

13 unexpected habits can harm the brain

Please join us to refer to 13 unexpected habits that can harm the brain below!

1. Fun science: Test your brain age through 6 pictures below!
2. Only genius can solve these 7 puzzles in 30 seconds!
3. 6 tough puzzle riddles refer to extremely intelligent people that can be solved

Just like the parts of the body, our brains can be affected by many different factors, even unclear factors.

We will reveal to you the daily habits that can affect the brain. And surely those who have read this article will "end" that habit from today to become a smart and healthy person. Please join us to refer to **13 unexpected habits that can harm the brain** below!

13. Little talk



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A study conducted at the University of Michigan showed that **even 10 minutes of talking every day can increase mental ability**. You don't need to go out, talk to the first person you meet - talking to friends or relatives on the phone also helps stimulate the brain.

Direct conversations require thinking that will enhance the brain's performance. So go to your colleagues' desks and talk to them directly, instead of exchanging via email. This both helps you lose weight and benefit your brain.

12. Consuming too much sugar



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According to the study, a large amount of sugar will negatively affect the neurological factors of the brain, or BDNF - which is responsible for producing neurons. In particular, BDNF is very important for long-term memory formation and learning.

Using too much sugar or sugar-containing foods can disrupt the absorption of proteins and nutrients, affecting brain development.

11. Less brain training



A healthy brain



A brain with Alzheimer's

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According to scientists, the brain's peak performance is at the age of 16-25, then will gradually decline. However, further research shows that **regular exercise for the brain** (*such as reading, solving puzzles*) can also significantly improve its effectiveness, even for those with the first signs of dementia

You need to constantly think, write and discover new information to train your brain. Thinking can also cause that brain shrinkage.

10. Skip breakfast



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Studies show that children who eat a full breakfast often have better learning outcomes, especially in science. People who do not eat breakfast will have **low blood sugar levels, disrupting the body's metabolism**. The brain is not provided with enough nutrients in the morning will lead to degeneration.

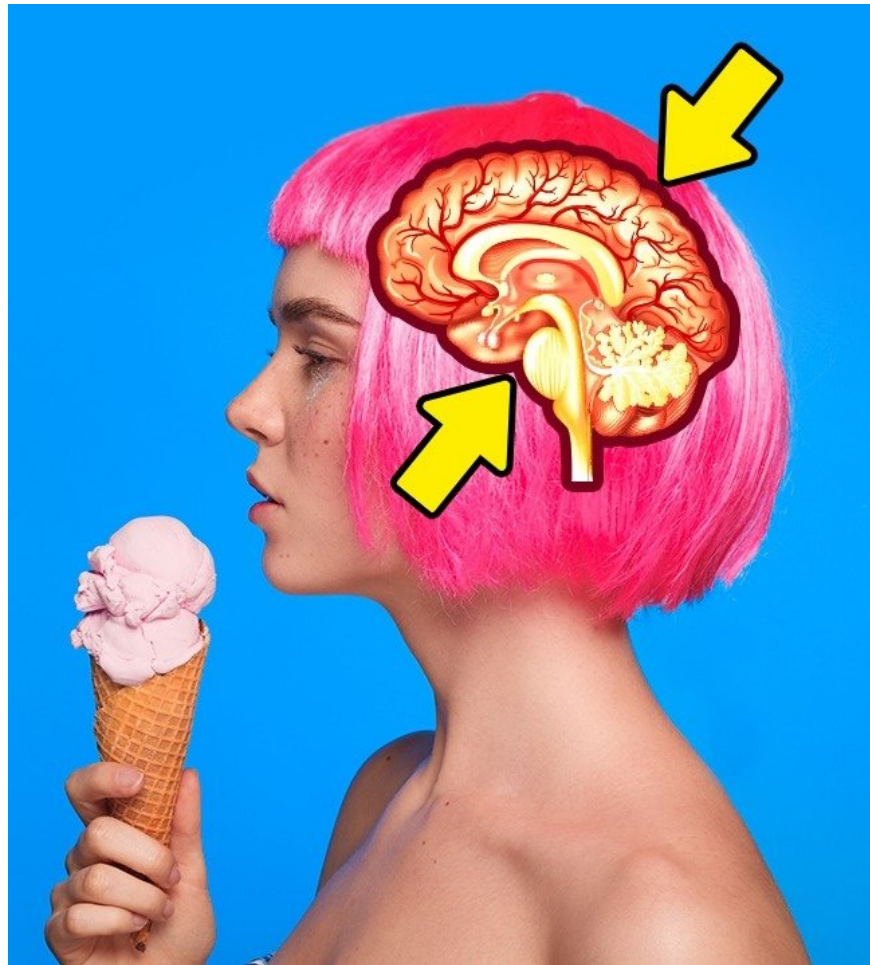
9. Use fast food



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Eating a lot of fast food in your daily diet often causes bad effects on your body and mind. They negatively affect brain-cell connections and result in short-term and long-term memory formation. In addition, **eating too many fast foods can cause depression**. So be careful when using them.

