



*I am absolutely delighted that Terry Small is providing guest articles for our December '11 Newsletter. Some of you will have heard me mentioning his name in my courses, and will have already visited his website [www.terrysmall.com](http://www.terrysmall.com). An expert in brain function and learning for success, Terry and I have been guest speakers at IMD business school in Lausanne, Switzerland, and in 2012 we will be co-delivering a series of courses in Ireland. When the brain, the body and the voice are working together with congruence and fluidity, speakers can learn to become irresistibly mesmerizing and impactful.*

*With all the recent developments in Communication Psychology, Emotional Intelligence and Brain Function Optimisation, it is a joy for me to work with someone who truly shares my passion for the importance of authenticity in leadership, and the potential of the human spirit to contribute positively to those around us. I know you will enjoy these articles (especially with Christmas round the corner!), and will get great value from his expertise and the superb resource his website provides.*

## Nutritional Magic for Your Brain

By Terry Small

I love walnuts.

In fact, walnuts are my favorite brain food.

Your brain accounts for 2% of your body weight but burns over 20% of your energy reserves. That means your brain is a big deal...it's working pretty hard. To get the most from your brain you need to feed it often with slow-release, high quality nutrition.

***It doesn't get much better for your brain than raw, unsalted walnuts!***



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The Romans and the Ancient Chinese thought that since walnuts look like the brain, they must be good for the brain. Recent science proves them right!

Here's what you get:

- Walnuts develop 3 dozen neuro-transmitters for your brain.
- Walnuts are packed with vitamin E.
- They contain the, all important for your brain, fatty acid omega3.
- Walnuts can improve brain function and memory.
- They can even lift your mood.
- They improve artery function after a high fat meal.
- Walnuts promote heart health....and what's good for your heart is good for your brain!
- They can help prevent cognitive decline as you age.
- Walnuts can help your brain get a good, natural night's sleep.
- Some studies seem to indicate that walnuts even play a role in reducing cancer.

This may be the "clincher":

Eating walnuts lowers the risk of weight gain. This seems counter-intuitive. But a 28 month study in Spain found that people who ate nuts at least twice a week were 31% less likely to gain weight than people who did not. Study authors concluded, "Frequent nut consumption was associated with a reduced risk of weight gain (5 kg or more). These results support the recommendation of nut consumption as an important component of a cardioprotective diet and also allay fears of possible weight gain."

Eating just 4 walnuts a day can help.

I carry them with me to snack on. I sprinkle them on oatmeal. We put them in our salads.

Walnuts are a key part of my #1 recommended breakfast for your brain:  
[The #1 Breakfast for Your Brain](#)

More information on brain foods is found here:  
[Eat 5 of These Super Brain Foods Every Day!](#)

*(more on next page...)*



## Laughter is good for your brain!

by Terry Small

A laugh floods your brain with chemical reactions that help your brain perform better and last longer. According to recent studies on your brain, when you laugh here's what you get:

- increased flow of brain neuro-transmitters.
- increased attention levels.
- greater rapport.
- lower physical and mental stress.
- increased memory.
- enhanced self-esteem.
- increased optimism.
- greater creativity.
- increased divergent thinking.
- increased number of immune cells.



So...how can we get more laughs? A fascinating study recently found that only 15% of laughs are humour related. **A whopping 85% of all laughs are people related.** Laughter seems to be not primarily a function of humour, but rather **social interaction.**

The formula for a healthier brain...spend time with people. The study found that you are **30 times more likely to laugh** when you are with other people than when you are alone! Today, with virtual communication so prevalent, we seem to be decreasing our social interaction. Try to spend more time with people. When you are with others laughter seems to be as natural for your brain as breathing!

Remember: "You are a genius"  
Terry Small

**Terry's FREE Brain Bulletin goes out to over 25,000 brains.**  
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