

For Basic, Generic Good Brain Development

1. The brain needs water as one's primary beverage.

Brain Gym Recommends

weight divided by 3	= number of ounces
#of ounces divided by 8	= number of glasses per day
i.e., 144 lbs. divided by 3	= 48 ounces
48 oz. divided by 8	= 6 glasses of water per day

A 144-lb. person needs about 6 glasses (minimum) of water per day.

2. The brain needs good nutrition:

- a. A balance of fats, not low fat
- b. Supplementation of Omega 3 fatty acids
- c. A high protein, lower carb diet
- d. Vegetables

3. The brain needs interaction with other brains.

- a. Early, positive attachment and bonding
- b. Age appropriate thinking and problem-solving opportunities

4. The brain needs movement and exercise.

- a. Sucking and blowing help develop the brain.
- b. Cross-lateral movement develops the corpus callosum.
- c. Gentle, head movements strengthen the vestibular system.
- d. Kid's interactive, low tech games help develop the brain.
- e. Beware of over and under stimulation!

5. The brain needs fresh air, nature, and good breath.