

# Are You Firing On All Cylinders?

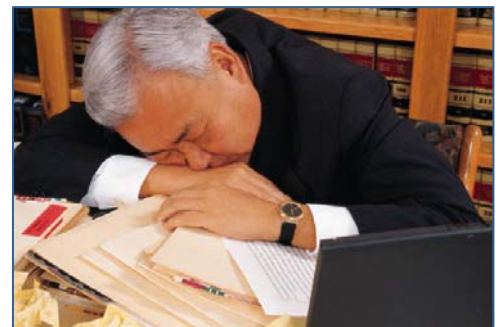
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By Dr. Tina Bennett

**D**o you sometimes feel like your mind is “fuzzy”? We joke about Alzheimer’s and make comments about our memory slipping, but the reality is that we have more control over our “Executive Functions” than we realize.

Let’s take a moment for a brief lesson in neurology. Don’t worry, I’ll keep it basic. Put the palm of your hand on your forehead, with your fingers spread out over the top of your head. The part of your brain that your hand is covering is called the frontal lobe, or the “Executive Function” area of your brain. The frontal lobes are critical to impulse control, judgment, language production, working memory, motor function, socialization, problem solving, planning abilities and motivation.

When your frontal lobe isn’t functioning correctly, you might behave impulsively, or be impaired when making plans or trying to execute a complex sequence of actions. (Remember the last project at work that threatened to overwhelm you?) You might also behave stubbornly, persisting in a course of action when change would be appropriate.



The frontal lobes are called the “Executive Function” because they play a vital role in the ability to recognize future consequences resulting from current actions; to choose between good and bad actions; override and suppress unacceptable social responses, and retaining long-term memories which are not task-based.



So, now that you know how important these lobes are what can you do to improve their function? **First**, eat right – and that means eating REAL food, not processed food. Sometimes, you just can’t eat as well as you’d like in which case you need to supplement your body with a pharmaceutical-grade multivitamin. **Second**, mentally stimulate your brain: take up a hobby that makes you think, work puzzles, or get involved in an activity-based club. **Finally**, keep your body in motion with exercise. Think of your brain as a machine that requires maintenance. Would you use dollar-store oil in your vehicle and let it sit in your driveway without moving it? Put premium products in your body and keep it moving, and you’ll find yourself firing on all cylinders!

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