

Unlocking the Mind's Creative Potential



Suzanne Swarengen shares ideas to get your creative juices flowing:

I enjoy writing and sharing insights and tips on natural health solutions, but sometimes the creative juices of my brain simply do not flow as freely as I would like. This is a whole-body issue, and there are numerous factors contributing to this mental block, including a very hectic schedule, deadlines, lack of rest, and less than ideal nutrition. Here are some ideas we both can use to unlock and optimize the brain's creative potential.

Quiet Time in the Garden

The most important thing you can do to encourage creativity is to set aside some time to be alone, time to clear the mind and allow space for ideas to form. This can be done anywhere. Some people find that creative spark while driving or exercising, while others need a more traditional space like a park or quiet garden. Experiment in order to discover what works for you. Just a few minutes may be all that's necessary for a brilliant idea to be set into motion.

Herbal and Nutritional Supplement Support

To optimize creative thinking, the mind must be in top shape, and there are plenty of natural remedies that can

help sharpen cognitive function and allow free flow of thought. A formula approach is usually best, because a combination may be more able to support the body on multiple levels, offering optimal results. There are a few ingredients to look for when choosing a supplement, ingredients which specifically enhance brain function.

Acetylcholine is a neurotransmitter that maximizes mental ability and benefits memory. Choline and lecithin are also helpful, because choline increases levels of acetylcholine in the body and lecithin is a good source of choline. Amino acids such as L-glutamine and L-aspartic acid are important, because they help fuel the brain.

Coenzyme Q10 helps to oxygenate the brain, which improves mental function.

Vitamins C and E should also be part of the regimen, as these are powerful antioxidants, and a vitamin B-complex works on multiple levels in the body, improving muscle function, balancing emotions, increasing energy and sharpening mental acuity. The herbs rosemary, schisandra, bacopa monniera, mucuna

pruriens and gotu kola, which all enhance brain circulation and offer antioxidant properties, may also be beneficial.

Diet and Nutritional Boosts to Creativity

Dietary considerations include eating foods rich in Omega-3 fatty acids, such as flaxseed and grape seed oils, salmon, mackerel and herring. Be sure to include brown rice, eggs, whole grains and legumes, all rich sources of both healthy oils and brain-healthy vitamins. Foods that have an inhibiting effect on the brain, such as refined sugars, starchy foods, dairy and foods high in saturated fat, should be avoided as they work against all aspects of health. The brain is one of the most important organs in the body, give it what it needs to thrive and you will be amazed at what you can create.

Now, with your body well rested and properly fueled, pick up that pen, gather your brushes, take the guitar out of the case, find the camera or slide up to the piano. Create your own masterpiece straight from your heart and creative mind.

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