The expression feeding the brain, as used in this essay, will be defined as those mental tasks that all humans can do to nurture their mental processes. We shall attempt to artificially divide it into the psychological, the intellectual, and the spiritual; all of which overlap and impact upon each other in many ways. We will address the psychological and intellectual this month and the spiritual in July.

The very act of writing this essay is brain food. It requires reading source materials, cogitating, and then the neurological processes leading to fingers typing on the word processor. How could the psychological affect this process? Obsessive-compulsive mentation could result in a lack of the ability to decide what to write and how to write it. One suffering from bipolar disorder in manic phase might complete it in ten minutes, and depending upon the severity of the disorder, the essay might offer brilliant insights or be incomprehensible. One’s spirituality could result in guilt, discomfort, or shame when exploring the notion of brain food. Or, it could result in a relaxed and tranquil approach to the task.

THE MENTAL MEAL
Perhaps a good place to begin is prior to the mental meal. The brain is hungry. It is always ravenous. People with learning disorders have hungry brains, but we are not as adept at offering them food as we are those who learn in more usual ways. To feed the brain in a hectic or unstable environment with many distractions is like trying to feed a two year old while other toddlers are dashing about and making noise. Not easy.

What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy. What, one might ask, about various computer games – they are hyperkinetic and yet stimulate neural pathways to enhance hand-eye coordination. Not easy.
Copyright of New Times Naturally! is the property of Altnewtimes and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.