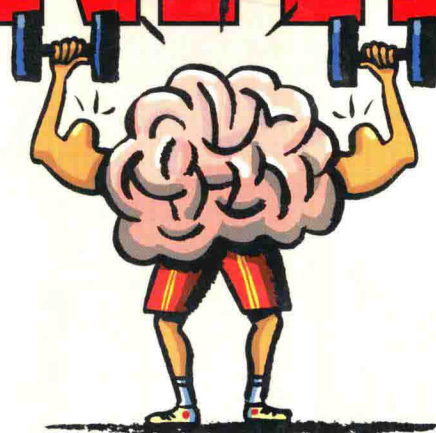


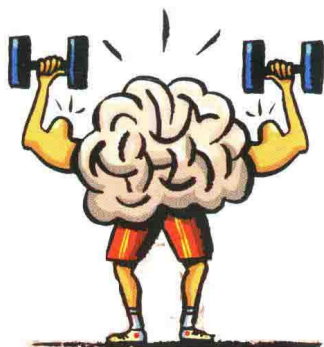
PROTEIN SHAKES FOR THE BRAIN



**90 Games & Exercises
to Work Your Mind's
Muscle to the MAX**

Michel Noir, Ph.D. & Bernard Croisile, M.D., Ph.D.

PROTEIN SHAKES FOR THE BRAIN



大字图书馆
藏书章

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**PROTEIN
SHAKES
FOR THE
BRAIN**

Why Does My Brain Need a Protein Shake?

Increasingly, scientific evidence tells us that our minds don't *have* to deteriorate as we age—there are things we can do now to dramatically increase the probability of staying mentally and physically fit throughout our lives. This is good news indeed, because mental fitness and agility are so directly connected to a good quality of life. Physical exercise, good nutrition, social connection with others, and mental stimulation all play important parts in ensuring that our brains remain sharp and agile.

Over the past 25 years, scientists and physicians affiliated with medical schools and universities all over the world have followed and tested large groups of people to try to understand why some people stay mentally sharp over the span of their lives and other people don't. As a result, we now have a significant body of scientific research in an area called “cognitive reserve.” Cognitive reserve involves the brain's ability to create new neural pathways and connections that can be used as a mental savings account, a reserve to be drawn upon in times of need. The research supports the hypothesis that many people continue to operate at a high mental level throughout their lives by building these brain reserves.

Several studies support the hypothesis of cognitive reserve and reinforce the importance of good physical health in keeping the brain fit. One such study is the famous Nun's Study described in *Aging with Grace*, in which Dr. David Snowdon, a neurologist, and his colleagues followed 700 nuns over more than 20 years. Two extremely important findings have come out of this study: first, there is a link between vascular episodes, such as stroke and heart attack, and Alzheimer's and dementia; and second, stimulating intellectual activity can provide protection from many types of cognitive decline.

Other ongoing studies have come to similar conclusions. The Bronx Aging Study, led by neurologist Dr. Joe Verghese and published in *The New England Journal of Medicine*, has followed almost 500 people for more than 20 years, observing what they actually do in their lives and what the relationship is between these choices and brain health. The research has found that people who participated in mentally stimulating activities, such as interactive games and dancing, four times a week had a 65 to 75 percent better probability of remaining sharp than those who did not participate in these activities.

Dr. David Bennett at Rush University Medical Center has recently come to the same conclusion after following more than 2,000 people for years. Over time, 134 people died. None of them had been diagnosed with Alzheimer's or even mild cognitive decline. But 36 percent of them had the severe tangles and plaques of Alzheimer's. This positive news reinforces the "use it or lose it" philosophy; these people had built up enough brain reserves to show no clinical signs of disease, meaning they still exhibited good thinking skills.

We encourage you to challenge yourself to learn at every opportunity by learning a new language or a new musical instrument or new and more complex tunes with an old one, reading, dancing, or taking a class. These are all effective tools to keep your mind sharp. But sometimes your brain needs a quick shot in the arm, a quick burst of energy—that's why we developed *Protein Shakes for the Brain*. Doing the puzzles in this book is a quick and easy way to give your mind's muscle a little boost and keep those neural pathways growing.

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JUST STARTING OUT

Easy Exercises

Warm-Ups

Do you know the answers to these common-knowledge questions?
Shake up your brain and find out.

