



## Early Diagnoses of Cognitive Problems

Memory loss and ability for instant recall is a growing challenge for many.

Glycoscience Lesson #3

by JC Spencer

A cognitive study in Stockholm was published January 29, 2014 in *The Journal of Neuroscience*. Henrik Ullman, a PhD student at Karolinska Institute says that this was the first study using MRI scans to predict future working memory capacity. The results were surprising in that the storage areas and the working areas may be more overlapped than previously thought. From this study may come a more predictable understanding of how an individual's brain will function a few years down the road.

The two principle functions of the brain are:

- 1) Store and retrieve information/knowledge.
- 2) Working memory, i.e., the ability to process ongoing information and link it to related stored data to make proper determinations.

Scientists are gaining momentum in diagnostics that will detect diseases or health challenges a few years before "they" happen.

Mountains of diagnostic data is important only if we know what to do with it. We are lagging behind in knowing what to do with all the data. Waiting for a cure in ten or twenty years is not acceptable.

Harmful drugs can erase memory quickly and prescription drugs can erase fragments of memory day by day. Pieces of the past are evaporating from the minds of people of all ages; as is instant recall from only a few seconds ago.

More and more people are asking themselves where has the ability gone that allowed them to quickly recall what just happened. Some now find it difficult to recognize close friends they have known for years. Fear replaces the memory gaps. To escape from anxiety and depression, they turn to overeating, smoking, drinking, and doing more drugs.

We can improve brain function today and perhaps

delay the onset of mental fatigue or shutdown of the master control center for mental and motor skills. Here are three aspects that can overcome mental fatigue or impairment that has improved brain function in many cases:

- 1) Cut off the supply line that is feeding brain destruction;
- 2) Consume quality brain food;
- 3) Exercise body and mind for better circulation and performance.

We can perform mental exercises every day to keep the brain more active. We can work with self academic evaluation by conducting cognitive tests. Read, play with numbers, do puzzles, solve problems. To become more active is a powerful indication you have the will to improve.

### Brain Improvement Pilot Survey

Glycoscience is the study of sugars and we, as of this writing, are still accepting individuals into Pilot Surveys concerning mental and motor skills. With further documentation and published papers, we are confirming that indeed brain function can improve through Glycoscience.

#### Source and References:

<http://www.scientificamerican.com/article/brain-scans-show-pronounce-for-early-detection-of-cognitive-problems/>

[www.GlycoscienceNEWS.com](http://www.GlycoscienceNEWS.com)  
Introducing SMART SUGARS

[www.OneSmartSugar.com/video.html](http://www.OneSmartSugar.com/video.html)

Expand Your Mind - Improve Your Brain  
<http://www.endowmentmed.org/ExpandYourMind/MindEbook3.html>

Change Your Sugar, Change Your Life <http://DiabeticHope.com>

Glycoscience Lesson #3  
<http://www.GlycoscienceNEWS.com/pdf/Lesson3.pdf>

[http://EzineArticles.com/?expert=JC\\_Spencer](http://EzineArticles.com/?expert=JC_Spencer)

© The Endowment for Medical Research, Inc.  
[www.endowmentmed.org](http://www.endowmentmed.org)