

These 5 Easy Steps Helped Increase My Child's Concentration

2 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=XEEMT3WDDJO](https://www.youtube.com/watch?v=XeEMt3WDDJO)

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SUMMARY

To enhance brain development in children aged two to five, Ayurveda suggests incorporating healthy fats, specific foods, and mental challenges into their daily routine. Key practices include the use of ghee, nuts, and certain herbs to support cognitive growth and memory.

- *Brain development begins at birth, with significant growth occurring between ages two and six.*
- *Healthy fats from ghee, nuts, and seeds are crucial for memory and concentration.*
- *One almond (badam) daily is recommended for children to boost antioxidants and healthy fats.*
- *Daily intake of cow's milk is essential for overall growth and brain function.*
- *Engaging children in challenging physical and mental activities, such as puzzles, enhances their analytical and memorization skills.*
- *Ayurvedic herbs like Brahmi and Mandukaparni are beneficial for memory and cognition.*
- *Application of ghee to the nostrils may improve memory and brain stamina.*

we all want our child to become an eye style and your brain development for a child is as early as the baby is born and from two years onward to six years they are into massive growth space application of nose or ghee to your nostrils also helps in improving your memory and brain stamina so for a child between two to five years one badam daily is a muscle you know everybody today wants to do more and

achieve more in less time and we're all looking at raising our kids to be the next einsteins right um how can ayurveda help boost brain health for a child first of all we all want our child to become a lifestyle and your brain development for a child is as early as the baby is born and from two years onward to six years they are into massive growth space two three things are very very essential first of all introduce your child to

healthy fats they are essential for the brain development for the uh memory for the concentration so when i say healthy fats it has to come either from ghee or from white butters or from nuts and seeds so for a child which between two to five years one badam daily is a must it is full of antioxidants and things and healthy fats which are necessary for your memory so that being

one thing if you're not fond of ghee you can always shift to nuts and seeds which are necessary milk is essential milk is a part of growth give one cup of milk at least every day which when i'm saying milk it is cow's milk that is also good for brain functioning third thing is give your children something challenging to work on every day it could be a physical activity it would be a mental activity which enhances their

analytical and memorizing power so you could give them puzzles you can also teach them which is also very good for improving memory i learn from a yoga teacher that also is useful for improving memory apart from that herbs like brahmin herbs like mandupani jyotishmati these are all herbs which are important to improve your memory and cognition in fact guruji also is known as media assignment is something which improves

your memory method and the science are herbs which are rejuvenated which are tonics for your brain or for your entire body so these are few things which people can do and as i said earlier application of nose or ghee to your nostrils also helps in improving your memory and brain stamina you