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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**1-2-3 Stretch Your Mind!**

**By Julie Jordan Scott**

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Yesterday my daughter Katherine and I went out to breakfast. After discovering our favorite Sports Cafe, Goose Loonies, no longer served breakfast on Sunday mornings, we decided to go a completely different route.

We chose a local Hometown Buffet, a restaurant whose claim to fame is everyone can get exactly what his or her tastebuds desire. Because of the vast selection and wide array of tasty delicacies assembled on the sumptuous buffet, any dining experience is possible.

Occasionally I get cravings for institutional style scrambled eggs.

Satisfying that need was my sole focus as I surveyed the vast assemblage of food choices before me.

The surprising comfort of my scrambled eggs always brings a smile and contented smile to my spirit.

What is it about the eggs that quickly brings me to this different state?

Possibly it is the connection between eating institutional eggs and one of the more remarkable of my life: my college years. A period of coming into my own. The first time I was not identified as "Sue's Sister" or "Nancy's Daughter" or "The Nicest Jordan Child." I could simply be me. And I ate runny scrambled eggs a couple times a week as I set forth on the new adventure each day held.

Perhaps that is one of the reasons I adore scrambled eggs. I had various emotional associations that I connect to this dining experience. Especially

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with eggs that are cooked in high quantities rather than in my own skillet.

I have been reading a book entitled, "Keep Your Brain Alive" by Lawrence C. Katz and Manning Rubin. A fascinating read, it features Neurobic exercises which will increase mental fitness.

Among the simplest and most effective means of stretching our brain's effectiveness is to connect multisensory associations and to regularly switch our standard routines.

After eating my scrambled eggs, I opted for a crunchy green salad. Having "mismatched foods" or lunch for breakfast is one way to surprise

and delight the brain. Also, the quiet to eat scrambled eggs immediately followed by the loudly crunching veggies create a multisensory playground for my neurons to laugh and rollick. Katherine was so intrigued by my selection, she followed suit. A brief aside, I wonder what has happened this year? My fourth grader has accomplished the high honor of being on the Principal's list two consecutive grading periods and has been selected for Mt. Vernon Elementary's Academic Pentathlon team. Interesting to ponder.

Maybe it is eating scrambled eggs, salad and pancakes. In that order!

Increasing your brain's fitness is simple. It also requires conscious effort. The latest research shows that in doing so, we can actually grow new dendrites, which are the connective links that bring forward sharper memory and assist in converting facts into tools we can use.

Here is one simple activity to fire up associations in thinking.

1. Brainstorm random Nouns. That's right: think up People, Places, Things and Ideas. Write each Noun on a small piece of paper, fold it up and put the collection into a bowl.

3. Select two Nouns from the bowl.

4. See how many associations you can make from the Nouns you have chosen.

Katherine and I followed up our Brain Exercising Buffet with this association game.

We chose "Charleyana (our Family Chevy Astrovan)" and "Eyes".

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Here are our first two associations:

1. Both have a "window" through which we can see the world.
2. Each takes its owner on incredible journeys.
3. Both may need occasional assistance from a professional to work well.

What connections can you identify?

How is this exercise useful beyond stretching your brain?

1. It increases your laser focus which in turn has an exponential effect on your creative powers.
2. Solutions are more easily created.
3. Product Development is more rapid as you see new avenues to pursue. The result of this is more income and assets.
4. It becomes natural to make choices more quickly and effectively which can have a positive impact upon your personal finances, your artistic endeavors, athletic abilities, even relationships may improve through looking from different perspectives birthed through surprising associations.

From now on, commit to keeping your brain muscle flexed. Play the association game one day with at least two or three friends or family members. On another day, mix up your meal through both the menu planning and where you eat your dinner. For example, if you normally eat in your kitchen, have a picnic on the living room floor or out on the porch.

Not only will you thoroughly enjoy it, your brain will benefit as well.

Julie Jordan Scott is a Personal Success Coach who left her career as a government bureaucrat and built a successful business in less than six months. To subscribe to her newest ezine, Daily Passion Activator, the Little Ezine with the Powerful impacts, send a blank email [DailyPassionActivator-subscribe@yahoogroups.com](mailto:DailyPassionActivator-subscribe@yahoogroups.com) or via web: <http://www.5passions.com> to subscribe today.

### **Diminishing Stretch Marks**

**By Martha Fitzharris**

Stretch marks are results of rapid stretching of the skin due to rapid weight gain and growth spurts. Pregnant women are more likely to have stretch marks the breasts, abdomen, and hips. Teenagers

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are more likely to have them on the shoulders and hips. In general, anyone who gains and loses weight rapidly will probably get stretch marks.

Stretch marks can be bothersome and unsightly to the ones that have them. As the skin stretches, collagen fibers in the skin tear, thus causing damage to the dermal tissue. Unfortunately, once a stretch mark appears it is permanent and difficult to make it fade away; however it is not impossible. Fortunately, there are treatments available to help fade them away.

A suitable method for removing the stretch marks is to use a cream which utilizes biological activators of your body's own regenerative process to prevent and diminish stretch marks. This type of cream will stimulate the production of new collagen, elastin and other proteins from within the skin, allowing your skin to heal itself thus replacing damaged skin.

Martha Fitzharris is a free lance journalist for

a website offering a

new biological natural skin care product that activates skin renewal.

If you want more information about Stretch marks, please click natural skin care cream with natural skin renewal activators.



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