

KEEP SHARP – PUTTING IT ALL TOGETHER

We have briefly reviewed “Keep Sharp, Build a Better Brain at Any Age” by Sanjay Gupta, (1). Now what are we going to do to implement change in our lives? The following are my resolutions.

Purpose: Continue volunteering in community affairs, especially in helping the homeless, contacting caregivers or recent widows and widowers, and doing work projects for neighbors. Continue to read five magazines a week, a book a month, and learn more computer skills since that is ever changing.

Eating properly: Increase fruit intake by just one serving a day; this has the estimated potential to reduce risk of dying from a cardiovascular event by 8 percent. Increase fresh vegetable intake by one serving a day, particularly leafy green vegetables. I will follow family doctor’s advice and cut down on sugar and salt, reduce butter and cheese intake. No eating or drinking after six p. m., and thinking about mini-fasting once a week. Limit “fast food” or eating out to once a month.

Exercising: I have practiced doing physical labor at least two to four hours each day since retiring; however, I still do too much sitting so will do aerobic exercising while watching television about 45 minutes a day.

Relax and sleep: Sleep patterns follow Gupta’s advice but could learn to relax more and better. Need to learn to turn unsolved problems over to the Lord, have two 15 minute relaxation periods during the day, and no television or computer usage after 8:00 p. m. Will read, meditate, and say prayers before going to bed by 10:00 p. m.

Social interaction: Continue to connect regularly with relatives, friends and former classmates weekly or monthly. I need to make more social contact with people of different ages and sub-cultures. Plan to add a new activity each month and show acceptance, kindness, and togetherness to four strangers each day.

This information isn’t just for the aged, but for all ages from 18 to individuals in their 90’s. Since cognitive decline can start at around age 25 it is imperative that individuals start to practice these pillars as they make independent decisions.

If you are familiar with Gupta’s writings you have noticed that some of his pillar names have been renamed and then put into a different order or spelling peers. If we practice these pillars with friends and family there is a much higher probability that we will be successful in meeting our goal of “building a better brain at any age.”

So please make your own list in each category and we will “keep sharp!”

(1) Sanjay Gupta, *Keep Sharp, Build a Better Brain at Any Age*. Simon & Schuster, New York, 2021.

Submitted by: Dr. Dale Johnson