8. Ice cream



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Any cold food, including ice cream, can suddenly cause **headaches**. People claim that cold foods narrow the blood vessels. To prevent hypothermia, the body will transmit warm blood to the brain and thus dilate blood vessels. According to scientists, this difference causes headaches.

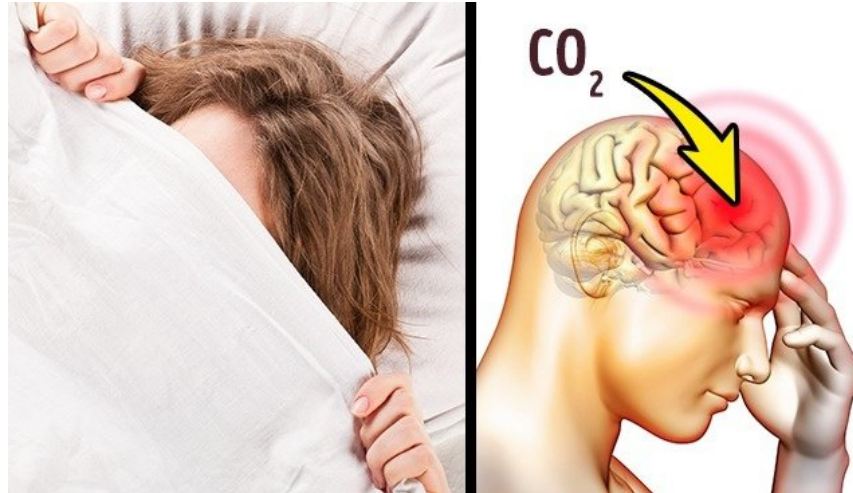
7. Mobile phone



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A study conducted on mice showed an association between brain cancer and cell phone use. However, you can't throw away your smartphone. Therefore, doctors recommend **using speakers or headphones to talk and do not let the phone near the pillow while sleeping** .

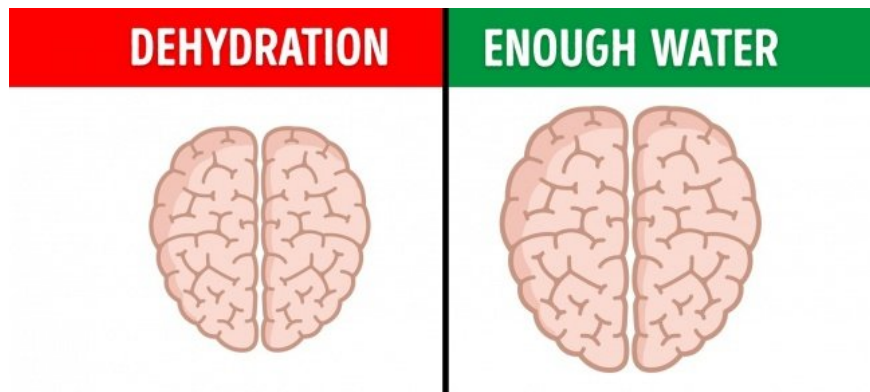
6. Face-to-face when sleeping



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The habit of covering your face when sleeping will reduce the amount of oxygen entering your body, because in this case we must breathe in the " *recycled* " air saturated with carbon dioxide. **This can increase carbon dioxide levels and reduce oxygen levels, damaging the brain.**

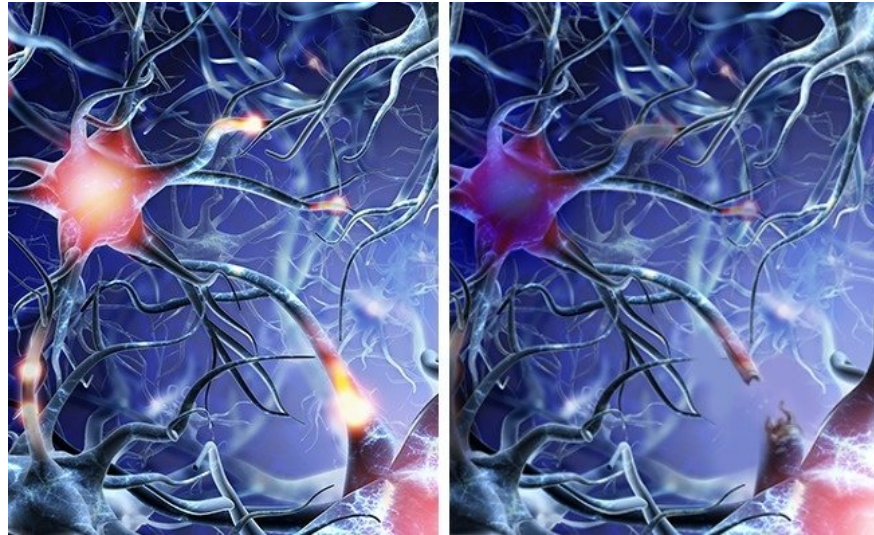
5. Drink less water



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As you know, the human brain contains 70-80% water. Water involves many functions of the body, including the brain. The brain works most effectively when it is provided with H₂O. If you drink too little water will greatly affect the body, especially the brain.

