

RADIANT LEARNING

Sounds good, but what IS it? Well, first let's look at what it's not. For a long time, experts thought learning was a linear operation, like the way a simple computer works. This thought leads directly to this thought leads to this... and the product of these links, or connections, is learning.

Now we know differently. Now we know that in the brain are billions of Dendrites-neurons that resemble a tree with many, many branches. Each of those branches, when stimulated with an electrical charge, ignites MORE dendrites. The possibilities for new pathways of connections are nearly endless. What we can absorb, learn, create, is limitless. We are all geniuses!!!!

Better still - the more these dendrites are stimulated, the more they (drumroll, please...) create new brain cells. Yup. New brain cells. By 'exercising your brain' as you age, cognitive decline is not a foregone conclusion. Memory does not have to worsen, you can recover from stroke, and you can grow sharper and smarter. Know someone brighter at 80 than they were at 40? How did they do it? Radiant learning guru Mary Kay LeFevour recommends:

- Laughter. Yup. Turns out, it's extraordinarily good medicine, stimulating the brain like crazy.
- Change your daily routine. If you are a left sock - right sock person, switch occasionally to right-left (retain traditional shoe - sock order, however).
- Take up a creative hobby. Start drawing or writing or singing or playing an instrument.
- Watch Jeopardy, read articles, and play games that Challenge you.
- Only work at learning new things for 45-minute chunks, then take a 20-minute break. Naps help you absorb even more!
- Breathe. Deeply. Oxygen stimulates brain cell growth.
- Drink water. Lots of it. People learn quicker and retain more when they consume more H₂O.

These are practical, easy-to-do suggestions. Will you spend the time complaining and bemoaning the loss of your short term memory, or will you use that same time DOING something about it? The choice, as always, is yours....