life.

It makes sense that someone that works at solving word or mathematical problems every day is going to have more brain activity than someone does that sleeps half the day and watches cartoons the other half. The more we work our brains, the better our brains are going to work for us.

While there's a strong belief that brain training is beneficial for individuals that may suffer from poor memory or lack of concentration, brain training is actually recommended for anyone with a brain. Our brains needs steady stimulation to become motivated to work for us in the way we need it to work.

Brain training has been used for patients with learning disabilities, insomnia, cognitive impairment, traumatic brain injury, attention deficit and more. It's been known to help people improve their focus and concentration.

Brain training therapists feel that brain training exercises are highly beneficial in keeping our brains young and healthy. Many brain training games are now on the market. While the games may not be scientifically proven or endorsed, the users feel they have made a real difference in their lives.

## **Purpose of Brain Training**

Brain training games have become very popular in recent years along with all the topics regarding brain training and its importance in our lives. Brain training is particularly helpful in improving our brainpower and cognitive development and enhancing our memory. If our brains never got any training, they'd become very stagnant and passive.

As we get older, our memory tends to decrease and our mind doesn't seem to be quite as sharp as when we were younger. Most of us just attribute this to the aging process. While aging can cause these changes, brain training can help to slow the process down and keep our brain fresh and young. Here is an example of why brain training can be very important to our lives.

A student is very good at math in school. It's actually his favorite subject because he finds it so easy. Once he gets out of school, he gets a job where he seldom has to do any problems. When math is required, it's done automatically on a computer. After a few years of this, he's asked to help his son with math.

Suddenly, he discovers math is not coming to him as naturally as it once did. Is it because he's older or because his brain hasn't had any mathematical challenges in many years? Once he begins helping his son with his math every day, he begins retraining his brain on how to do math and it begins coming back to him. This is how brain training can help us in other areas of our lives as well.

The purpose of brain training is to keep our memories refreshed and our minds challenged with new ideas, thoughts and challenges. Helping his son with problems he hadn't done in years provided his brain with some much needed training and stimulation. His brain had to think. While you may think your brain is working every minute of the day, it's only really working when you're requiring it to think, particularly about something new or different.

This is why doing puzzles, playing Chess, or Sudoku and other mind boggling puzzles can be such an excellent form of brain training. The purpose of brain training is to give the brain work to do, and games and puzzles will definitely give your brain a workout. Another purpose of brain training is to help develop our brain fitness and improve our cognitive development, which is responsible for us learning things and developing throughout life.

### **Why Brain Training is so Important**

Do you ever take the time to consider all the things our brain does for us? From the time we were young, we were taught that the brain is what tells our body what to do. Whatever function we want our body to do, our brain tells it to do it. However, our brain has many more functions that are equally, if not more, important.

Our brains keep us mentally alert and healthy, so it's vital that we keep our brains as mentally healthy as possible. One important way of doing this is through brain training. You're probably wondering why, if our brains are such an important part of our bodies, why they need training. Our brains, much like our bodies, need constant stimulation and activity to keep them healthy and strong.

If we lay around the house all day and didn't get any physical exercise, we would probably gain weight and become very unfit and unhealthy. Our brains need the same kind of exercise. They may not become unfit and unhealthy but they'll fail to continue growing. Things we may have remembered years ago, we may now forget.

Many people automatically associate memory loss with old age or aging in general. While decrease of memory is more common as we age, it doesn't have to be that way. Many cases of decreased memory can be helped by keeping the brain healthy through brain training. We can

train our brains in much the same way as a runner will train their legs, which is by providing exercise and activity.

Once you begin training your brain, you may not notice instant recalled memory, but with continued brain exercises, you'll soon notice you're more alert, more mentally active and have better memory recall. Brain training is something we need on a daily basis. The more we stimulate our brain and cause it to work, the more the healthier it is on the brain cells. With enough mental activity, your brain cells may even regenerate. The more active your brain is, the smarter you're going to be, so to speak.

Brain training can be done in a variety of ways from brain training software and games to simple games you can do on your own. Do you remember the famous Rubik's Cube and how popular it was in the 80s? It's an excellent way of providing your brain with brain training. Simple card games or math calculations can be very beneficial in giving your brain the activity and training it needs to remain healthy. By keeping your brain healthy with brain training, you can be assured it will always be around for you.

### **The Effectiveness of Brain Training**

The importance of keeping our brains healthy and fit stems from the belief that if our brains are stimulated regularly, we'll lose many of our brains' functions, whereas keeping the brain active can help improve our mental skills. However, while many brain training therapists and doctors believe these facts; their theories have not been scientifically proven.

The fact that it's not been scientifically proven, however, does not mean that brain training does not work. There are specific examples that make it uncertain how effective brain training is in all areas of our lives. Here is a classic example. You've learned how to play the popular game Sudoku. At first it's very foreign and difficult for you, at least until you learn how to do the puzzles. Like most Sudoku players, you find the puzzles so enjoyable that they become almost addictive. The more you play Sudoku, the better you become at doing the puzzles.

