

*The Great
Brain Secret*



ADVANCED TRAINING

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***POWERFUL & EXCLUSIVE BRAIN
TRAINING EXERCISES PROVEN TO
IMPROVE COGNITIVE FUNCTION***

Disclaimer: The Great Brain Secret Advanced Training Guide

All information provided in this book, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment, nor all health-related issues.

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What Advanced Exercises to Expect

Reflex Tests

Reflex tests help with memory, brain function, intelligence and the ability to manage your environment.

All the tests in these worksheets will target your reflexes, impulses and reaction speed. These are to train your brain to be much more active. Sensory neurons (nerve cells) carry information to our brain and motor neurons carry messages away from our brain and to our muscles.

Your eyes receive information and your brain reacts to it. When a neuron is stimulated, it actually generates a tiny electrical impulse that travels from your eyes to your muscles.

Did you know? Information travels at different speeds within different types of neurons. Signals can travel as slow as about 1 mph or as fast as about 268 mph.

Body Challenges and Multi-tasking

The Body Challenges section of your advanced worksheets are full of tests and exercises to train your brain into managing and processing situations more effectively. The challenge could be something as simple as writing with the opposite hand you learnt to write with or something more complicated like pointing your index fingers of each hand at each other and trying to circle one away from you and circle one towards you.

Basically, you multitask whenever you are doing or paying attention to several things at once. Your brain, however, is set up so that you cannot actually do several things simultaneously; instead, you toggle back and forth between different activities, and this requires your brain to plan, prioritize, and manage multiple goals.

You will benefit from activities that help your brain to regain its ability to multitask effectively.

These body challenges will make you feel like a genius when you get it right!

Visual Illusions and How to Understand Them

Optical illusion are fascinating! They teach us about our visual perception and its limitations. We can learn a lot from the brain when we view these types of illusions.

The advanced worksheets have many of these to get your head around and each time we will explain reasons for why we see what we see.

It's great to train your brain to understand illusions, as it works all your visual receptors and keeps your brain super sharp!

Eye Exercises

People generate new brain cells, and new connections between them throughout life. And the more mental reserves people build up, experts believe, the better they can stave off age-related cognitive decline.

By performing eye exercises you move your eye muscles to create up-and-down, side-to-side or a circular motion. You also "work" the muscles controlling back-and-forth movement of your eye's natural lens, to help achieve sight at multiple distances, strengthening your brain and the connective tissues.

All these eye exercises strengthen the brain at its core.

Advanced Math Questions

Math training helps cognitive and brain functions and it could help those suffering with neurodegenerative illnesses, strokes or learning difficulties.

In your advanced worksheets you will find many excellent math questions, puzzles and games which are all designed to help you develop your brain functions.

You will find harder and more focused Math Questions here compared to the previous worksheets.

Advanced Logic Questions

Logic tests are great fun and help develop a sharper and better mind. All you need to do with these types of tests is read the question carefully and work logically through the answer.

If you are working out the problem, making hypotheses, testing your ideas, and coming

up with a solution, you are using your frontal lobes. Logic tests are great exercises because the frontal lobes follow the “last hired, first fired” motto. They are the last areas of your brain to develop and the first to suffer the ravages of time and stress.

You will find these logical tests much harder and more focused than those in your previous work packs so will work the brain harder.

You need to open your mind and think about all the options.

Origami

Origami helps to develop motor abilities of both hands, intellectual and creative abilities, and activate left and the right brain.

So what is happening when we are doing origami? Well on a body level your hands are being active which sends impulses to your brain and activates your left and right hemispheres. So your tactile, motor and visual brain zones are being made very active.

And on a mind level: your memory, non-verbal thinking, attention, 3D-comprehension, imagination are all working hard.

With the Origami worksheets we will give you instructions on creating your own Origami paper and once that is done you can get started.

All you need to do is follow the instructions and create the shape!

Not only does doing origami have some wonderful brain benefits it is also very therapeutic.

Creative Drawing and Thinking

Creative drawing improves hand-eye coordination and it can actually add synapses to your neurotransmitters. This means that memories and experiences stored in your brain can become stronger, more vivid, and easier to access.

Drawing helps your access the right side of your brain. Most people finish up as 80% analytical left brained problem solvers. More right brained activity allows for greater creative problem solving and a stronger all round brain.

Doing exercises like the ones listed in your creative drawing worksheet increases your intuition and improves memory. Also, your awareness of your surroundings gets sharper

and positive brain chemicals like Serotonin, Endorphins and Dopamine are produced.

