2nd International Conference on

Brain Disorders and Neurology

March 26-27, 2026 | Paris, France

Volume: 16

Enhancing Brain Elasticity: Key Lifestyle Habits to Unlock Genius Potential at Any Age

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The brain is a masterpiece, often referred to as the king organ, as it governs the entire body. When the brain ceases to function, it marks the end of an individual's vitality, essentially rendering them a "vegetable." This profound importance raises a crucial question: Are we adequately nurturing and caring for our brains? In today's fast-paced world, humans often subject their brains to relentless stress and negative impulses, leading to cognitive decline. However, enhancing brain elasticity can be remarkably simple by adopting specific daily habits. These habits not only pamper the brain but also make it sharper and stronger. Key factors in boosting brain capacity include maintaining optimal hydration, engaging in IQ-enhancing non-digital games like chess and Scrabble, solving logical math problems, regular exercise, and meditation. Additionally, incorporating fruits and vegetables into the diet, consuming foods rich in Omega-3 and DHA, ensuring 8 hours of sleep, reducing screen time, learning new languages, playing various musical instruments and fostering a positive and resilient mindset are vital. One crucial yet often overlooked habit is regular reading. Reading stimulates the brain, improves concentration, enhances vocabulary, and fosters a deeper understanding of diverse subjects, all of which contribute to increased cognitive flexibility and brain elasticity. Another important factor is maintaining good gut health. Recent research has shown that good gut bacteria play a crucial role in increasing brain activity. The gut-brain axis, a complex communication network, connects the gut and brain, allowing gut bacteria to influence cognitive functions. Probiotics and a diet rich in fiber can enhance the diversity and health of gut microbiota, leading to improved brain function and mental health. This research explores how these lifestyles practices contribute to cognitive enhancement, potentially transforming ordinary individuals into geniuses. It posits that genius is not an inherent trait but a result of deliberate and consistent mental engagement and nurturing. By embracing these strategies, including the habit of regular reading and maintaining good gut health, individuals can significantly elevate their cognitive abilities and achieve exceptional intellectual growth.

Biography

Dr. Shweta Arora, researcher and academic in the field of Nutrition and Dietetics, India. Her research interests focus on brain health, neuroplasticity, cognitive enhancement, nutrition, physical activity, and lifestyle interventions that support lifelong cognitive function. Her work explores the role of healthy dietary patterns, exercise, sleep, meditation, mental stimulation, and the gut–brain axis in promoting brain elasticity and cognitive resilience. She is interested in translating evidence-based lifestyle practices into practical strategies for enhancing brain health, mental performance, and overall well-being across the lifespan.

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ISSN: 2165-7890