Solutions for Insomnia

Dr. Funda Kahn

So many of us have trouble at night time, putting our mind to ease. Insomnia is an epidemic of an electronic world. Because the body sits all day and rests while our minds are bombarded with waves and information from all sorts of electronic communication tools.

Do not fight with insomnia, instead dance with it by tapping.

Here is how to tap for it; Rub your sour spot on your heart and repeat three times.

Even though I have all this information and thoughts in my mind banging around, I choose to have a quiet and peaceful mind.

Even though my thoughts are going as fast as a million miles/hr, I choose to have a quiet and peaceful mind.

Even though I have so many thoughts that they won't fit in my head, I choose to have a quiet and peaceful mind

Start tapping these points while repeating these statements:

TH-top of head: All these thoughts all the time

EB-eye brow : There's a billion of them

SE-side of eye : And they are going million miles an hour, all banging to each other

UE-under eye : But I need all these thoughts to stay safe

UN-under nose : I need to think ahead and anticipate and plan for every eventuality

UL-under lip : All these thoughts are my guardians

CB-collar bone

heart chakra : Think one step ahead, maybe two steps, maybe thousand

UA-under arm : Think more, think faster, think think think think

Second Round keep tapping:

TH : Quiet peaceful mind and serenity

EB : Quiet, calm and serene

SE : I'll let some of these thoughts take a little break

UE : They will be there for me when I want to call them back

UN : I don't need all these thoughts going

CH : I am safe even my mind is quiet

CB : I don't need to prepare every possible outcome

UA : Quiet, peaceful mind and serenity

TH : I need a lot of fast thoughts to be safe

EB : Quiet, peaceful mind and serenity

SE : All these thought are protecting me

UE : Quiet, peaceful mind and serenity

UN : Need to think lots of thoughts, really fast

UL : Quiet, peaceful mind and serenity

CB : Think a thousand steps ahead

UA : Quiet, peaceful mind and serenity

Keep on doing at least three nights in a row just before bed. You will find out the difference between a "Quiet Mind" and a "Racer".

Enjoy and Sweet Dreams,

Funda

How your brain works on autopilot

Habitual learning involves two brain circuits, rat study shows

By Rachael Rettner, LiveScience staff writer

Anyone who's learned to ride a bike or touch type might have wondered how a task that is so arduous at first could be so seamlessly easy later. A new study reveals more about exactly what goes on in the brain as we form these habits, transitioning from intense concentration to autopilot.

The results, found in rats but thought to be analogous to humans, show that habitual learning, as it's called, involves two brain circuits - one used for movement and the other for higher, cognitive thinking.

As a task is learned, these circuits trade off in terms of their engagement. The movement circuit, which involves a part of the brain called the dorsolateral striatum, becomes more active, while the cognitive circuit, which involves a region called the dorsomedial striatum, takes a dip.

"If you imagine these two systems are competing, then at the end stages of training, activity in the dorsomedial striatum is fairly weak whereas activity in the dorsolateral striatum is fairly strong," said study researcher Catherine Thorn, at MIT's McGovern Institute for Brain Research. "And what we think that means is that the habit is taking over as training progresses," she told LiveScience.

While scientists had previously hypothesized these brain circuits were involved in habitual learning , the current work is the first to record the activity of the brain cells, or neurons, as the habits were formed. It is also the first to show that these two loops are active simultaneously.

The fact that these two circuits work together could potentially mean that one circuit might be able to compensate for the other. This would be useful in instances where one circuit is damaged, such as in Parkinson's disease, where the dorsolateral striatum is affected.

"If we can learn how to tilt the competition in one direction or the other, we might help bring new focus to existing therapies, and possibly aid in the development of new therapies," said lead researcher Ann Graybiel, also of MIT. However, the researchers emphasize these sorts of applications are a long way off.

And while rat brains are good models for studying this type of learning, studies on humans are needed before scientists can know if the results apply to us.

The researchers recorded the activity of thousands of neurons in the rats' brains as they learned how to find a food reward in a maze. When they reached a specific T-junction, the rats were signaled to turn either right or left by either a sound or touch cue. Over many trials, the rats learned to associate the signal with turning in the correct direction for their reward. Eventually, this became routine The two brain circuits showed very different patterns of activity as the rats were learning. The dorsolateral striatal neurons (linked to motion control) were most active at specific points of action within the maze, such as a start, stop, or turn. And their activity steadily increased as the rats' performance improved, and then remained fairly stable.

On the other hand, the dorsomedial neurons (involved in higher thinking) were most active when the rats had to make the "right or left" decision. The neuron activity in this region also declined once the rats got a handle on their task. Essentially, the thinking part of the brain wasn't so necessary as the task became routine.

"The two systems are generally simultaneously engaged, and possibly competitive, but with extended training and repetition, as the habit takes over, the dorsolateral striatum becomes more strongly activated over the dorsomedial striatum," Thorn said.

Another hypothetical implication of the findings is that a better understanding of how these circuits interact might lead to ways to help people avoid or unlearn bad habits . "It's possible that if we could get a handle on the interaction between the two loops, we would be able to possibly suppress bad habits or encourage good ones," Thorn said.

The results will be published June 10 in the journal Neuron.

http://www.msnbc.msn.com/id/37603247/ns/health-behavior/

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