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Train Your

Brain

5 Strategies to Improve  
Your Mental Fitness

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Every thought and feeling you have, good or bad, is controlled by your brain. If you feel tired it is your brains interpretation of the physical symptoms of fatigue and exhaustion. Fatigue, overwhelm, the inability to get things done, as well as stress and depression are all factors controlled by our brain.

Yet rarely do we see or hear discussions about the importance of mental fitness. We are bombarded by commercials, products and subliminal messages emphasizing the importance of physical fitness. However, when was the last time you saw a commercial about exercising, training or boosting your brain?

### **How to Boost Your Mental Fitness**

Mental health and fitness is vital to absolutely everything we say and do but it is largely neglected. Here are five steps you can take to boost your mental fitness:

**1) Put Your Brain On A Diet.** Just like a good nutrition program helps accelerate weight loss and muscle building in athletes and fitness fanatics, the same goes for building your brain to extraordinary levels. Reduce sugar and caffeine in your diet - while they may give you temporary boosts, the long term negative health consequences should be avoided. In addition, avoid ingredients such as aspartame and hydrogenated oils.

**2) Exercise.** Daily exercise improves your overall mental fitness and can reduce stress, anxiety and depression. This doesn't mean you have to go to a gym for hours a day. A short, brisk 15-minute walk will do wonders for how you think and feel.



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- 3) Try Something New.** Our brains are stimulated by adventure and novelty. Do something or go somewhere new. Try a new hobby. Meet new people. Learn to play a musical instrument. Bottom line, get off the couch, turn off the TV and do something that stimulates your brain.
- 4) Reduce Stress.** Chronic stress, anxiety and depression produce stress biochemicals that have deleterious effects on our memory and mood. Practice relaxation techniques such as deep breathing, yoga, meditation and prayer to calm the brain and reduce stress.
- 5) Daily Brain Training.** Scientifically proven and tested technologies have shown us that daily brain entrainment can allow you to build a formidable brain. Brainwave Entrainment can help you dramatically improve your mental abilities!

Of these 5 strategies, the possibilities and success of brain entrainment is less known and practiced yet it is one of the easiest ways to build your brain capacity and long term mental fitness. It is based on scientific research that has revealed that many dynamic thought leaders, scholars and the most intelligent share similar brainwave frequencies and display distinct peak brain states while engaged in mental tasks. With Brain Entrainment you will quickly experience the results of an optimized brain and accelerated cerebral functioning.

### **What is "Brainwave Entrainment"?**

Brainwave entrainment is a relatively young but rapidly growing field that involves the study of how altering brainwaves naturally can allow people to easily enter states of increased intelligence, creativity, relaxation, pure energy and more! Researchers and scientists have found that different bands of brainwaves are associated with different mental states. For instance, the brainwaves of a sleeping person are much different than the brainwaves of an individual who is wide awake.

Years of research has shown that brainwaves can be stimulated to actually change that person's current state allowing them to become smarter, more

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productive, and more creative. By causing the brain to produce or decrease specific types of brainwave frequencies, it is possible to train your brain to bring about a large variety of mental states and emotional reactions.

When the brain is given a consistent, repeating stimulus, such as drum beats or flashes of light, the brain responds by synchronizing, or entraining, its electric cycles to the external rhythm. This is commonly called the Frequency Following Response (or FFR), and it can be used to effectively alter the brainwave pattern of the audience.

### How Can All This Research and Scientific Evidence Benefit You?

Your brain is the central point of leadership in your life. If you do not treat it with the same or greater level of respect you treat your body, the negative effects will be felt in every aspect of your life. Regular exercise and training is key to your overall success in your career or work as well as in your personal life and goals. Listening to something as simple as the specially designed [OptiMINDzation™ 12 Volume brain entrainment](http://www.optimindzation.com) audio Set can be a successful strategy for "**becoming smarter**" increasing your focus and overall productivity.



In the last 10 years, there have been **great advancements** in the field of brainwave entrainment as it relates to cognitive functioning. Studies have shown that the **brains of many people** are actually **functioning at low capacity**.

By **targeting the specific brainwave band that is related to states of intense concentration and strong focus**, scientists have been able to help individuals **improve their work and personal performance**.

*Brain entrainment is completely safe and drug-free. There is no special equipment needed, herbs or other common enhancement techniques or requirements. With the simple click of a button you can get started from virtually anywhere.*

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Consider the **tremendous impact** daily mental entrainment can have on your life. These audios will help you to **quickly and easily unleash your mental powers** and **achieve your dreams**. If you have ever dreamed of realizing your **full potential** and receiving all the benefits of using the most of your mind and abilities, brain entrainment is definitely for you.

[Click Here for more information about finding your focus thru OptiMINDZation](#)

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