

New Powerful Three Minute Exercise Improves Memory and Brain Health

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(NaturalNews) An unusual exercise to improve mental health and acuity has been going viral on the internet lately. It was featured in a Los Angeles CBS News report (source below) that has an MD, a Yale neurobiologist, an occupational therapist, educators, and parents endorsing it. It is a simple routine, and it has created positive results for learning disabled and autistic children as well as older Alzheimer`s victims.

And it`s useful for any kind of brain fog or dullness, even emotional instability. It can improve memory and focus, and it`s even made some a little smarter. It seems to work for everyone regardless of mental condition.

How to Do This Simple Exercise

With your feet pointing straight ahead, spread them apart about shoulder width. Grab your right earlobe with the thumb and finger of your left hand. Cross over your left arm and do the same using your right hand on the left earlobe. Then squat as fully as you can, breathing in. That`s a little counter intuitive, but that`s what you do. Breathe in as you squat.

Then breathe out as you stand. So the breathing needs to be synchronized with the squats. Continue this motion repetitively while holding both earlobes for three minutes. That may be too much at first, so start with one minute. One can go up to five minutes, but three is good enough. This can be done by anyone at any age and should be done on a daily basis until the fog lifts!

How It Works

Los Angeles physician Dr. Eric Robins says that the brain cells and neurons are energized with this simple exercise. He prescribes it to his patients and has had excellent results. One example of his is a youngster doing poorly in school. After being introduced to the exercise, that child went on to become an A student.

According to Yale neurobiologist Dr. Eugenius Ang, the earlobes grabbed are acupuncture points that stimulate neural pathways in the brain. The brain`s hemispheres are in opposite sides of the earlobes. Using opposite hands for pinching the earlobes may have something to do with the way our subtle energies are arranged.

Ang showed that the results from EEG (electroencephalography) readings after doing this exercise indicate the right and left hemispheres of the brain had become synchronized. EEG readings measure the neuron firings in the brain via electrodes on the scalp, and are used to determine brain wave normalcies and abnormalities.

As Dr. Ang states, "... in modern terms, the brain is actually lateralized. This is an ideal hemispheric arrangement, which is unusual these days. It is something that pricey brain technology CDs attempt to do by producing subliminal sounds to the brain attached to audible sounds through a headset. Dr. Ang also does this exercise daily.

How It Started

The exercise was introduced by pranic healing Master Koa Chok Sui`s book *SuperBrain Yoga* and taught by him personally on lecture tours. Of course, there are many other aspects of pranic healing that Master Sui taught.

Prana is another word for Chi, the subtle life force energy that surrounds and permeates the body. It is the stuff of acupuncture and Qi (Chi) Gong. In addition to the subtle energy aspects of prana or Chi, it seems that combining a mildly aerobic exercise also helps flood the brain cells with oxygen.

At any rate, it`s an easy and inexpensive way to improve memory, mental clarity and focus, as well as assist those with debilitating mental disorders. There are those who call it quackery. But you`d be smart to do it daily!

Sources for more information:

Main Source page with CBS News video (Click - See how it is done here)
<http://homeopathyplus.com.au/hplus/...>

EEG details
<http://en.wikipedia.org/wiki/Electr...>

Site for Master Koa Chok Sui
<http://www.superbrainyoga.org/>

A bit about neural pathways
<http://en.wikipedia.org/wiki/Neural...>