

Keep your brain, in, top condition

Your brain needs exercise in the same way as your body does. But using your brain doesn't need to be hard work. Have a look at these ideas.

1 Try writing backwards, or writing with your other hand. This makes connections in your brain and helps you to get new ideas. The great thinker and artist Leonardo da Vinci often used mirror-writing.

2 Start using new parts of your brain. Take up new hobbies, like chess or dancing the tango.

3 Sleep, If you don't get enough sleep, it's harder for the brain to do some activities, like producing language and new ideas.

4 Chew gum. This exercises the hippocampus, a part of the brain that's important for making new memories.

5 Ask your brain to do old activities in new ways. For example, when you're on a train or bus, close your eyes and guess where you are by listening.

6 Don't eat too much junk food. Cholesterol is bad for both your heart and your brain.

7 Think young! Experiments have shown that when people start to believe they're old, they act old.

8 Play memory games. This keeps your brain young. Games like remembering long lists of words can take ten to fourteen years off the mental age of older people.

9 Learn a new language. This is one of the most difficult things your brain can do, so it's great exercise. It's good for your brain's frontal lobes, which usually get smaller with age.

10 Eat lots of fish. The omega 3 oils in fish like salmon and tuna are good for the brain.

11 Get enough exercise. The right amount of exercise can give people 30% less chance of developing Alzheimer's.

12 Relax. Too much stress is bad for the brain. The hippocampus is about 14% smaller in people who are always stressed.

Ways to reduce your kitchen's carbon footprint'.

June 5 is World Environment Day. I thought it would be a perfect opportunity to see how I could improve the environment in my own small way. These ideas helped me reduce my carbon footprint in the kitchen and helped me save money, too.

Do you keep the microwave and other kitchen machines on standby? Does your refrigerator need to be so cold? Is your dishwasher only half full? It all wastes energy. If you use light bulbs in your kitchen, change to low energy bulbs They waste less energy, heat up the place less and last longer. If everyone changed to low-energy bulbs, the world would use 4% less electricity.

When I'm using the oven, I bake two or three dishes together. For those with a small oven, if you prepare everything ahead of time and bake the dishes one after the other, you won't have to pre-heat the oven again. Please learn to use a pressure cooker if you don't already. It takes 90% less time to cook rice, vegetables and lentils than by boiling.

If your tap water is drinkable, don't drink bottled water. It just increases the amount of plastic in the environment. Plan our shopping for food and kitchen supplies so you can get everything in one trip. If you share a car with friends, you'll have fun and save fuel.

Grow as many green herbs as possible. They'll make your Kitchen look nice, you can use them in cooking and they'll also increase the oxygen supply. Solar heaters are very popular in the South of India and many new buildings have them. If we get a lot of sunlight, we shouldn't waste it.