Each time you do a Sudoku puzzle, you're stimulating your brain and practicing the process of brain training. The fact that you continue to get better at Sudoku is proof that the brain training is working. However, even though your brain is getting sharper with each game you play, how much of this new brainpower will carry over to other areas of your life? This is why so many question the validity of brain training to improve overall brain function. Becoming an expert at Sudoku means your brain may be very sharp, but is it going to make it easier for you to balance your checkbook?

What scientists are attempting to find is a form of brain training that not only works for everyone but also works in a multitude of situations. For instance, if it improves your ability to play Sudoku better, it can also help in other areas of your life. If that can happen, the effectiveness of brain training will never be questioned again.

Many studies today are dealing with finding ways to use brain training to be effective in more than just one part of the brain or one part of our life. In some studies, participants found that their mental skills had improved in several areas of their life while others found only certain types of memory was improved.

Brain training is particularly an important topic of conversation with doctors working with older people. They're trying to determine how beneficial brain training could be on elderly individuals. If it could help them improve their thinking and preserve their memory, it could be very beneficial to society as a whole and not just to the elderly.

## **Learning about Brain Training**

It seems like every where we look, we're hearing something about brain training. When it comes to brain fitness, brain training is right up there as one of the hottest topics. With all this hype, there must be something to brain training that many of us don't know. Brain training is one of the most effective ways to enhance your memory and increase your brainpower.

Whether you are a student, a genius or just someone that wants to give their brain a boost, there are many ways you can boost your brainpower and increase your cognitive abilities. A real popular method of brain training comes in the form of brain training or brain fitness software. You'll find this popular software all over the Internet.

A popular Nintendo DS game by the name of Brain Age is taking the consumer world by storm for those looking for a fun way of brain training. Simple games you can do right in your home or office are also very effective in training your brain to think more and become more mentally active. Brain training doesn't have to be something that's expensive or complicated. Anytime you're exercising your brain in ways you don't normally do, you're practicing brain training.

One of the main benefits of brain training is that it helps to keep your memory in shape, which is as important when you're young as when you get older. The only difference is that it may be a little more difficult as we get older. Part of this is due to the natural aging process, while another reason is because we've allowed our brain to become too relaxed.

A perfect example of the benefits of brain training is in two toddlers, both with the same size brain. While this may seem impossible, we're going to pretend for this example. One child gets plenty of rest and playtime as well as healthy nutritious meals. Most of this child's spare time is spent in a playpen. Occasionally the parents will attempt to teach the child new words with the use of flash cards.

The second child gets the same amount of rest, playtime and nutritious meals. However, the difference is that this child's spare time is spent looking at flash cards containing numbers, letters and pictures. Showing the child the flash cards and asked him or her to repeat the words is part of the daily routine.

Before long, the second child has memorized every number, letter or picture and is ready to move on to more while the first child is still struggling to learn only a few. The reason why the second child is more advanced is not because he or she was born smarter but rather because more training was provided each day. Their brain received regular stimulation and training.

By providing your brain with stimulation and training regularly, you'll find your memory is sharper, which will keep your brain mentally healthy. Brain training will also keep your memory sharper as you age, which can also decrease your risks of Alzheimer's.

## **Training Our Brains**

In our imaginations, we all like to think of ourselves as having a sharp mind and clear memory. Unfortunately, the reality is that many of us experience a decline in our mind and memory as we age. Sometimes, we don't even realize it's happening until suddenly we just can't seem to comprehend as we used to or remember things we feel we should be able to remember. While some of this is typical of aging, many times we can improve our mind and memory with a simple process called brain training.

Brain training is a hot topic today in the world today. It's of particular interest because of its correlation with slowing down the process of memory loss associated with dementia and Alzheimer's disease. While it hasn't been scientifically proven to prevent these diseases, brain training can definitely have a positive effect on the mind.

There are many types of brain training products on the market from Nintendo DS games to software and books. The wonderful news is that there are many ways we can train our brains every day with just a little time and practice. By doing these simple things on a daily basis, you'll soon find that you'll seem a little smarter, think a little faster and remember a little more.

Limit the amount of television you watch every day. I realize television can offer some excellent entertainment, but it helps keep our brains in neutral, which does nothing to enhance your mind or your memory.

Put a little comedy in your life. Studies have shown that people that had exposure to comedy in their life were much better at solving problems right after watching it than those with no exposure to comedy. However, keep it to a minimum while at work or other places where it may be distracting.

Involve yourself in hot topics of discussion. Rather than always communicating about the same topics, choose conversations that require you to think and rethink your position or even require a little research or reading. The more you're learning, the more your brain will grow.

Eat a nutritiously balanced diet. Your brain has much of the same requirements as your body. Your body or muscles will not work properly if they lack the nutrients they need to produce energy and your brain has the same requirements. Eat a balanced diet consisting of a variety of foods. Beans are an excellent source of protein as well as brainpower.

Give your brain some challenges. The best way to keep your brain happy, healthy and growing is to provide it with stimulation. This can come from doing puzzles, reading books, getting in a good challenging debate or finding a new hobby.

## **Brain Training the Modern Way**

Many people don't realize that as we age, the functions of our brain begin to decrease in the same way that our bodies lose muscle mass from decreased physical activity or age. Even if our lives are otherwise happy and healthy, our brain functions still tend to decrease with age.