4. Drink lots of alcohol



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According to the researchers, alcohol has a great influence on the brain, making it difficult to walk, blurring eyes, stuttering, slow reactions and impairing human memory.

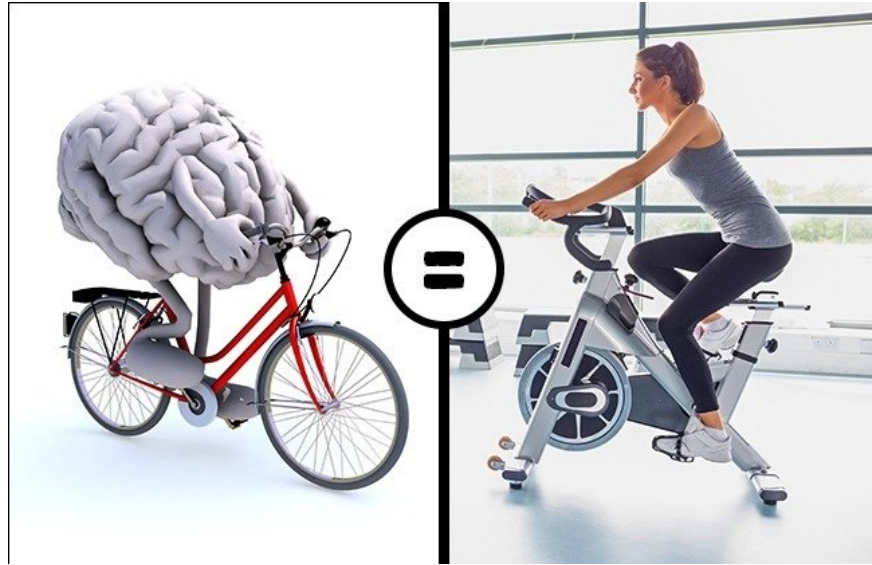
3. Smoking



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According to research, smoking not only leads to cancer, but also reduces the thickness of the cortex, brain shrinkage and can lead to Alzheimer's disease in the future. Such damage can significantly affect mental ability, because the brain is responsible for thinking.

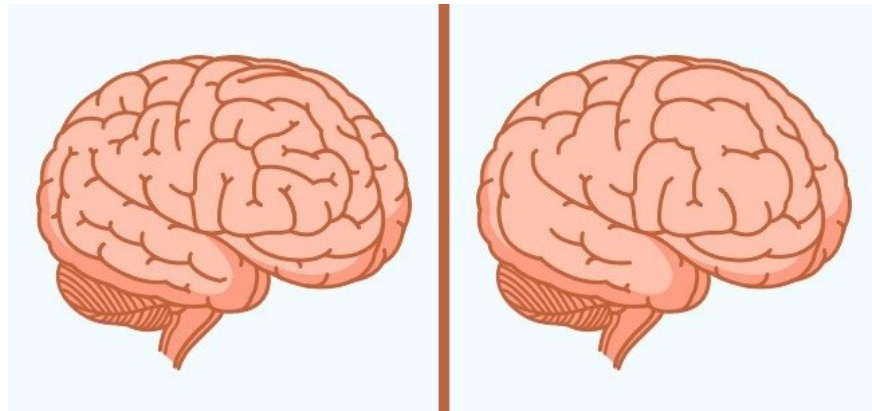
2. Lazy exercise



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The brain needs to be practiced regularly. In a recent study, it was found that exercise also had a positive effect on BDNF, and therefore, also worked on long-term memory.

1. Strict diet



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It turns out that a strict diet not only helps your body lose weight! Research has shown that a strict limit on eating also affects the brain. So don't be too "difficult" to eat daily - just be reasonable.

Bonus

Guess who said this?
"When I was young,
I realized that the big toe
sooner or later tears a sock.
So I stopped wearing socks."

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Guess who said this: ' *When I was young, I realized that sooner or later my big toe would tear the socks off. So I didn't wear socks anymore. "*

Hint: A person's brain weighs only 1,230 grams (2.7 lb), about 10% lower than the brain of a normal man, weighing about 1,400 grams (3 lb).

Answer: That's **Albert Einstein** ! That's crazy, isn't it?

See also: 10 simple ways to eliminate the habit of eating snacks after dinner

Having fun!

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