



BrainCoach

May 2024

BRAIN BITES

WITH GARY ANAKA – BRAIN COACH

THE FIGHT OF YOUR LIFE

By nature, the brain's major purpose is to **survive**. Of all the millions of bits of information coming into your brain everyday, anything that affects survival takes priority over everything else. The biggest battle in life then, is to stay alive and well. You can defend your brain. Options are understandable and reasonable. Put them into action. The brain fitness movement is interesting. Be a part of it. Join up! Fight against memory loss. Fight against brain fog and cognitive decline. They are monsters slowly attacking you. Battle against Alzheimer's disease. The enemies are huge. If you don't pay attention, the very essence of your identity will be stolen from you. Your most valued possession, your optimally functioning brain, could be lost forever. What a catastrophe! What a tragic personal blow not being able to realize your potential as a human being. You can shape your own destiny or destroy your own dignity. **You choose!**

Here is another scourge sweeping our nation from coast to coast: **mediocrity**. Mediocrity sucks! You can argue that some people are born mediocre. I say you can grow out of it! Some people strive to achieve mediocrity. That's an excuse to avoid life. Of course, other people have mediocrity forced upon them. Right. Don't accept that either. Move on. Mediocrity slows and hampers

Don't be too complacent and let things slide. Why would you let someone else order for you all the time in a restaurant? Why would you let someone else pick your clothes to wear every day? Refusing to make decisions gives away your personal power. Do your own stuff. Mediocrity is a brain losing attitude. Fight it. Avoid stagnation to stay alive.

On another front, you need to fight against gradual brain shrinkage. Every year your brain shrinks a bit. Every year your brain produces fewer neurotransmitters. Every year learning and remembering can become more difficult. Fight against this decline. The average person knows very little about brain wellness. To be honest, just by observing people's behaviour, they are totally unaware of the ordinary things in their lives that take away their brain power, age their brain and leave them defenseless against brain disease.

My greatest recommendation of all is to avoid brain problems before they even start. Why fight if you don't have to? Start by ignoring the aging myths and the decrepit old stereotypes. **Take preventative steps now to avoid future risks.** There won't be any mystical help down the road. You will never regret accepting and integrating some brain smart strategies into your life today. After all, Brain Wellness is a 'do it yourself activity'.

WE CREATE OUR OWN REALITIES