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Elliptic Path Walking for the Natural Functioning of the Entire Nervous System

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Abstract

Walking is a foundational habit for neurological health, offering benefits that range from immediate cognitive boosts to long-term protection against neurodegenerative diseases. Regular brisk walking stimulates the release of Brain-Derived Neurotrophic Factor (BDNF), a protein that acts as "fertilizer" for the brain by supporting the growth and survival of new neurons. Studies show it can specifically increase the size of the hippocampus, the region responsible for memory and learning. Walking increases heart rate, which pumps more oxygen and nutrient-rich blood to the brain. This enhanced circulation helps maintain healthy blood vessels and supports efficient neural signaling. Just 20 minutes of walking can "light up" the brain on an MRI, significantly improving attention, processing speed, and executive function. Walking can increase creative output by an average of 60%. This is partly due to the activation of the Default Mode Network (DMN), which helps with problem-solving and "aha" moments. Research documented in JAMA Neurology suggests that walking approximately 9,800 steps a day can reduce the risk of dementia by 50%. Even a minimum of 3,800 steps can lower the risk by 25%..These are all scientific findings. In this short work, the author introduces an entirely new type of walking therapy for more and more wellness of the entire neuro system.

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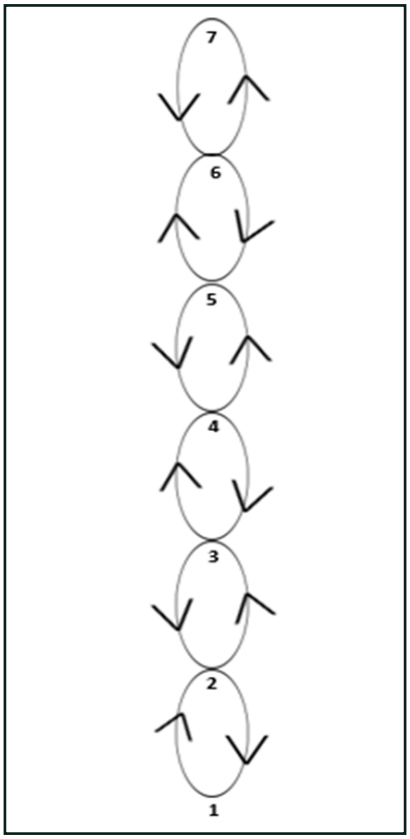
New Type of Walking

In the elliptic figure 1, begin your walking from number 1 and walk left and reach number. From number 2, walk right as shown in the figure. After reaching number 3, move to the left. Complete this method till you reach number 7. From number 7, come back to the previous position by walking in the indicated path. This is one circle. Repeat this several times. The length of this elliptic path should be minimum 200 feet.

Elliptic Figure:1



Discussion

Neurological wellness often called brain health is the foundation of your ability to move, think, feel, and interact with the world. It is not just the absence of disease, but a continuous state of maintaining optimal function across your physical, mental, and social life. The nervous system is the "command centre" for the entire body, regulating everything from automatic breathing and heartbeat to complex emotional processing and memory. Proactive wellness practices can slow age-related cognitive decline and reduce the risk of neurodegenerative diseases like Alzheimer's or Parkinson's Strong neurological health is directly linked to better stress management, stable mood, and reduced symptoms of anxiety or depression. Maintaining nerve and brain health ensures proper muscle control, coordination, and reflexes, which are vital for remaining independent as you, age. More detailed knowledge pertaining to this field may be found at [1-6].

Conclusion

The author found this walking three years ago. The author practiced and experienced and enjoyed a number of health benefits which include physical and mental wellness, concentration, focus, freshness, calmness, good sleep, better appetite, excellent digestion, good sleep and top memory. The author instructed this therapy to his friends and relatives. The author is 75 years old and lives in a remote area. The author has no institutional or other support to subject this new walking to clinical trials. The main purpose of publishing this article is to request the research community to do future R&D so that more findings will be revealed and unlocked.

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