Another fact that many don't realize is that by exercising or training our brains, we can help improve the functions. In the same way that exercise helps keep us trim and fit, exercising or training our brains keeps our brain in good shape. It can be done very easily the modern way with a Brain Age, a game for the Nintendo DS. Since we spend so much time having fun with the DS; why not train our brain at the same time? It only takes a few minutes each day to make a difference.

### How Our Brain Works

Our brain consists of four major parts: the frontal lobe, temporal lobe, occipital lobe and parietal lobe. A large part of the frontal lobe controls our memory, creativity, self-control and communication. It also is responsible for how we store knowledge in our brain. Studies have proven that doing simple calculations in our head or reading aloud is very effective for brain training. It's most effective when done in the morning when our brain activity is the highest.

### How Brain Age Helps to Train the Brain

Mental stimulation is a great way to train your brain and give it a good workout. Brain Age has many simple activities that will give you the much needed stimulation and they only take a few minutes to complete. They may involve drawing pictures, doing math problems, unscrambling letters, etc. You can perform these exercises on Brain Age 1 or Brain Age 2 as long as you have the Nintendo DS game system, which many families have today anyways.

The interesting thing about Brain Age is that it will test your brain and give you a score that tells you your DS brain age. It lets you know how well you're doing at all times. The purpose is to lower your brain age, which happens the more you play the game. It's exciting and a lot of fun for the entire family. If you have friends that also have a Nintendo DS, you can all compete on the speed games. Brain Age is not only a fun game but also a great way to keep your brain motivated and active. It will train your brain to always be at its best.

### **Brain Training for Therapy**

We've heard a lot about brain training for the purpose of expanding our brain activity and keeping it mentally healthy. Our brains can become almost stagnant without proper stimulation in much the same way as our bodies become unfit and flabby without proper exercise. Brain training can be used for a fun way to stimulate your brain; however, a more important reason for brain training is therapy.

Many of us practice brain training on a daily basis without even realizing that's what we're doing. Whether we're working with numbers and calculations or playing stimulating games online, we're practicing some form of brain training. Others will purchase games such as the Nintendo DS game, Brain Age, with the sole purpose of brain training.

Brain training therapists use brain training to help with many medical conditions involving the brain. By understanding, through research, the way our brains develop, learn and repair themselves after accidents or injury, they're able to develop brain training exercises to keep the brain stimulated and in shape.



With the use of cognitive rehabilitation programs, they are able to help many individuals with problems like attention deficit, autistic disorders, learning disabilities, language and developmental delays, sensory processing problems and more. This type of brain training is used and especially effective with children.

Whether it's educational games, flash cards or a variety of toys representing different development stages in their lives, the children are part of a brain training program designed to help many parts of their brain and their learning ability. The environment in which the brain therapy takes place is a fun and learning setting where they can enjoy themselves while still being part of the therapy.

The therapy revolves around improving many functions of the brain including short term memory, cognitive development, pragmatics, frontal lobe functions, auditory processing, visual processing, social relationships and manual processing. The brain therapy exercises not only provide the brain with stimulation but also help the therapists see which areas are improving and which areas of the brain need more therapy.

Teachers and parents find brain therapy to be a highly effective method of improving learning skills in children and patients suffering from learning disabilities. One of the many benefits of this type of brain therapy is that it's not something that's restricted to the doctor or therapist's office. Brain training toys are available for almost any age group of learning problem. With the use of these brain training toys, the brain training can continue at home as well.

## **Keeping Your Brain Healthy with Brain Training**

Why is that when we think or talk about getting fit it's always from the neck down? We seldom think of our brain other than as something we take for granted that's always there doing our thinking for us. We tend to forget that a healthy brain will contribute to almost everything we do in life, whether it's thinking, remembering, feeling, playing, working and even sleeping.

There are many things we can do to ensure our brain stays healthy. By doing so, you may also be reducing your chances of dementia, Alzheimer's disease or routine memory loss from age.

As we get older, your brain loses some of its agility and can even deteriorate if it's not taken care of properly. While there may not be anything you can do to prevent Alzheimer's, there are ways you can take care of your brain to decrease your chances of being at risk of developing the disease.

Physical activity will provide us with more than just good physical health. It's also recommended for good mental health. Physical exercise will help provide a steady flow of blood to the brain while also encouraging the growth of new brain cells. So, you can see that physical exercise is definitely necessary to keep our brains healthy.

As we get older, our brain cells tend to become altered, which results in mental decline. Studies have shown, however, that keeping your brain active can help your brain cells to regenerate and reconnect. Studies have also shown that people with low education levels are more at risk of developing Alzheimer's disease at a later age. The reason for this is the decreased level mental stimulation their brain received through the years.

In other words, even if you felt you didn't do well in school, you can still give your brain the mental stimulation it requires to remain healthy. This is not to say that well educated or intelligent individuals will not get Alzheimer's, but their symptoms may not show up until later in life because the brain was stimulated.

The good news is that you don't have to change your entire lifestyle to start reaping the benefits of a healthy brain. Simple things like taking a daily walk can get you the physical exercise your brain needs. Equally as important for a healthy brain is to keep your brain active every day. Instead of watching that television program, get a crossword puzzle or a Sudoku puzzle and give your brain a workout. Play some memories games or card games that keep you guessing.

