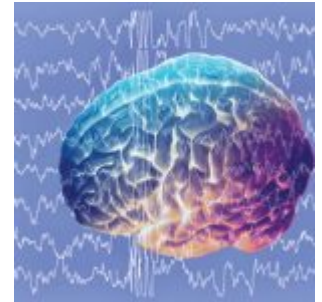


When your brain goes on the blink

You probably haven't given your brain much thought since the days of biology class. At most you know where it is, that it's still functioning and that it seems to be running rather normally.



You also probably recall that your brain is responsible for running all those biological functions and its millions and millions of network connection process all kinds of information that leads to your thoughts, actions and emotions.

That pretty much sums it up for most of us. **After all why think about your brain unless there is a problem up there.**

Someone I've know for a long time has **a brain that has gone on the blink**. She is waiting for her brain diagnosis. There was brain surgery years ago but the doctors don't believe it is related to the current problem. The current problem however is escalating to motor control issues, hesitant speech to the early stages of stuttering. All the tests so far have been inconclusive and the likely culprits have been ruled out. So, now she awaits another specialist who might be able to give an answer to why her brain has gone on the blink.

We understand so much more about the brain today and yet still so little.

As women we've become more aware of dementia and Alzheimer's as we care for our aging parent, we've witnessed the potential long term effects of concussions and brain trauma we see in the accidents of our teenagers and young adults, and we are reminded of the closer danger of brain strokes experienced by women we personally know.

In our fast paced 24/7 world we are asking a lot of our brain. It's got to stay in peak brain performance longer and longer. We'll skimp on the sleep, eat and run, drink more coffee or indulge in those high-drive energy drinks all in the name of accomplishing more.

If you're into life for the long-haul then give some thought to caring for your brain, because you may never know when it's going to go on the blink.