



LIFESOURCE INSTITUTE NEWS

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Setting Your Children Up For Brain Health Success!

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STAY ON TRACK

- * **Longevity** according to the U.S. Institute of Health, vitamin D concentrations of 600 to 1,000 IU for children are very beneficial to a long life.
- * **Boosting Cognition** recent evidence showing children, middle-aged adults, and the elderly supporting how important lutein and zeaxanthin are to overall brain health.
- * **Do Your Children Need More Sleep** the study we looked at nearly 50,000 kids and teens when asking parents about their children's sleeping habits. Over 36 percent of 6- to 12-year-olds don't get enough sleep, and 32 percent of high schoolers also came up short. This lack of needed sleep by our children makes it difficult for our kids to behave and learn. Children 6 to 12 should get between 9 and 12 hours of sleep every night. High school aged teens should sleep between 8 and 10 hours every night.
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

STUDIES SHOW adequate intakes (AIs) are still not known for individual fatty acids EPA and DHA, the National Academy of Medicine established AIs for the total amount of omega-3s in the first year of life which is obtained usually (through breast milk). Our body makes DHA and EPA from 3 main omega-3s, alpha-linolenic acid (ALA), eicosatetraenoic acid (EPA), and docosahexaenoic acid (DHA). This study also shows that DHA, is one of the most important components of our membrane, which are surrounding the brain cells called neurons, this is vital for positive brain development and function ability. DHA is accumulated in the fetuses brain starting in the last trimester of the mothers pregnancy till roughly two years of the newborns age.

This is the most critical period of the newborns brain development laying the framework or better known as the foundation for a manageable lifetime of intricate and complex brain processing.

EATING PLENTY OF BLUEBERRIES has shown to benefit our young children's brains, like it has richly improved cognitive function in our older adult population. This new research is showing these flavonoid-rich berries also can improve the memory and also needed attention spans of our young youth. This superfood in a article published by The European Journal of Nutrition reports that 200 ml of a blueberry drink led to quicker reaction times, enhanced verbal memory performance ,

and better recall in 7- to 10-year-old children, compared to a placebo. These type of findings are adding to the large amount of evidence already discovered that flavonoids are linked to and are very beneficial to healthy brain function.

EXERCISING at least 60 minutes of physical activity for at least 6 or 7 days per week has shown many health benefits according to The American Academy of Pediatrics recommendations.

MENTAL HEALTH of your children is so important especially if your child has concerns about COVID-19, they maybe seeking guidance from you the parent, to manage their anxiety from worrying about the future of the world, and their own fears about germs, not trusting other people and just dealing with all the stress this health pandemic has created. We hope 2021 is better for all.

MUST READ: UNSINKABLE BY AUTHOR SONIA RICOTTI

ASK THE COACH?

Q: COACH BERNARD: WHAT STUDIES HAVE YOU SEEN THAT STATE EXERCISE IMPROVES MEMORY? Brandy M. UK

A; GREAT QUESTION, AEROBIC EXERCISE HAS BEEN ESTABLISHED IN THE IMPROVEMENT OF MEMORY, BUT RESEARCH AT UT SOUTHWESTERN MEDICAL CENTER IN DALLAS HAS ONLY JUST BEGUN TO UNRAVEL WHY IT WORKS. A GROUP OF 30 PEOPLE AGE 60 OR OLDER WITH MEMORY PROBLEMS WERE ASSIGNED TO ONE OF TWO GROUPS FOR A YEAR-LONG FITNESS PROGRAM; AEROBIC EXERCISE OR STRETCHING. MEMORY IN THE AEROBIC GROUP INCREASED BY 47 PERCENT BUT DID NOT IMPROVE SIGNIFICANTLY IN THE STRETCHING GROUP. BRAIN SCANS, TAKEN BEFORE AND AFTER THE PROGRAM, SHOWED THAT AEROBIC EXERCISE MARKETDLY IMPROVED BLOOD FLOW TO CERTAIN PARTS OF THE BRAIN.

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