## **Brain Training Exercises**

We've all heard about the importance our brain plays on our body, particularly our intelligence and memory. We often have the belief that as we age, we automatically lose a lot of our memory and some of our brain function. The fact that so many seniors develop Alzheimer's has helped to reinforce that belief.

However, what if someone were to tell you that brain exercises and training would help keep your brain young and healthy? Believe it or not, that's exactly what many scientists now believe. Our brains need the same type of exercise as our bodies need to remain fit and trim. Here are some excellent brain training exercises to give your brain the stimulation it needs. The wonderful thing about these brain exercises is that not only are they good for the brain, but they're also fun and exciting.

### **Chess as an IQ booster**

If you never learned how to play chess, now is a great time to learn. Get a book from the library or look for online instructions, but learn to play chess. If you already know how to play chess, dust out your board and find a worthy opponent. Chess is an excellent workout for your brain. It helps you make creative strategies, improve your thinking ability and your spatial intelligence, which is the ability to consider different possibilities.

### **Math Problems for Brain Stimulation**

Whether you were good in math or not, you're never too old to sharpen your math skills. Check out a math book from your library or local school or go online in search of math problems, but get involved in solving these math problems as quickly as possible. Set a timer and try to improve your time each day. Solving math problems activates many parts of our brains but mostly our ability to reason, calculate and solve problems quickly.

### **Sudoku**

Few people have not heard of Sudoku, the logic based placement puzzle that's designed with a Latin square and several numbers. Sudoku puzzles start with certain numbers and you have to add additional numbers to complete the puzzle. While many feel Sudoku is difficult, it's a lot of fun once you learn the process. It also provides excellent stimulation for the brain. Consider making solving a Sudoku puzzle part of your daily routine.

## Concentration Game

Remember the old card game called Concentration that you used to play? Get yourself a deck of cards and find an opponent. It's an excellent way to work your memory skills and improve your memory and concentration abilities. You flip over two cards at a time, each time trying to remember what each card was because the purpose of the game is to make as many pairs of identical cards as possible. It's fun, challenging and great exercise for your brain!

## How Effective is Brain Training

Is your memory as good as it was twenty years ago? If I had to guess, I'd probably say no. Are you as good at math calculations as you were when you were in school? Again, I'd probably guess at no. A decrease in memory can be a result of many factors including, stress, preoccupation, age, illness or just a busy lifestyle. Is there any way we can change this and get back the skills and memory we had when we were young? Probably not, but many believe that we can improve on them to a noticeable degree with the use of brain training.

Brain training is exactly what the name implies. It's a method of training the brain to make its functions sharper and our memory better. We train it through repetition and challenges. When we were back in school learning math, we wouldn't be training our brains very much if we continued to do nothing more than "two plus two is four" day after day. It would be a challenge the first couple of times, but once it was mastered, it would be repetitive and no longer a challenge to our brain. This is why brain training must be new and challenging to be effective.

So, how effective is brain training software and games? Are they something we need or does brain training happen automatically any time we provide our brains with new challenges? This is a debate that's been going on for a few years now. While the industries that are selling the brain training software and games claim they'll help to ward off the symptoms of Alzheimer's, dementia or just poor memory due to the aging process, many scientists claim this to be propaganda and an industry just trying to make a buck off their products.

After all, if you were told your memory would stay as it was when you were young by using a certain product, chances are good that you'd rush out and buy that product. The results of many studies by the critics have them believing that our brains would receive training any time we gave it a challenge, so why do we need brain training software and games?

Their theories were based on the results of tests done on children. Some of the children used brain training games while others were given books to read and puzzles to complete. At the end of the seven week study, the children using the brain training software did not show any better memory than those doing the puzzles and reading. Their determinations were that any time we do something over and over, we get better at it, whether it's reading a new book, doing a puzzle or learning a new skill. Therefore, their belief was that we can provide our own brain training.

## **Brain Training Software**

Our brains need as much help and stimulation as our bodies need. In the same way that our bodies get out of shape lack of exercise, so does our brain. When a child is young, they learn new things from stimulation to the brain and continue learning new things as long as the brain is getting a workout.

Unfortunately, as we get older in life, we get busy and lead stress filled lives that are also filled with distractions and more information than the brain has a chance to fully comprehend. The result is an overload to the brain even though the brain is not getting the stimulation it needs to grow.

Brain training software is said to be an effective way for the brain to deal with the stress of life. Brain training software will improve your memory, focus and overall intelligence and these are the very things that are affected most by brain overload. While many people are still skeptical about the effects of brain training on our brains, memory and intelligence, manufacturers of these software products are receiving excellent reviews from customers.

Brain Fitness Pro is brain training software that has turned many users into satisfied customers. They've not only claimed to get real results from Brain Fitness Pro, but they claim the results were fast, extraordinary and lasted a long time. Most noticed results in less than three weeks.

Two of the most noticeable results of the software was the ability to think more clearly without becoming distracted and the ability to complete tasks that otherwise were left unfinished. Most importantly; however, was their ability to retain information for much longer periods.

