



BENGREENFIELDFITNESS

IN THE TRENCHES:

10 Ways To Enhance Your Brain,
Biohack Cognitive Performance &
Banish Neural Inflammation



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JAW REALIGNMENT





MORNING BRAIN FLUSH

HOT-COLD





365-1F



KUNDALINI YOGA



**BLOOD
GLUCOSE**



**BIOHACKED
HOME
OFFICE**



#BENGREENFIELDFITNESS



VARIETY



VARIETY

Likewise, just doing crossword puzzles or sudoku is not going to give you the full benefit you want. Just doing crossword puzzles is like going to the gym, doing right bicep curls, and then leaving. Here are some ideas for exercising various parts of the brain:

Prefrontal cortex—language games, such as Scrabble, Boggle, Words with Friends, and crossword puzzles; strategy games, such as chess, Rail Baron, Axis, and Blokus; meditation

Temporal lobes—memory games, learning to play new instruments (also involves PFC and cerebellum)

Parietal lobes—math games like sudoku, juggling (also involves PFC and cerebellum), map reading

Cerebellum—coordination games, like table tennis (also involves PFC), dancing (learn new dance steps), yoga, tai chi

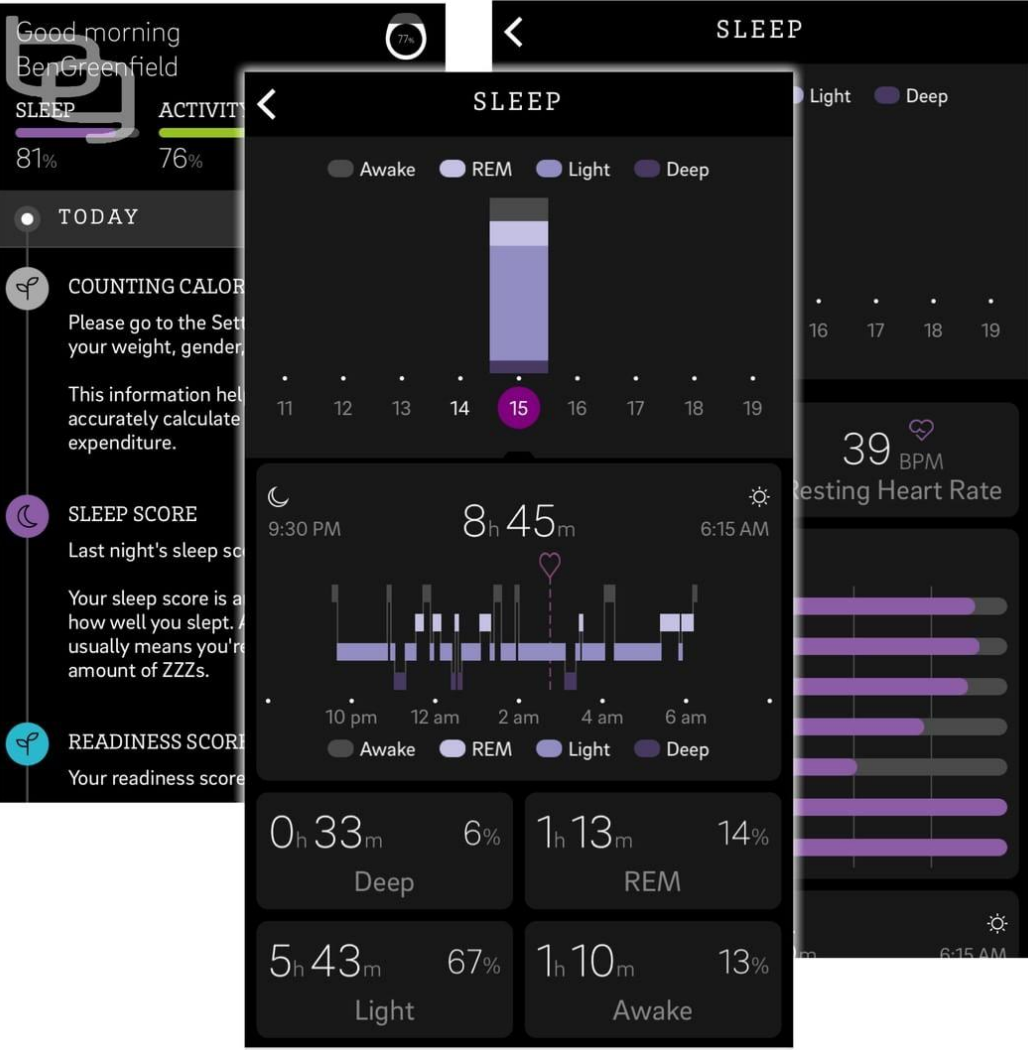
NEW-LEARNING TIPS



AROMA- THERAPY



LOW INTENSITY PEMF



SELF-QUANT



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Q & A

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