



BrainCoach

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# BRAIN BITES

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## YOUR BRAIN OLD WORN OUT MYTHS

**1. We are born with a genetically predetermined brain.** We all have lots of limitations and nothing can be done about it. The brain is a hardwired black box. You get what you got. This is simply not true!

**2. We only use 10% of our brain.** This is also a myth. There is not scientific data that supports this statement. Unfortunately, this myth is repeated by the media and society in general and people believe it. We use all of our brain. That's why we have one.

**3. You cannot grow new brain cells.** Brain scientists used to think that people were born with a fixed number of brain cells that die out as we get older. It was believed for over 100 years by neurologists that there was no chance of regeneration. Today we know that this is not true either. It is possible to grow new brain cells well up into old age. That's good news!

**4. The brain can't change.** For a long time, neuroscientists believed that once you became an adult, your brain remained stable for the rest of your life. Then, as the decades passed, the brain inevitably declined in function and in its structures. Again, this is no longer thought to be true.

**5. There is nothing you can do about brain aging.** This out of date, obsolete assumption should be totally ignored. Brain integrity can be maintained into old age. There is a lot of hopeful research and advice being given to us by state of the art neuroscientists today. Early mental deterioration doesn't have to be your future. That's today's new reality. Awesome news!

### NEUROGENESIS:

### THE BRAIN CAN GROW NEW NEURONS

#### Key Point

This means that you can potentially:

- grow new brain cells everyday
- grow new brain cells at any age
- grow new brain cells until the last day of your life



# YES !