Brain Fitness Pro customers noticed a remarkable difference in their academic success as well as their success at work. Most of this could be attributed to the increase of memory capacity as well as the increase in fluid intelligence. Fluid intelligence is our ability to solve problems and Brain Fitness Pro is guaranteed to improve your fluid intelligence.

Brain Fitness Pro, and other brain training software, is most commonly used to help elders with memory loss or at risk of Alzheimer's. We begin losing 10% of our cognitive capacity when we reach 45 and every ten years after that. Increasing our mental activity is proven to reduce our chances of developing dementia and Alzheimer's symptoms, which is why customers turn to brain training software like Brain Fitness Pro. Many have increased their short term memory 100% in only a couple of months

## **Brain Training to Improve Memory**

We've often heard elderly people make the comment that the first thing to go is their memory. Although memory loss is typical for seniors, even younger people may experience decreased memory, especially if their minds are preoccupied with many things. Research and studies have indicated that brain training can be quite effective in improving memory.

What is Brain Training?

Brain training is when you're giving your brain stimulation in the form of work to keep it busy. When we're young, our bodies are usually firm and fit, and they're that way because we're physically active. As we get older, we tend to decrease the amount of physical activity our body gets, resulting in a body that's not as fit and trim as when we were younger. The same thing happens to our brain as we age. We may not realize we're doing it, but we're not giving our brain as much activity or stimulation as when we were younger. Brain training is the process of training your brain to actively think and go to work for you.

### How Brain Training Can Improve Your Memory

Brain training can do a brain good because it's putting to work areas that have not been worked in a while. Have you ever heard someone say they're not as good at math, or some other subject, as they used to be? The reason they're not as good is because they haven't done it for a while and their brain became too relaxed. Once they start working on math problems, it all comes back to them because their brain is getting necessary exercise.

Memory games are excellent ways to improve your memory, making them an excellent source of brain training. Memory games are not only good for improving memory but will also improve your fluid intelligence. Your fluid intelligence is what helps you figure out and solve problems. Improved fluid intelligence can help you at work, at school and even in your home life.

Memory games are easy to find because they come in a wide variety. They can be found online in the form of actual games or software. Many people have memory games right in their home and don't even realize it. A basic deck of cards can offer you many memory games to help stimulate your brain. Concentration is an old familiar game that many have played through the years. What better way to improve your brain functions than a game that forces you to constantly concentrate?

### Brain Training for Multiple Sclerosis Patients

Brain training has been used for many purposes from sharpening up our minds and memory to teaching children and adults better ways of learning. However, one very important purpose of brain training recently has been as a helping aid for Multiple Sclerosis patients.

One of the most common symptoms of Multiple Sclerosis (MS) is cognitive dysfunction, leading to difficulty with learning, paying attention, problem solving, remembering and correct use of language when expressing ideas. The most common symptoms and characteristics of MS include memory dysfunction, verbal fluency, cognitive fatigue and impaired planning ability. Different methods of braining have been very successful in improving cognitive functions.

Studies have indicated that MS patient showed remarkable improvement in several important cognitive skills after using brain training software. The highest improvement was in memory skills, which improved by twenty-one percent. Verbal auditory working memory and visual working memory came in second with an improvement of twenty percent. Other skill areas that showed improvement included focus, speed of object recall, visuo motor attention, naming speed and visual spatial working memory.

If brain training software and games can be so beneficial in MS patients, imagine what it can do for the memory and brainpower of the average individual. Patients of MS do not have to buy

or use brain training software to provide their brain with some work to do. Here are some simple things they can do in the comfort of their home or when out.

Keep your home in a manner that's familiar to you. Do not rearrange things where you're likely to forget. For instance, if you always keep your car keys on a hook by the front door, don't start keeping them some place new. Ask that all members of your family or household do this as well.

Use a journal, notebook or diary and keep track of everything. Regardless of how unimportant it may seem, write it down so it won't be forgotten. Make lists of everything that needs to be done, calendars for all important appointments and dates and notes for things that need to be remembered.

When you're communicating with others, ask that they keep their instructions and directions simple so they'll be easier for you to remember. Make sure you're given these instructions in a quiet place free of distractions.

Get involved with doing puzzles on a regular basis. They're not only a lot of fun but are a great form of brain training.

## **Ways You Can Provide Your Own Brain Training**

Brain training is one of the most popular topics in the field of brain fitness and brain health. Everywhere we look it seems like we're seeing new tools to help us enhance our memory and increase our brainpower, whether it's with scientific brain fitness games, brain training software or just online brain power puzzles.

Don't let all these options scare you off. You don't have to buy expensive brain software if that doesn't interest you, and you don't have to start eating brain food, either! Regardless of your age, it's important to keep your memory and brain in good shape. The only negative part is that it's more difficult as we get older. It takes a little more work, but it will be worth the effort.

You can practice brain training right in your own home in your spare time. It's easy; it's fun and you'll be amazed at the difference it can make in your memory and knowledge level. Here are some simple tips and ideas on how you can practice brain training on your own.

***Keep your senses working throughout the day.*** If you see a beautiful picture, make a mental note of what colors were in the picture and where you seen the picture. Take your time looking at the picture and trying to memorize every detail about it. Throughout the day, recall the image. The more you think about the details of the picture, the easier it will be for your brain to keep the memory and recall it at a later time.

