

The whole truth about the aging of the brain: Is it possible to slow down this process?

Python homework help

What is the aging of the brain? Let's try to figure out together. After all, knowing the reason, you can try to stop this process. Scientists put forward several hypotheses regarding this problem.

By 25 years, the human brain is finally formed. After that, the process of fading its main cognitive functions begins.

Signs of brain aging are often associated with a decrease in the production of a special substance. It is called myelin and it is responsible for the formation of a shell of nerve cells.

Whatever the main reasons for the aging of the brain, you can see the main signs that say that the process is running. But this does not mean that you do not need to do anything to stop it. Consider examples

Winston Churchill. He became the Prime Minister of Great Britain in 65 years.

Ronald Reagan. In 69, he was elected president of the United States.

Michelangelo. He became the chief architect of St. Peter's Cathedral at 71.

Fedor Konyukhov, 67 years old. Continues to actively travel around the world.

Evgenia Stepanova. At the age of 75, he won the European Championships by jumping into the water.

Ingeborga Motz. I became one of the successful exchange players of Germany at 75 years.

None of them believed that the readiness to change depends on the age.

No matter how old you are. It is important not to cease to learn and develop.

Some "first bells" can be seen at the age of about 40 years. A person begins to experience problems with the concentration of attention. It becomes more difficult for it to process and memorize new information. This is especially noticeable on the example of complex information. After all, the brain needs to strain much less to perceive empty transmission on TV, rather than learning the scientific book.

Problems with sleep can also say that the brain began to grow old. In this case, a person begins to feel difficulty with falling asleep. After having passed enough hours, he still feels tired and broken.

What can be done?

Do not think that the aging of the brain is a process that cannot be prevented. Start with a variety of learning. Scientists have proven that, constantly perceiving similar information or studying the same thing, we harm our brain. Therefore, even useful crosswords, if you solve only them, at best, will not be beneficial. Develop your brain varied: thanks to this, you will create new neural connections every day that will improve cognitive functions.

Do not think that you are not capable of anything. In adulthood, you can solve problems and make decisions based not only at the speed of thinking and good memory, but also on a large baggage of personal experience. A constant search for a new will help refuse patterns and make thinking more flexible.

Any age is beautiful. It is impossible to say that the process of aging brain cannot be slowed down - incorrect. Constantly training its cognitive functions, being open to everything new, you can achieve heights in adulthood.

Our brain retains youth if new synapses are formed in it. They are responsible for memory, attention and flexibility of the mind. In old age, the formation of synapses slows down. This can lead to certain difficulties with memory, attention and thinking. Each cognitive training on the Wikium forms new neural connections in the brain, and therefore, the disadvantage of the mind will remain with you.

It is especially important to train in old age. The most adult user Wikium is 89 years old. It passed more than 700 training. We inspire such examples, and you?