

# Brain Power – Right & Left

A healthy brain has all the nutrition it needs to function. Normally we want to have right/left brain balance. An imbalance between right/left brain function can result in an inability to perform tasks, or cause learning difficulties.

People with good right brain function are good at getting ideas. These people are the dreamers who create. Artists and musicians with creative inspiration are right brainers. People with full right brain activity are the thinkers and doers who are impetuous and take risks.

People with good left brain function are detail oriented, where facts rule. The left brainers excel at math and science. These people are very logical and practical, only taking action that is based on reality, as long as it is safe.

People with left brain function can only focus on the past and present, not think about the future. The right brain people cannot use the past, but instead focus on the present and future. A balanced brain can use the lessons of the past to improve the present and future.

There are many causes of right/left brain imbalance. Most of the causes are dietary and can easily be remedied by providing the proper nutrition to improve brain function. Nearly half the dry weight of the brain is fat. One of the most common deficiencies in the American diet are essential fatty acids. This is one of the contributing factors in right/left brain imbalance.

There are many other indications of essential fatty acid deficiency besides right/left brain imbalance. These fats are not at adequate levels in adults

and children with airborne allergies, digestive issues, food allergies, hyperactivity, difficulty concentrating and focusing, memory issues, difficulty sleeping and loss of energy or fatigue.

There are many ways to sabotage the ability of the body to use essential fatty acids even with a good diet and supplementation. Essential fatty acids are depleted in the body when the following are part of the lifestyle.

- Alcohol and Smoking
- Medications: Anti-inflammatory, Anti-cholesterol and Cortisone derivatives
- Hydrogenated and partially hydrogenated oils
- Crisco, Margarine, and Non Dairy coffee creamer
- Refined grains - especially in the form of pastries and cakes
- Excessive sun exposure
- Artificial sweeteners: Aspartame (Nutra Sweet), Sucralose (Splenda)
- Sugars that are labeled dextrose, sucrose or as sugar
- Corn syrup and High Fructose Corn Syrup

Essential fatty acids are required for the proper structure and function of every cell in the body. They regulate cellular processes, influence cell membrane function, aid in nerve conduction, and produce hormones. These fats are named essential since they are vital to the health and function of the brain and entire body.

There are two major fatty acids that are essential for the brain and all cell membranes. These highly beneficial fats are called the Omega-3 and Omega-6 oils. The correct dietary ratio for optimal health between these two oils is 2 Omega-6 to 1 Omega-3. Yet, the average American diet has a ratio of 25 Omega-6 to 1 Omega-3 due to the lifestyle factors listed above.

These beneficial and healthy fats must come from the diet, as the body cannot make them. The essential fatty acids are found in the diet in only a few food sources: flaxseed, cold water fish, and fish oils. These can also be supplemented in the diet in pill form if a good, non-rancid and reputable brand is used.

The need for essential fatty acids is based on diet, lifestyle, age and weight. There are now simple tests available to help determine the correct amount of essential fatty acids that an individual needs for optimal health. With the rising cost of health care and the increasing list of health issues associated with essential fatty acids, everyone should look to improve their intake of these vital nutrients.

The goal is to have the proper balance of right and left brain function. A balanced brain is able to focus on whatever time frame is needed to think of a solution to a problem, or to aid survival in life. Having correct right/left brain balance helps the entire body have healthy function, and provides the ability to generate energy as needed to enjoy life.

Disclaimer: These recommendations are not medical advice. If your right/left brain function or health is not what it should be, consult a qualified wellness consultant.

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nutrition, weight loss, natural hormone evaluation, therapy, detoxification, and wellness care. Her goal is to help people to live happy, healthy and stress free. For her free public workshops visit [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com) or contact her at: [tlc4health@sbcglobal.net](mailto:tlc4health@sbcglobal.net) or 734-664-0339.



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## Delicious Abundance Is Waiting

I had the honor of being raised doing Qi-Cong and Karate. My father is a great teacher of Karate and Qi Cong. As a young child I learned how to fight, stand my ground, and direct my energy (Chi). By the time I was eleven, I knew how to move energy through my body and how to move energy into my fists to fight.

The energy work I learned was from a masculine approach. Masculine does not imply a gender, but rather a type of approach or perspective. Standing in your conviction, spiritual discernment and inner focus is the divine masculine to spirituality. You did not just ‘allow’ the energy to flow in the masculine approach, you directed it, moved it, and made it happen.

Acceptance and surrender is the divine feminine. The feminine approach to energy work and spirituality is to just receive, accept, and simply let the energy flow. You do not have to direct it, or make it happen. You just let it in.

Recently in the last year, I have felt a wonderful merge of the divine masculine and divine feminine within me. It was as if my ‘Karate side’ merged with my ‘Spiritual Healer side’. The divine masculine and feminine are equally powerful and we need both to achieve inner balance and power. From the merging of my two sides, it has brought me full circle. It allowed me to expand exponentially in my consciousness, understanding the Power of Acceptance (divine feminine) and the importance of Spiritual Discernment (masculine) on another level.

Loving ourselves is the key to happiness, healing our bodies, creating a life of joy, and changing the world!! But, how do we ‘do’ this great feat? What is the ‘right way’ to love yourself?? Do you see the humor in this?? Loving ourselves can be simple if we allow it.

In the masculine approach, you have to analyze all the reasons you don’t love yourself. The way to ‘love yourself’ is to become aware of how you do not love yourself, and ‘love’ it. Meaning, become aware of all the ways you self-sabotage and forgive it.

In the feminine approach, you just let love in. The love, grace, and support are already there, already around you, and already within you. So, you just let it in. In the feminine approach, loving yourself just means to let go and allow what is already there.

Depending on where you are in your journey, you may need either the masculine or feminine approach. Both are important. As a culture we miss the power and simplicity of the feminine by believing things need to be hard and complex to work. What is simple and powerful is from God-Love. What is complex is from the mind. Loving yourself through acceptance is simple. The universe is seducing you into happiness. God’s will for you is joy, hap-



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