

TRAIN YOUR MIND AND HAVE A HEALTHY LIFE

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Introduction. What do we know about bilingualism? A bilingual person is someone who speaks two languages. A person who speaks more than two languages, actively (through either speaking, writing, or signing) or passively (through listening, reading, or perceiving) is called 'multilingual'. The term 'bilingualism' can be used for both situations); just as exercise changes our body physically and chemically, as surely the mental load changing it. In spite of all advantages that second language gives us it is the process that occurs inside our bodies. More specifically, the terms *bilingual* and *trilingual* are used to describe comparable situations in which two or three languages are involved.

Aim. To show how the learning of foreign language effects to our body.

Language creates our first connection to the world. Immigrate to a new country is the cause of bilingualism in children and speak their native language at home. While the children speak language of the country at school, they have not spoken their native language, but parents should remember the significant benefits that their children will get in the future. Bilingualism is not the cause of language delay or language impairment. In fact, one language might have negative consequences on the child's language acquisition. Reverting to one language in the family will not improve the disorder. However, maintaining a well-structured bilingual setting in the family is crucial in helping the child in its development.

Materials and methods. Let us first go through a tour of neurological science nerve cells consist of a body (soma) and the axon. It transmits information from one cell to another, so if we look at the picture in the section of the brain we will find that the outer part of the brain is grey and interior is white. It is grey from the fact that the nerve cells of the somas are assembled there, and white part is the interweaving of axons, which is wrapped in myelin a substance that allows current to go with fast speed.

What are the myelin and a foreign language? It is a constant struggle in man between two languages and he always must suppress the desire to speak another language.

How does the brain manage this additional workload? One way to cope is increase the amount of myelin, an additional amount of myelin leads to faster and more qualitative information transfer.

Now get out a little into psychology. Can the language turn effect of your

thinking? Psychological research suggests that people who speak two languages, their emotional, results of the situation and perception of the world were subjective less. It makes their decisions more rational and objective. In another study, the researcher Ramirez-Esparza asked bilingual that establish their characters in both English and Spanish using a poll in both languages. Ramirez-Esparza said: "The language a powerful tool, they make you see yourself differently".

The research has investigated that bilinguals use their languages to express emotions mostly in adults. Memories encoded in the native language are typically richer in terms of emotional significance than memories encoded in the second language.

That is why the second language is typically acquired in more emotionally neutral setting than the first language. Delaying the onset of Alzheimer, sick people have bilingual signs of diseases such as Alzheimer's or Dementia five years later than others have. It does not mean that the disease will come to them later but by the cognitive point of view, they have much higher lag with straps. At that time, their release will be much longer when they feel the violation.

It was studied after the accident in India that the plasticity of the brain after injury is much higher than in the bilingual. Their cognitive function is faster in twice than who know one language. "The idea is if you have a lot of mental exercise, your brain will be the coach and can compensate better."

Results and discussion.

- 1) Bilinguals of two spoken languages have more white and grey matter than monolinguals.
- 2) Improve brain activity and problem-solving abilities.
- 3) Protect person from the forgetfulness and memory loss.
- 4) Foreign language leads to a reduction of heuristic biases in making the decision.
- 5) The foreign language effect is not due only to a reduction of emotional resonance.
- 6) Bilingual patients had been diagnosed 4.3 years later and had reported the onset of symptoms 5.1 years later than the monolingual patients had.

Conclusions. In conclusion, I believe that all people should have access to bilingual education. This type of education is one, which truly benefit all individuals as both current and future members of our multicultural society, and in sum, there are no overall disadvantages to bilingualism.