



# LIFESOURCE INSTITUTE NEWS

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## Brain Health: Keeping Memory Alive?

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### STAY ON TRACK

- \* **Meditation** has been carefully studied by the medical profession for the last fifty years. Studies have shown that meditation is a virtual “magic pill” for eliminating the physical effects of stress.
- \* **Prayer** is another form of meditation, probably one you already tried. This fascinating form of meditation can be electrifying, why because more than any other mental activity, it merges the power of spirituality with the power of psychology.
- \* **Use it or Lose it** you have heard quotes like, the mind is a terrible thing to waste, remember exercise your mind, body and spirit.
- \* **Last** make it a goal to get at least 2 hours a day of physical exercise. We need a strong body to help keep our strong mind, keep moving never become still unless you are sleeping.
- \* Remember during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you bridge the gap between mind body and spirit. Don't worry about cost. Blessings, and may you all remain safe.

### Memory How It Works.

The key's to forming lasting memories with efficiency do not show up in one single brain cell, though in vast chains of brain cells calling themselves memory traces. Each one of the brain cells hold a small part of the entire memory. It is still mysterious, exactly how each brain cell holds on to a small portion of a complete memory trace.

**Today's Leading Theory Is.** These individual “bits” of a memory trace are created, if a thought is the fragmented input of sensory input, that physically alters the structure of our brains cell's RNA, or ribonucleic acid. Your brain is your body's “memory bank,” RNA appears to be the memory bank for each of our brain cells. RNA is in your cell's nucleus, also in the jellylike

cytoplasm surrounding the nucleus. The cytoplasm and nucleus are where all the genetic codes are stored. These cell areas are the cells “information centers.” RNA helps your body to synthesize the proteins it needs, all memories are stored in RNA as “coded” proteins. To become encoded as a memory by the brain cells, info must enter the brain first.

**Three Types of Memory.** Auditory memories are stored in the left side neocortex of the brain, where visual memories are stored in the right side of the brain. Most of the kinesthetic memories are stored in the cerebellum, on the outside of the neocortex. 65 percent of us are oriented towards visual. 20 percent of us are auditory. 15 percent are kines-

thetic memory. It's sometimes possible, just listening to a person describe things, tells us which type memory he or she is. If they use visual imagery, they are often primarily visual learners. If the person is skilled at conversation recall, they are probably a good auditory learner. If they describe how an experience felt, they may be mostly towards being kinesthetic. Some people are equal at all three memory types, if this characteristic is present they are excellent learners, with a very strong memory.

**In Fact.** Regular exercise will help “not less than two hours a day of exercising.” Throughout history this practice has been generally accepted, physical fitness definitely benefits the mind as well as the body. Plato said, in 400 B.C., a healthy body was necessary for a healthy brain. So let's get moving and keep our memory alive.

## MUST READ: brain rules by John Medina

### ASK THE COACH?

Q: COACH BERNARD I WANT TO RUN MY FIRST MARATHON OR HALF MARATHON HOW LONG SHOULD I TRAIN TO COMPLETE THIS GOAL OF MINE. SHIRLEY R. AZ

A; **GREAT QUESTION,** I RECOMMEND YOU GIVE YOURSELF A MINIMUM OF THREE MONTHS, START SLOW AND WITH LOW MILEAGE. LET YOUR BODY TELL YOU WHEN TO SPEED UP. ONE OF YOUR GOALS SHOULD BE NOT GETTING INJURED, THE KEY TO RUNNING IS GETTING IN THE MILES, EITHER WALKING OR RUNNING. IN THREE MONTHS YOU ARE GOING FROM THE COUCH, TO WALKING, THEN RUNNING YOUR FIRST MARATHON. REMEMBER, TO LISTEN TO YOUR BODY IT WILL GIVE YOU CLUES.

IF YOU NEED FURTHER EXPLANATION PLEASE CONTACT ME AT LIFESOURCEINSTITUTE.COM

THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.