***Focus on one thing at a time.*** If you're trying to remember some detail in your life, tune out all other distractions and focus on the one detail. This can be a conversation you had with a friend or co-worker or a magazine article you read. By focusing solely on this one thing, you're giving your memory a much needed boost.

***Practice deep breathing exercises.*** Breathing deeply really will relax your senses and allow your brain and mind to work easier. When you're trying too hard to remember something, your

body tends to tense up and your mind freezes. However, it's much easier to store things in your memory and recall them when you're in a relaxed state of mind.

***Play word association games.*** When you see something you want to remember later, associate it with something you aren't likely to forget. This works especially well if you have a hard time remembering people's names.

***Do a crossword puzzle every day.*** Even if you've never done crossword puzzles, you'll be amazed at how much fun they can be and how much they'll stimulate your brain. They can be purchased in different skill levels, which can provide you and your brain with a comfortable yet stimulating challenge.

## **Using Brain Games as Brain Training**

With all the hype about brain training and how it can help improve our brain functions, it's understandable that companies would be rushing out to develop their own forms of brain training products. One example is in the many brain games that are now on the market. Everywhere we look, we're seeing new brain games on the market. While some people rush out and buy the newest version, others feel they may be just a little too good to be true.

Skeptics need to realize that, no; brain games are not going to turn you into an Albert Einstein or some other type of genius, but some brain games have proven to improve your memory skills and your fluid intelligence. Our brain functions can begin to slow down as early as age 30, but with the help of certain brain games, you can slow this process, especially if you use the right games.

Brain games for adults work in much the same way as children's learning games help them learn and remember. When children are little, they know very little of pictures, letters or numbers. However, parents begin the process with brain games like flash cards. They continue to show the child the same flash cards every day, telling them what item is on the flash card.

Through repetition, the brain becomes stimulated and the children eventually remember what's on the card on their own. This type of brain training is what helps children learn. In order for them to grow, they need to have their brain stimulated.

Brain games are said to be just as effective for brain training in adults as the flash cards are for children. Unfortunately, with the busy lives we all lead, we don't always give our brains the stimulation and workout it needs to keep active. Many recent studies indicated that adults that took part in memory training games had improved cognitive skills and continued to have them for several years.

Brain training games are said to be effective at improving brain's functions in several ways.

- Increase your awareness.
- Make you more alert.
- Provide you with quicker and clearer thinking.
- Improve your level of concentration

- Elevate your mood.

Many of the new brain training games on the market only require the user use them for 10 or 15 minutes each day and they can still expect to start seeing some results. One theory behind this belief is also that although their memory may not be as improved as they believe it to be, their mental outlook is improved because of the new self confidence they feel about having a smarter brain. Regardless of the reason, users of brain games are definitely benefitting.

## **Chess as a Brain Training Tool**

We're hearing a lot about brain training and the important role it can play in improving our memory and enhance our brain functions. One major reason why so many people are in need of brain training is their failure to keep their mind stimulated and working.

While this may not be the case with everyone, the majority of people will admit they don't work their brain as much as in the past. Your brain can become lazy and out of shape in the same way your body will without the proper amount of physical exercise.

Brain training is an ideal solution for the lazy and inactive brain. There are many brain training tools on the market including brain training software, brain training games and brain games you can do right in your home. One very effective brain training tool is the game of Chess. Chess is an excellent workout for the brain and an IQ booster.

Chess is a board game that's been around for many years. While millions of people play the game of chess, many don't play it because they've never learned and believe it's too hard. Chess, in many ways, is a more advanced version of the old favorite, checkers. We all remember checkers and playing it as a child. Chess plays on a similar board with the same number of pieces, although chess pieces have different values in the game and can only be moved in certain directions, depending on the piece.

Chess is believed to be a game where intelligence is required to play successfully. This may have a bearing on why chess is considered an IQ booster. While intelligence is a bonus in chess, it's even more important to have the ability to think, concentrate and develop strategies.

Chess requires deep concentration because you're not only concerned about what your next move is going to be but also where your opponent will move and what your next several moves will be. This is why chess is such an excellent brain training tool.

Chess requires a deep concentration and a great thinking ability. The more you play chess, the better your strategic abilities will be in other areas of your life as well. Developing strategies in chess can help you manage your life more efficiently because it will also increase your spatial intelligence, enhance your memory and give your IQ a boost.

If you don't already know how to play chess, find a set of rules online and study them until you're ready to have your first game! If you'd like to experiment a little before purchasing the game, there are many online gaming sites offering chess.



## **Improve Your Driving Ability with Brain Training**

One of the first signs we notice as we get older is in our driving skills. Our reflexes don't seem to be as good as they used to be, and we may begin having trouble seeing at night. We may actually begin avoiding driving at night because we don't see as well as we should and feel there is nothing we can do about these changes.

You'll be happy to know that there is brain training games on the market to help you improve your driving skills, whether you're elderly or a new driver trying to improve your driving. These specialized brain training games are designed to help improve your cognitive performance, attention, focus and reaction time. These are all qualities that can definitely improve your driving ability. So, how do this driving program work and help with your brain functions?

