

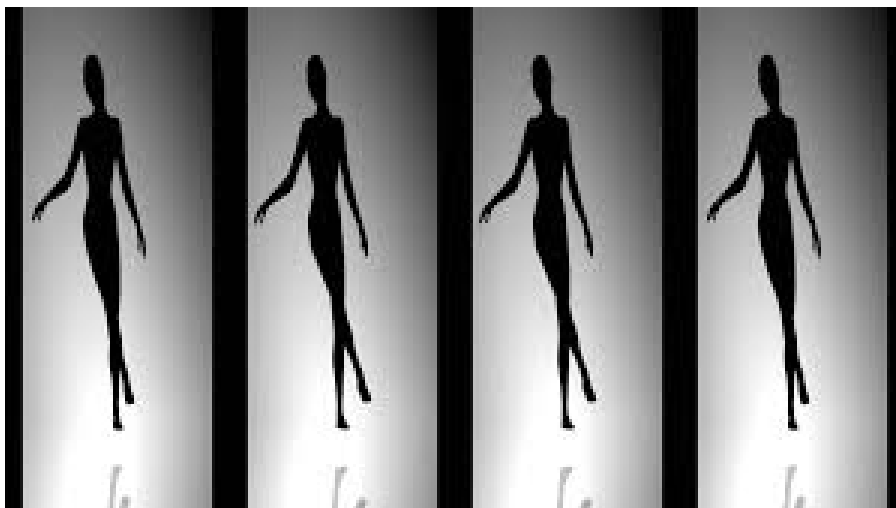


LEFT BRAIN RIGHT BRAIN

Your brain -- that three-pound mass of gray and white matter between your ears -- is the most complex object in the known universe. It contains as many neurons as there are stars in the Milky Way galaxy, and we know as much (or as little) about how they function as we know about all those stars.

This nifty little test can perhaps shed a ray of light on how your brain operates -- that is, whether your right brain, or left brain, is in charge. Or, perhaps you're able to switch over at will.

If you look on line for a video of a dancer moving and spinning around, do you see her turning clockwise or anti-clockwise? If she's moving clockwise you use more of your right brain, and vice versa.



Left Brain Functions	Right Brain Functions
<ul style="list-style-type: none"> • Uses logic • Detail oriented • Facts rule • Words and language • Present and past • Math and science • Comprehension • Knowing • Acknowledges • Order/pattern perception • Knows object name • Reality based • Forms strategies • Practical • Safe 	<ul style="list-style-type: none"> • Uses feeling • “Big picture” oriented • Imagination rules • Symbols and images • Present and future • Philosophy and religion • Gets the “meaning” • Believes • Appreciates • Spatial perception • Knows object function • Fantasy based • Presents possibilities • Impetuous • Risk taking

Scientists still don't know exactly how your brain works, how information is coded in neural activity, or how memories are stored and retrieved, for example. Many still believe we only use a mere 10 percent of our brain, but that is probably nothing more than a myth, and should never be used as an excuse for not reaching goals and seizing opportunities that come your way.

Is it possible to unlock dormant areas of your brain? Perhaps it would be better to ask how you can find ways to improve upon, and flex your existing brain capabilities. Challenging your mind with new ideas, such as learning a foreign language, doing crossword puzzles, or brainteasers, can help keep your brain strong. With some practice, you can figure out how to “make” this twirling figure switch directions, indicating you've switched from using one brain lobe to the other.

Most importantly though, maintaining nutritious eating habits and regular exercise are your two best allies when it comes to keeping your brain healthy and working optimally – regardless of whether you're a right brainer, or a left brainer.

Sources: Herald Sun