

Your Amazing **Brain**

You're Losing Brain Cells. Should You Worry?

(NAPSA)—Everything you want in life—from career goals to relationships—relies heavily on how well you use and care for your brain.

At the same time, it's easy to forget that your brain is responsible for everything from your dreams and emotions, to your ability to plan, solve problems and remember names. Not bad for an organ that weighs three pounds and has the consistency of soft margarine.

Unfortunately, you start losing brain cells—10 thousand per day, give or take a few—around the time you turn 21. Should you worry? Not really, since you've got over 100 billion at your service. What you should worry about, according to experts, is how well your brain cells communicate with each other. Here are five simple things you can do today to support the efficiency of a healthy brain:

- Play the word games in your daily newspaper.
- Read a magazine that deals with a subject you know little or nothing about. Brain cell “connections” increase when challenged.
- Get a good night's sleep. Lack of sleep impairs learning.
- Drink more water. Dehydration leads to a foggy mind.
- Supplement your diet. Dietary supplements with brain-friendly nutrients—such as B vit-



Exercising your brain can make you a superstar at home and at work.

amins, omega-3 compounds, and antioxidants—are very popular today. Among the best-sellers is Focus Factor, which contains ingredients that support healthy memory, focus and concentration. For a small shipping fee, you can get a free bottle by calling call 1-800-413-0153.

Bottom line: Help your brain, and it'll help you!