One of the programs is a program developed by a brain health company and only requires 20 minutes of use three times per week to be effective. Even drivers that already consider themselves good drivers have noticed improvements in their driving. Using this game for that much time is said to provide the following benefits:

- Improve your peripheral vision by increasing your field of view by 200 percent
- Giving you more confidence for driving in heavy traffic or in the dark
- Increasing your reaction time
- Decreasing your chance of risk of accident by 50 percent or more

One game that has proven quite successful has hidden jewels all over your computer screen. You have to try to drive around them as they increase in intensity, your screen gets darker and more cars come on the scene. You have to try to avoid the hidden jewels while maneuvering your vehicle on the darkened screen. This game, when practiced regularly, is great for improving your concentration and ability to drive and see in the dark.

Another popular brain training game for driving has you driving a car on your computer screen. Traffic signs appear and suddenly disappear. Within seconds, you're expected to drive your car according to what you remember the traffic sign telling you. You also have to remember which traffic sign was at what location. This brain training game does a lot for your memory and cognitive skills.

The great part about both these games is that they not only can help train and stimulate your brain, but they'll also provide you with so much fun, you'll have no trouble using them the recommended amount of time!

## **Brain Training with Your iPhone or iPod**

Anyone that's familiar with Apple's iPhone or iPod are also of the belief that there's very little they can't do. Almost any application you can think of, you can get from the iTunes App Store. One of the latest topics of conversation is THINK, the mobile brain trainer that has everyone all excited.

THINK will provide users with four categories, consisting of 16 training units, each designed to enhance and stimulate your mental abilities. The main purpose of the THINK is to boost the activity level of your brain, which is what brain training is all about.

The different disciplines or categories in THINK may be comprehension, math, memory or logic. Regardless of which area users choose to use, it's important for users to practice on a daily basis. To make this even more fun and encourage users returning each day, THINK has gives you statistics of your success so you can monitor your progress.

It's a well-believed fact that regular mental exercise is the best way to increase your brainpower and improve your memory. After all, isn't repetition and practice how we learned things when we were young? This is the principle and understanding on which THINK was created.

One thing that makes THINK so interesting and fun is that it offers users a variety of challenging subjects and tasks, each working to improve the player's creativity, imagination and concentration. Mental Math is one of the disciplines in THINK. In Mental Math, players are trying to beat their own scores while Results or Zero-sums have players racing against the clock trying to sort numbers and operators.

They're fun, they're stimulating and they're a great form of brain training. Leave it to Apple and Steve Jobs to develop another best selling product that's actually good for our mental health. Other games in THINK include Marble run, Color Sudoku and even a fun game called Alphabet Soup. THINK helps players stimulate their mind, and methodically test their logic skills and memories. There is a wide variety of game options on THINK and most can be played with a group or on your own.

You'll definitely get your brain going with THINK. Even if you don't have a lot of time to spare, you can still find a few minutes for THINK because they offer a "fast play" modes for times when you're in a hurry and don't have time for a long game. After all, it only takes a few minutes to give your brain some important brain training, especially with THINK.

## **Brain Training Games**

Brain training is a very popular topic in area of brain fitness. As a way to enhance our brain functions and improve our memory, many scientists are recommending brain training. Brain training can be achieved through brain training software or a variety of brain training games.

Brain training doesn't have to be work. In fact, you can train your brain while you play, either by yourself or with your family. Only a few minutes each day can make a real difference in your brainpower. Here are some very effective and fun brain training games you can do in your spare time.

The Rubik's Cube was a popular puzzle/toy in the 80s, with everyone and their brother trying to complete it as quickly as possible. Some mastered it quickly, while others gave up after awhile. You can still find the Rubik's Cube in many toy or department stores. It's a very inexpensive way to train your brain and improve you spatial intelligence, which is your ability to analyze and solve problems. For those unfamiliar with the Rubik's Cuke, it's a four inch square with nine little squares on each side. The object is to rearrange the squares so that all colors are on the same side.

Chess is a game that requires a lot of thinking and analyzing. You're not only thinking about what your next move is going to be, but you're also analyzing what your opponent will do and what you'll do after that. Because of the great amount of concentration Chess involves, it's an excellent way to train your brain.

Solving math problems is a great way to sharpen up your brain functions. Many people that were excellent in math in school find they have lost much of the math ability later in life because math was not a regular part of your life. Find some math calculations and problems online and time yourself. Keep trying to better your time by working on the math problems for a little each day.

Online brain exercises are offered on many sites and offer a wide variety. Whether it's working with numbers, memorizing facts on your screen or doing online Sudoku puzzles, you'll be providing your brain with a much needed workout.

Studies show that individuals that train their brain on a regular basis have sharper brain functions and a much better memory. While training your brain has not been scientifically proven to prevent Alzheimer's disease or dementia, it is believed to add years back on to your memory and brain functions. Brain training games on a regular basis will decrease some of the risk factors leading to Alzheimer's disease.

## **Popular Brain Training Games**

Brain Workout is a very popular brain training computer game. With the so many people having one or more computers in their homes and brain training such a hot topic today, why not get your child a computer games like Brain Workout that act as a brain trainer.

