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## Old Brains May Be Made Better Than Young Brains

### New research discovers that brains have no peak age

This study is to soon be published in the journal *Psychological Science*.

Glycoscience Lesson #31

by JC Spencer

New findings give an optimistic view of how the brain changes as we age. Certain mental and mobile skills can be improved for many years beyond what was thought possible. Older brains bring treasured moments from the past and reverberate them into the ever present future.

Wisdom is gained over the years as the brain is stimulated and fed new thoughts that literally grow new synapsis. Congruently and collaboratively the synapsis take flight like a flock of birds.

Experience teaches older brains to filter out irrelevant or undesired information. Seniors have more overall knowledge. Significant exercise of this knowledge helps keep the brain younger. Research shows that the brain has no peak year of overall performance. Learning continues to dramatically increase when you put your mind to it.

These researchers report that people think fastest in their later teens, while short-term memory peaks at around age 25. Younger brains often have difficulty processing consequences for actions and emotional factors. Aging brains normally have a better ability to read people's emotional states and are best in their 40s and 50s. The measurement of accumulated knowledge called "crystalized intelligence", based on vocabulary tests, may peak when you are 60, 70 or even 80 when you are healthy.

Healthy brains require a continually feeding of clean oxygen, good nutrition and new positive thoughts. Some aspects of cognition function may decline while other aspects improve. This study reveals again the complexity of the brain and how cognitive abilities are influenced by many factors of health and life experiences.

The authors of the paper launched the study to better understand how thinking skills change over

a lifetime. The findings were based on an analysis of the responses of over 48,500 participants.

Scientists used to believe that brain cells could not be restored if damaged. New research proves that is not true. The brain continues to change and mature. The key to improved brain function is rooted in glycombiology, the branch of biology dealing with sugars. Multiple studies show that babies who receive what I call "Smart Sugars" have a higher mental capacity through their adult lives than do those who are formula fed.

Our dedication is to Glycoscience research and education for improved brain function. You can, indeed, Expand Your Mind and Improve Your Brain through Glycoscience.

"*Old Age is not for Sissies*" as Art Linkletter told us. Humor is immensely beneficial in keeping the brain younger. The latter years can be better than the former years.

#### Sources and References

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

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

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