The Simple Exercise That Activates Both Brain Hemispheres for Better Cognitive Performance Transcript

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Introduction to Super Brain Squats

Hey there, I'm going to show you how to ramp up your brain function with a simple exercise you can do any time, any day. And so basically this is called a super brain squat.

And so what we do is this we take our left hand and we actually grab our right ear lobe. And we take our right hand and we grab our left ear lobe.

How the Exercise Links the Brain

And the reason why we do that is the ear really sends a lot of information to the cross, lateral part of the brain. So we actually link our hemispheres.

This way we get more neural connections. And really when it comes to the brain, we want to get a lot of activity up in the brain, a lot of neurological activity.

It's going to help turn on things like brain derived neurotrophic growth factor and other nerve growth factors, which enhance our ability to think sharply and quickly in fact, this particular exercise was there was actually a study done where they took 56 middle school students who were struggling with behavioral and academic problems, and they had them do this exercise a minimum of twice a week.

So they only did it twice a week. Some of them did more, and they were encouraged to do it whenever they felt frustrated or irritated or just didn't feel good.

Study Results and Behavioral Benefits

Okay. And so they did this exercise for for several weeks, and they went ahead and they, they did a standardized test before and after, and they found the kids actually had a 21%, on average, 21% improvement in their academic performance.

I mean, that's like that's like a C student becoming an Ace student. That's so significant. Just doing this exercise. On top of that, the observers that the teachers noticed and the kids were more generous, they were more caring, more kind.

They had less frustration, less irritability, just their overall behavior improved significantly. So this exercise is the real deal. So basically all you do is again cross your arms okay.

So I take my left arm first I take my right arm and I grab those earlobes okay. The next thing I do is I take my tongue, touch the roof of my mouth. Okay.

And what that's supposed to do is signal to a part of the brain called the pineal gland.

Step-by-Step Squat Technique

Okay, so I just go ahead and I do that, and then I take a deep breath in and I squat down, and then I come back up. Okay. Squat down, come back up. Okay.

And you can do a partial squat like I'm doing or you can do a deep squat. So if you have knee problems, hip problems do a partial squat. If you don't go ahead and do a deep squat.

That way you'll ramp up even more, endorphins. You'll get even more of a ramp up in your brain. That's great, but it's really as simple as that. I'm just doing this.

I might do ten, 12 reps. Okay, so I just take my arms like this. I'm touching my ears. Okay? Touch my tongue to the roof of my mouth. And then coming up and down, just like that.

Simple and easy. Something you can do every single day to supercharge your brain again. That's super brain squats. Try it out and I'd love to know your thoughts in the comment section below.