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Good practices, food and nutrition for the brain

Kaufui Vincent Wong
University of Miami, USA

This work is a careful listing of the significant practices which are good for the body, practices which are especially good for the brain, as well as food and nutrition which are especially good for the brain. The objective of this study is to help researchers to promote brain health among the public. It is suspected that several of the practices may not be commonly known. The generation of discussion is healthy in the field of science, and this is a secondary function of this publication. Any omissions of significant actions which can be easily adopted by anyone are regretted. This mini review also produced a listing of commonly available brain- healthy foods. Regular, appropriate exercise that employs all the body's muscles is advanced as one of the two significant pillars of physical health. In other words, everyone should move daily and try to avoid being too sedentary. The second pillar for one's health is a balanced and nutritious diet, which would lead to an appropriate weight range and good mental health. Good practices for the brain are highlighted, which makes use of the fact that the brain generates new cells periodically, but just as often dies, if not employed to form new neural networks when the person learns new activities. In other words, 'use it or lose it' applies to neurons as well as muscles

Biography

Kaufui Vincent Wong is a Professor of Mechanical and Aerospace Engineering at the University of Miami (UM), Florida, where he has taught and researched since 1979. His primary research areas are in energy and the environment, fluid mechanics, nanotechnology, nutrition and health. He has published over 200 refereed papers in journals and conferences. He authored 2 text-books on Thermodynamics, one on Intermediate Heat Transfer, one on Climate Change and one on Sustainable Engineering. He holds two patents. He has received awards for teaching and mentoring students. He has served on the UM Graduate Council for 3 terms, and elected Faculty Senator for one. He is active in the American Society for Mechanical Engineers (ASME), and have held many leadership positions, including Chair of the Advanced Energy Systems Division, and Deputy Group Leader of the Energy Group. He is the 2015 ASME Dixy Lee Ray Award recipient for the environment. He is a popular invited Keynote Speaker in international conferences and symposiums. He is serving as the Editor-in-Chief of the Journal of Renewable Bioresources, the Journal of Modern Mechanical Engineering and Technology, and the Journal Advanced Sustainable Engineering. He is on the Editorial Board of the Journal of Surface Modeling and Additive Manufacturing, the Journal of Ecology and Environment Sciences, the Journal of Epidemiology and Public Health Reviews

kwong@miami.edu

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