In fact being creative produces an overall state of alertness that all of your other brain functions can use for improvement.

Whilst we supply you with worksheets for these training exercises, creative thinking and drawing can be applied throughout your day.

Try imagining different things in your environment. For example, imagine there are plants growing on the couch and on the chairs in your house, see them in your mind working their way over the contours of the chairs like ivy, twisting and turning. Imagine the vivid colors.

Or, if you are in a coffee shop or on a bus, take a pen and out and sketch a fellow coffee lover or passenger.

A great past time is to people-watch. Why not head to your local park and take a seat and sketch any interesting character and think – what are they doing today? Where are they going? What do you think their name is? Or how do you think they feel today?

Trivia

Everyone loves a good pub quiz and a bit of trivia. It's basically questions on anything and everything.

Trivia helps your knowledge and widens your mind. It increase your creativity, boost learning and builds a stronger mind.

You will find lots of varied questions in your worksheets!

Invention

In the same way that creative drawing helps access the right side of the brain, so does invention.

Using your imagination to create stories and experiences means your brain can become stronger, more vivid, and easier to access. Positive creative invention produces positive brain chemicals like Serotonin, Endorphins, Dopamine, and Norepinephrine.

Training your mind with creative invention can be done in many different ways, all outlined in the worksheets.

Meditation Exercises

Meditation exercises the brain in the same way an aerobics class exercises the body. The benefits for both are tangible and comparable. A complete fitness plan includes exercising the mind. A healthy body means little without a healthy mind.

Here is an example of a simple meditation technique.

Why not try it now.

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

Deep breathing counters the effects of stress by slowing the heart rate, relaxing the mind and lowering blood pressure.

Take some time out to enjoy these meditation exercises. All the steps will be outlined in the worksheets.

Hidden Objects

You will be given a worksheet with a detailed image and be asked to find several items amongst the mess!

Keep an open mind as you hunt them down as using your brain in this manner improves your memory and helps cognitive skills.

7 Day Protocol

Follow the protocol to reach your goals. It is all arranged for you on a daily basis. It is recommended to do any memory test you like before and after the week of exercises. This way you can test your skills. If you feel as if you need further work then repeat the 7 day protocol.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	1 x Origami 1 x Creative Drawing Worksheet Task Complete? <input type="checkbox"/> Comments:	1 x Hidden Objects 1 x Trivia Task Complete? <input type="checkbox"/> Comments:	2 x Visual Illusions 1 x Creative Drawing Task Complete? <input type="checkbox"/> Comments:	2 x Origami 2 x Trivia Task Complete? <input type="checkbox"/> Comments:	1 x Creative Drawing 1 x Reflex Test Task Complete? <input type="checkbox"/> Comments:	3 x Hidden Objects 1 x Origami Task Complete? <input type="checkbox"/> Comments:	4 x Visual Illusions 1 x Creative Drawing Task Complete? <input type="checkbox"/> Comments:
DAY	1 x Body Challenge Task Complete? <input type="checkbox"/> Comments:	Solve 2 Advanced Logical Questions Task Complete? <input type="checkbox"/> Comments:	2 x Body Challenge Task Complete? <input type="checkbox"/> Comments:	Solve 2 Advanced Math Question Task Complete? <input type="checkbox"/> Comments:	Solve 2 Advanced Logical Questions Task Complete? <input type="checkbox"/> Comments:	1 x Invention Test 1 x Creative Drawing Task Complete? <input type="checkbox"/> Comments:	3 x Math Questions 1 x Trivia Worksheet Task Complete? <input type="checkbox"/> Comments:
EVENING	1 x Reflex Tests 1 x Invention Test Task Complete? <input type="checkbox"/> Comments:	1 x Meditation Exercise 1 x Origami Task Complete? <input type="checkbox"/> Comments:	1 x Invention Test 1 x Trivia Worksheet Task Complete? <input type="checkbox"/> Comments:	2 x Meditation Exercise Task Complete? <input type="checkbox"/> Comments:	2 x Invention Test 2 x Trivia Worksheet Task Complete? <input type="checkbox"/> Comments:	1 x Body Challenge 1 x Reflex Test 1 x Visual Illusion Task Complete? <input type="checkbox"/> Comments:	3 x Meditation Exercises 2 x Eye Exercises Task Complete? <input type="checkbox"/> Comments: