

Title:

Intelligence Quotient - Increase Yours Today

Word Count:

576

Summary:

You not only can increase your intelligence quotient today, but you can do it in the next ten

Keywords:

intelligence quotient, iq, problem solving

Article Body:

Would you like to increase your intelligence quotient or IQ? You can use brain power exercises

Breath To Increase Intelligence Quotient

Breath deeply through your nose. Breathing deeply relaxes you and puts more oxygen in your blood.

Meditation also helps, partly because of the deep breathing. A simple breath-watching meditation

Move To Increase Intelligence Quotient

Posture affects our state of mind, and helps us to think more clearly. Here's an experiment to

Exercise, but just enough to get the blood pumping. This can "wake up" your brain and help you

You probably knew that sleep can help brain function. However, the evidence shows that the quality

Eat To Increase IQ

Ginkgo biloba leaves, whether in capsules or tea or off a neighbors tree, have been shown to improve

Use caffeine. Everything from test scores on college exams to chess games have been shown to improve

Avoid sugar. Any simple carbohydrates taken in large quantities can give you a sluggish feeling

Results - Not Definitions

Experts can argue about whether you can increase your IQ in any absolute sense, but we know that

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