

Important Things to Remember About Your Brain

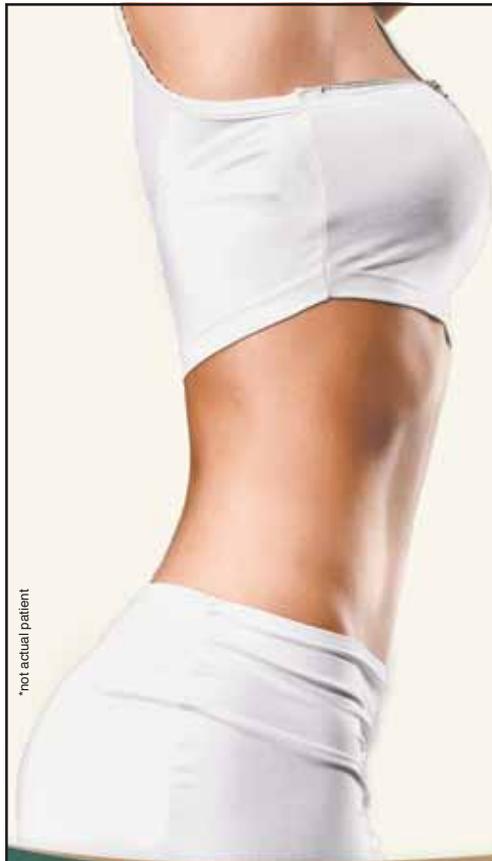
It's never too late to build a part of your brain. Although our brains are completely developed by the time we reach 25, that doesn't mean that you can't keep on improving parts of your brain.

"Every time you learn something new, you basically are developing an area of your brain that hasn't been challenged before," said Dr. Marie Pasinski, a neurologist at Massachusetts General Hospital. "The brain that you have is the result of how you've used it over a lifetime, and the beauty of it is that it's never too late to remodel your brain, restructure it, and build up new areas. In many ways, we truly are the architects of the brain that we have. It's never too late to change your brain for the better."

It's best to treat both sides of your brain with care. Whether you are a left brained person or a right brained person, your entire brain should be nurtured.

"Both sides of the brain are equally important and should be loved and treated well—and used," said Dr. Carolyn Dean, author of *365 Ways to Boost Your Brain Power: Tips, Exercise, Advice*.

When you build one side of your brain, the other side also reaps the benefits. "Any skill you build, when you're thinking of how your brain is working, is going back and forth across the left and right cortex like a pinball," said Tony Dottino, Founder of the USA Memory Championship. "When you start learning something new, it is amazing how the plasticity of your brain will start bouncing back and forth to left and right, so what you're doing as you learn one of your weak spots is building up your strong spots and giving them a new perspective and dimension."



*not actual patient

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