

Do We Agree ?

By Sushant Mysorekar.....

- A vehicle needs over oiling to maintain its smooth drive.
- A machine needs oiling and replacement of spare parts from time to time.
- A house needs a renovation after a period of time.
- Our clothes become fade and unusable after some time.

But we hardly Agree ?

- Our human system needs to be checked after every six months.
- Our brain needs nourished food, exercises & continuous use.
- If we don't use our body parts it shall detoriate after some time.

We strongly believe

- I am perfectly OK and its working perfectly alright with me.
- I don't have any deficiency eventhough I forget, misplace, don't remember things, names & faces, sometimes absentmindedness..
- I don't require any type of mental training.

But my friends let me remind you about the deadly disease i.e Alzheimer's which is spreading everywhere. The main cause of this disease is, due to untapped brain potentials. Dictionary defines Alzheimer's as disease which affects the functioning of the brain.

According to recent researchers led by Archana Singh-Manoux from the Centre for Research in Epidemiology and Population Health in France and University College London – **"45 to be the new 60 for your brain"**. Researchers observed 5,198 men and 2,192 women over a 10-year period from 1997. Over the 10 years the participants were tested 3 times for memory, vocabulary and skills in aural and visual comprehension.

There was a 3.6 % decline in mental reasoning in men aged 45-49 and a 9.6 % fall in those aged 65-70. The corresponding figures for women were 3.6 and 7.4 respectively – AFP.

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How shall you feel : If you could able to remember :

- Telephone numbers at your finger tips
- Chapters / Long answers/ Paragraphs you have read.
- Recognise Names and Faces immediately
- Periodic Tables, Geographical Locations, Historical Dates.
- Birthdays, Anniversaries & special events at spur of moment
- Jokes during picnics, excursions, family get-together etc.
- Management Quotes during seminar/presentation/discussion
- Content with Speed and accuracy.
- Identify Abstract Images
- Improve Spatial and cognitive skills.
- Improve Communication
- Develop Creative, and lateral thinking

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