



AN INSIDE GLANCE AT THE FEMALE BRAIN

JO CHATS WITH DR SARAH MCKAY ABOUT WHAT MAKES A WOMAN TICK

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I'm sure every man on this planet would love to flip open the lids of women for a "heads up" on what is really going on in there.

Craving that comprehensive guide to explain our curious behaviours?

Seek to unlock the key to understanding our state of mind, temperament, endearing nuances and especially find that "on switch" in the bedroom?

Here's your big chance – your new handy guide entitled, *The Women's Brain*.

I've just had the honour of interviewing Oxford-educated neuroscientist and TEDx presenter Sarah McKay.

Her first book on the neuroscience of women's health, hormones and happiness turns out to be quite the myth prover.

It seems even Dr McKay was surprised by the evidence she unveiled and, more incredibly, the humongous gaps in women's health neuroscience research on a bunch of sensitive female topics of magnitude including

the neurobiology of orgasms.

Dr McKay also provides some wonderful insight to the functioning of the brain on matters of:

- The painful consequences of being left out
- Why rejection hurts so badly
- What does a depressed brain look like
- The difference between dementia and Alzheimer's disease and
- How to nurture a healthy brain for life.

While Dr McKay didn't seek to write about the difference between male and female brains, they're a lot more similar than different. You just can't separate two groups of male and female people based on the anatomy of their genitals.

Instead we should consider our amazing brains as "unique mosaics of different features, some male-like, some female-like, with plenty features best described as androgynous".

Now that's sorted, who will last the distance? Dr McKay states "teenagers and young men are three times more likely than women to die by accidents (usually in a car), suicide, drowning and violence".

This provides women with quite a head start to the statistics that result in our longevity.

Men then contribute to this further as they age with poor health choices. Women are more likely than men to die of dementia, lung disease, cerebrovascular disease, influenza and pneumonia.

How do we live longer? Centenarians studied in history provide us these fabulous tips based on their key characteristics.

Stay lean, avoid smoking, become an expert stress buster, be optimistic, find purpose and avoid neurotic tendencies. Lastly, women have your children over the age of 35.

Go figure. Speaking of which, after producing three boys after 35, where is my figure? Watch this space next week when I seek to unveil answers to some of the fascinating questions such as how to nurture your amazing noggin as outlined by Dr McKay.

In the meantime, head to www.yourbrainhealth.com.au for your copy of *The Women's Brain* and more.

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