1. Who wrote the short-story “The Fall of the House of Usher”?
a. Emily Brontë **b.** D. H. Lawrence **c.** Edgar Allan Poe
2. Which type of ship did Christopher Columbus use to sail to America?
a. schooner **b.** caravel **c.** trimaran
3. Which sport is Kobe Bryant famous for?
a. swimming **b.** karate **c.** basketball
4. Which one of these snakes is not deadly for humans?
a. viper **b.** cobra **c.** rat snake
5. Which country does tiramisu, a delicious chocolate and coffee cake, come from?
a. Italy **b.** Spain **c.** Romania
6. What was the name of Sherlock Holmes’s famous friend?
a. James **b.** William **c.** Watson
7. What color do you get when you mix yellow and blue together?
a. purple **b.** red **c.** green
8. What is celebrated in the United States on July 4th?
a. The approval of the Declaration of Independence
b. The signing of the Declaration of Independence
c. The first battle in the Revolutionary War

Warm-Ups

Do you know the answers to these common-knowledge questions?
Shake up your brain and find out.

1. Which one of these is *not* an insect?
a. spider **b.** flea **c.** butterfly
2. Who created the beloved Simpsons cartoon family?
a. Matt Groening **b.** Bob Kane **c.** Stan Lee
3. Which one of these characters did Walt Disney *not* create?
a. Donald Duck **b.** Pluto **c.** Popeye the Sailor
4. During which century did Mozart live?
a. 17th **b.** 18th **c.** 19th
5. Which famous battle did General Custer die at?
a. Bull Run **b.** Little Bighorn **c.** Waterloo
6. Which country originated the sauna?
a. Finland **b.** Norway **c.** Sweden
7. Which animal is considered man's best friend?
a. cat **b.** cow **c.** dog
8. Who directed the movie *Jurassic Park*?
a. Martin Scorsese **b.** Steven Spielberg **c.** Robert Altman

Daily Workout

Can you remember in which year these historical events occurred?

1. The first man on the moon

2. The sinking of the Titanic

3. The Boston Tea Party

4. The Wall Street crash

5. The discovery of America by Christopher Columbus

6. The end of the Vietnam War

7. The fall of the Berlin Wall

8. The Declaration of Independence

Daily Workout

Can you remember in which year these historical events occurred?

1. The start of World War II

2. The battle of the Little Bighorn

3. The Chernobyl disaster

4. The death of Princess Diana

5. The Los Angeles Olympic Games

6. The start of Ronald Reagan's presidency

7. The crowning of Queen Elizabeth II of the United Kingdom

8. The death of William Shakespeare

Interval Training

Can you put back together the 20 words that have been split into two syllables and spread across the grid? Watch out, each syllable can be used only once!

TIP: *All words belong to the category “Fruits and Vegetables.”*

fruit	ly	sweet	beet	nach
pi	pars	ca	bread	go
me	dur	chee	ki	per
pars	kin	on	lon	rrot
man	wi	root	le	quat
ion	barb	mon	ley	tuce
ckle	kum	pump	corn	pep
rhu	nip	let	ban	spi

Your answers:

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Interval Training

Can you put back together the 20 words that have been split into two syllables and spread across the grid? Watch out, each syllable can be used only once!

TIP: All words belong to the category “Capital Cities.”

Lon	A	Li	lin	rich
ney	Ma	ran	Pa	blin
lo	Bei	Zu	ro	thens
War	Os	lin	jing	saw
don	Ber	Nas	noi	Teh
drid	to	Syd	ma	rain
Tal	Bah	Mos	sau	Cai
cow	Ha	Qui	Du	ris

Your answers:

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Lateral Rows

For each row, circle which of the three words is spelled correctly.

- | | | |
|----------------|-------------|-------------|
| 1. insolvancy | insolvency | insulvency |
| 2. valuable | valewable | valluable |
| 3. accordance | acordance | accordence |
| 4. occurrence | ocurrence | occurrence |
| 5. insaucing | insourcing | insourssing |
| 6. literature | litterature | litteriture |
| 7. oceanollogy | oceanology | oshenology |
| 8. manigement | managemant | management |
| 9. yogourt | yoggurt | yogurt |
| 10. trainee | trainy | trainnee |
| 11. occupancy | occupancy | occupenssy |
| 12. hazard | hayzard | hazad |
| 13. occlusive | oclusive | occlussive |
| 14. intergrate | integreat | integrate |
| 15. yungster | youngster | youngsta |
| 16. azure | azzure | azurre |

Lateral Rows

For each row, circle which of the three words is spelled correctly.

- | | | |
|----------------|------------|-----------|
| 1. vitamin | vittamin | vitammin |
| 2. babywhere | babywear | babiwear |
| 3. dabbler | debbler | dabler |
| 4. tobaco | tobbaco | tobacco |
| 5. weakend | weekend | weekkend |
| 6. welth | wealth | wellth |
| 7. fruitful | frootful | fruitfull |
| 8. jockee | jocky | jockey |
| 9. abilitty | abillity | ability |
| 10. beach | bich | beatch |
| 11. ozon | ozone | osone |
| 12. hiccup | hickup | hicup |
| 13. geneealogy | geneallogy | genealogy |
| 14. varsitty | varsity | varsety |
| 15. junior | joonior | junier |
| 16. docter | doctor | docktor |