

Dancing Prevents Dementia

There are many forms of dementia.

Keeping the brain active is the best way to offset most of the cognitive issues.

Nothing lights up the brain in so many different places as dancing and music.

When you move the body right then move it left, the brain fires back and forth across the divide. Step right then step left then right again and the brain can whole brain think. Now most of us when we are dancing are not thinking of difficult issues. We 'dance for joy'.

In EMDR therapy the eyes were the initial back and forth, looking right then looking left, but as time went on they found that alternating sound in the right ear then the left then the right also worked. In therapy counselors guide the thinking. EMDR has proven very healing of PTSD.

Whole Brain Thinking

When we problem solve, we do it best when we combine the analytical left brain with the feeling right to get a whole brain synthesis.

We make better decisions whole brain, especially with many perspectives.

The hunter/gatherer/fisher peoples moved 5 miles in a day as a group. Walking is right then left.

A Roman legionary trained often by regularly marching for 18 miles in 5 hrs then speed marching for 21 miles in 5 hrs in a single day, all the while carrying a backpack of 45 pounds and armor of 20 pounds!

We are made to move and our brain benefits.