

FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

Brain Optimization

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Day 2: Brain Anatomy

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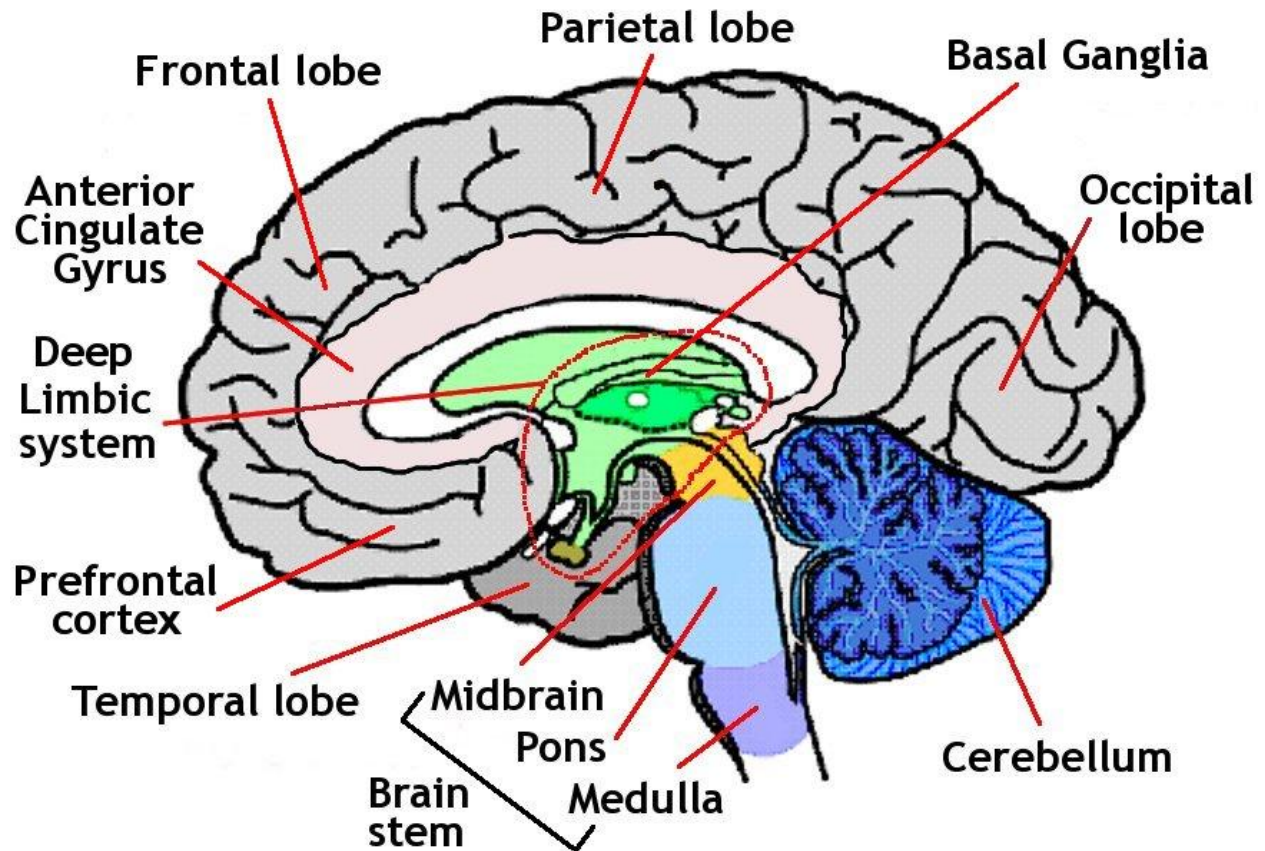
Before getting into the details of how you can optimize your brain and improve your life, it's useful to have a basic understanding of the anatomy of the brain. Don't worry – this isn't an anatomy class, and you don't need to memorize any of this material to optimize your brain.

The four primary brain bio-chemicals – dopamine, acetylcholine, GABA, and serotonin – correspond to not only the different personality types, but also to different physical regions of the brain, and different brain waves! I think this is SO cool because you can clearly see how there is a direct and obvious underlying connection between brain anatomy, personality, and brain waves.

The human brain is composed of three primary parts:

- The Cerebrum
- The Cerebellum
- The Brain Stem

Below is a basic picture of brain anatomy I got from Google; I like it because it clearly shows where the four lobes are. If you are curious to learn more, go search on "brain anatomy" and you'll get many thousands of images to choose from. :-)



The Cerebrum

The cerebrum is what most of think of as "the brain", and is composed of two hemispheres (left and right) which are separated by the corpus callosum. Each hemisphere of the cerebrum is further divided into four lobes: the frontal, parietal, temporal, and occipital lobes.

The frontal lobes produce dopamine and control movement, produce energy, and are the driving force of your personality. The frontal lobes produce beta waves, and are associated with higher thought functions such as reasoning and logic, and create the electrical voltages that powerfully influence your mood and personality.

The parietal lobes, which produce acetylcholine, is where your thoughts come from. The parietal lobes generate alpha waves and determine your brain's speed and it's "brain age". You might think of acetylcholine as the "oil of the brain", which keeps everything well lubricated and flowing smoothly.

The temporal lobes, which produce GABA, houses the functions of language and regulates the natural rhythm of the brain. The temporal lobes generate theta waves and help create calmness of the body and mind, and are also involved in the production of endorphins, which are the "feel good" chemicals produced by your body as a reward for engaging in exercise or sex.

The occipital lobes, which produce serotonin, control visual processing. The occipital lobes generate delta brain waves and are involved in allowing your brain to rest, heal, and regenerate itself.

The corpus collosum is the interface between the left and right hemispheres, and synchronizes the operation of the two halves of the brain.

The Cerebellum

The cerebellum controls balance and automatic movements such as arm and leg coordination. The more developed your cerebellum, the better your balance and coordination!

The Brain Stem

The brain stem is where the spinal cord meets the brain at an organ call the thalamus. In other words, it's where brain interfaces to the whole rest of the body. It is the most primitive part of the brain, and controls automatic and involuntary motions such as your respiration and the beating of your heart.

Whew! Yes, that's it...that's all you need to know about brain anatomy to move forward and understand the following articles so you can optimize your brain and your life. However, in this article we've obviously just scratched the surface of brain anatomy and physiology; it's a wonderful and active area of research, and if you are curious I encourage you to learn more.

I find it fascinating that our health, personality, and success in life can be directly mapped to the various parts of the brain and brain chemical pathways. In the following articles, we'll first identify your dominant brain chemical, then identify your deficiencies, and then cover each of the pathways in some detail to explore how you can use energy healing and inexpensive nutritional supplements to optimize your brain and change your life!