

Yoga & Brain Health

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The practice of yoga has been a part of the discipline of millions of people throughout the world for many centuries. We know that yoga is a remarkable practice for not only the body, mind, and emotions, but now researchers have found specific evidence as to how it is good for brain health as well.

One study found that yoga seems to help grow parts of the brain-including gray matter. This suggests that not only is the brain making new synaptic connections, but also new neurons are growing and thus being added to the gray matter, a process called neurogenesis, once thought impossible by neuroscientists.

The researchers used MRI scans to compare the brains of yoga practitioners with a control group that did not do yoga. The results showed that practitioners had a larger brain volume in several important areas of the brain, including the hippocampus, which is critical to creating new memories.

Another study showed that yoga improved the brain's speed and accuracy and made for better cognitive test results after a yoga session. After yoga, subjects processed information more quickly and accurately; were able to focus better; and learned, remembered, and updated information more effectively than they did after an aerobic exercise session.

These studies provide reason for keeping up with, or starting, a regular yoga health practice.

Adapted from "Yoga: Good for the Body and the Brain" by Joe Dispenza, DC. Full story:

<http://drjoedispenza.com>