

The Brain

Your brain works through a large web of neurons

This is called your 'connectome'

Neurons represent experiences, memories, thoughts, movements, sensations and more

When a neuron fires, it causes an electrical pulse to travel across a gap

This also releases neurochemicals, these strengthen or weaken connections, encourage more activity or less activity etc.

Training

The traditional brain training game is not backed by science.

Most games only improve you at the specific task you are focussed on.

You can enhance working memory however by using a test called 'dual n-back'. You can also do this by using chess or even classic computer games.

Fitness and exercise boost brain performance even more.

Plasticity

Neurons that 'fire together' will 'wire together'. This means that if you use two neurons at the same time repeatedly, you will create a connection.

Eventually, this means you can grow and reshape parts of your brain.

Certain things encourage this:

- * Learning new subjects
- * Being in novel environments
- * Using certain nutrients
- * Meditation

Smarter Brain

Focus

The best way to encourage focus is to understand the role of your physiology and your peaks and troughs in arousal.

Work when you are focussed. Use timing and even cold showers to wake yourself up.

Try to achieve a flow state - the highest state of human performance - by focussing on activities that are inherently rewarding for you!

Nootropics

Nootropics tend to work by increasing one or more neurotransmitters.

These include things like dopamine and orexin.

However, this only yields short term and specific benefits.

Better is to focus on overall nutrition and aim to support brain function and provide brain energy.

Upgrade

To think smarter then...

- * Get sleep, rest and nutrition
- * Keep learning, keep taking on new skills
- * Support plasticity with the right supplementation
- * Engage in computer games, chess
- * Practice things that will train working memory, like dual n-back
- * Practice focussing
- * Meditate