

To improve pre frontal cortical control

Eliza Mc. N

The Bondi Retreat, Australia

Abstract

There are 7 things you can do to build more connections to your pre frontal cortex.

1. Avoid illegal drugs
2. Avoid artificial sugars
3. Avoid processed sugar
4. Avoid people that have poor self-control
5. Eliminate major stressors
6. Do work you love
7. Meditate

Eliminate major stressors:

Until you eliminate the major stressors from your life you'll find it hard to succeed or break old patterns because you'll be mentally depleted all the time. You will crave novelty and find it hard to be consistent and productive and focused on your dreams and goals. We all need support, if you have no support you may have those major stressors in your life forever. Progress is hard if you have to live with major stressors for a long time and it can leave you with higher levels of glucocorticoids and larger amygdalae if the stress goes on for long enough. This is why it's so important to ask for help when you need it. Hopefully you won't need to ask, decent people help without being asked. If you do work you love then you won't be mentally drained each day, it's easy to be happy and to have self-control when you're enjoying your work, we spend most of our lives working so it's important to do work that we love, doing work that you hate for 40 years is very bad for your neurological health, no one can be healthy if they engage in work they hate for 40 years.

Meditation is extremely important for optimal neurological functioning. Meditation raises your serotonin levels, improves your frontal cortical control and reduces your bio photon emissions. When you run out of bio photons you die, serotonin makes you feel a lot better than dopamine, so meditation is extremely important for anyone that values their neurological health and their happiness. Remember your brain releases a small amount of dopamine as you walk past a venue that you've been into because dopamine is a precursor, and if you regularly go in and buy some sugary treat from this venue this will be worse and very hard to ignore.

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Biography

Segundo Mesa Castillo is a Specialist in Neurology; he has worked for 10 years in the Institute of Neurology of Havana, Cuba. He has worked with Electron Microscopy on Schizophrenia for 32 years. He was awarded with the

International Price of the Stanley Foundation Award Program and for the Professional Committee to work as a fellowship position in the Laboratory of the Central Nervous System Studies, National Institute of Neurological Diseases and Stroke under Dr. Joseph Gibbs for a period of 6 months, National Institute of Health, Bethesda, Washington DC USA.