Your brain requires constant activity, physical exercise and stimulation to increase your brainpower and your memory. Brain Workout can do this for your brain and all it requires is that you play it for 20 per minutes per day. You'll little trouble getting your children to play this game for 20 minutes. The benefits of playing Brain Workout regularly are vast and wide. Brain

Brain Workout will prevent brain aging because of the way it keeps your brain thinking and active. It will also help increase your cognitive functions of language, memory, visual/spatial skills, concentration and executive function. Unlike many other computer games, you don't need a partner or opponent to enjoy the game.

You're constantly challenging yourself and trying to beat yourself. It offers tools and features to help you track and monitor your progress. It will also monitor your progress and compare it with other players. Whether you're playing by yourself or against your friends or strangers, you'll always know where the ultimate challenge lies.

By tracking and monitoring your progress, Brain Workout knows when you're ready for a challenge and will automatically present you with one based on what current challenges you've mastered. Although Brain Workout is a game you can play by yourself, it's also a lot of fun with friends, and the game will track the progress of up to three users. This can really add a competitive edge to the game.

Brain Workout is a very exciting, stimulating and challenging computer. So much so, in fact, that you may want to play the brain warm up game before actually starting the real thing. One of the many special features of this game is the many skill level settings you can adjust. You adjust the settings based on your strengths and weaknesses and the game will provide you with challenges and levels accordingly.

Your ultimate challenge will be to play and master the Total Workout, which challenges many of your cognitive skills and abilities. Once you've mastered the logic, memory and concentration sessions, you're off to play the Grand Slam workout, which is the ultimate challenge. Brain Workout offers you twelve challenging games to keep your brain active, challenged and fit.

## **Training Your Brain by Reading**

We've always been led to believe that the older we are, the bigger our brain. However, is this true? Studies show that as we age, our brainpower may actually decrease. How does this work and is there anything we can do to stop this process?

When we're little, our brains are just beginning their development process. Through stimulation and activity, our brains grow and develop muscle mass, which improves the functions of the brain.

From the time children are little, their brains are growing through exercise and stimulation. This stimulation and exercise is known as a form of brain training. One of the most important methods we can use to train our brain is by reading. The more we read, the better we become at reading and the more we enjoy reading. Children that are learning to read are training their brains every time they learn a new word, learn how to spell it or how it's pronounced.

As we get older, we lose muscle mass and our brain functions tend to decrease because they're not getting the same stimulation and activity as when we were young and learning new things every day. It works in much the same way as someone getting physical activity and suddenly stopping. While we're participating in physical activity, our bodies are becoming fit and trim. If suddenly we stop the physical activity, our body will no longer be fit and trim, and we'll begin to gain weight. When our brain is not getting the exercise it needs, it stops being fit and trim.

Reading is a form of cognitive exercise that can improve the blood flow to our brains. It doesn't have to be something you do for ten hours a day. Just a few minutes of reading every day will keep the blood flowing to the brain and improve its overall health. Your body is not the only thing that needs exercise daily.

If you work out every day at the gym, you're doing it to exercise your body. Why not give your brain the same exercise it needs? While we may not think of our brain as a muscle, it works in the same way and has the same requirements.

Research and studies have shown that performing calculations and reading out loud are very effective ways to train your brain. Brain training really does exist and can help keep your brainpower healthy and active. So, the next time you're ready to grab that calculator, do the calculation in your head instead and pick up your favorite magazine or book and spend at least 5 minutes reading every day.

## **Simple Facts about Brain Training**

Brain training is a very effective way to enhance your mind and increase your memory. Our mind tends to become passive if we don't provide it with the right amount of stimulation. Brain training involves activities that stimulate problem solving and thinking skills.

Some common and very popular forms of brain training include PDAs, hand held gaming devices, computerized programs like Brain Age by Nintendo DS, books, puzzles and flash cards. Brain training exercises have proven to be very successful in improving memory, even with individuals suffering from brain disorders. Recent studies with MRIs showed that memory was substantially improved in individuals that did brain training activities on a daily basis.

While there are many brain training programs and software on the market today, some of the simplest activities you can do right in your home with your family. Puzzles are a great way to keep your mind stimulated. If the brain doesn't get enough mental stimulation, it tends to become passive, which can affect your memory. The key to successful brain training; therefore, is in consistency, even if it's just for a few minutes each day.

Brain training is an activity the entire family can do, from simple puzzles to serious political debates! The more you have to think about what you're doing and saying, the more of a workout your brain is going to get. Crossword puzzle books and find a word puzzles are a great source of brain training and stimulation. Puzzles that require logic to be solved are also great family brain training activities.

If you enjoy reading, subscribe to your favorite magazine and newspaper and read the most interesting articles you can find. Encourage your children to read as well. The more you read, the better you'll be at reading and the more you'll want to read. Reading is an excellent source of training the brain to think, comprehend and remember.

Sudoku puzzles are very popular today and can be found in stores as well as online. They require thought and logic, which will provide a lot of stimulation for the brain. In fact, you'll find many puzzles online that can be done online or downloaded and printed.

Although a lot has been said about not letting children spend too many hours playing video games, they can provide brain training as well. Choose video games that the entire family can play. Other games may include card or board games like Concentration, Monopoly or Chess. Chess is probably one of the most effective brain training games you'll find. With a little time and imagination, you'll find many excellent ways to practice brain training with the entire family every day.