

THE EXTRA POINT

BY JERRY ROBERTS



1479 A Spicy Way to Boost Your Brain Function

Brain function is one of those topics that draws a lot of attention these days. We've spent a fair amount of time in this space, chatting up some of the issues that concern most people about the care and feeding of their brain. I'm Jerry Roberts, and we're after more of that today. In particular, enhanced brain health that comes from a source you wouldn't expect. We'll get into that, next on The Extra Point.

I caught a story in INC magazine that dealt with cognitive function, and how to improve it by using a unique food additive that is well known to most folks in Guam. We'll identify the particular additive in few moments, but first the background info.

Until recent years, nobody seemed to pay much attention to brain function, or the effects of sleep on our brain. In the last 10 years, we've seen non-stop studies released that cover this area, as well as what we should do and should not do to take better care of our brain.

The writer of the article mentioned taking a meeting with potential investors, who decided to order takeout for lunch, so the meeting wouldn't be interrupted. The food would come from a popular local Japanese restaurant.

The writer, then pitching the deal for his new company, didn't have much experience with Japanese food, and none with sushi.

Eager to impress the group, he joined in on the fun. However, he didn't realize that danger lurked. He picked up a chunk of wasabi with his chopsticks and ate it. Well, you can likely guess the rest.

His mouth exploded in green fire, and he was left gasping. It happened to me my first time with wasabi, and maybe you can relate. He couldn't guess that this experience would have relevance for him years later.

Recently, he stumbled upon a fascinating

study by researchers at Tohoku University in Japan. It's published in the journal *Nutrients*, and it explored the cognitive benefits of a biochemical compound called 6-MSITC.

Where do you find 6-MSITC? Did you guess wasabi? The researchers recruited 72 adults and divided them into two groups: one took a daily tablet containing 6-MSITC, while the other group received a placebo; which is a substance that will not have the same effect on the test subjects.

Over 12 weeks, participants underwent cognitive tests evaluating working memory, attention, processing speed, and episodic memory, our memory of everyday events.

Surprisingly, both groups showed improvements in working memory and episodic memory. The group consuming the wasabi experienced an 18 percent increase over the placebo group.

What's the importance of all this. Am I pitching an ad for Japanese restaurants? The reality is that every generation is tuned into brain issues now. Across the board, there is a worry over cognitive decline and neurodegenerative diseases such as dementia and Alzheimers.

Young people see grandparents in decline, and realize their parents may go down the same path, and it will be their role to take care of them in their advanced years. Those in middle age may already be a caregiver for their parents, and now are thinking ahead to what may be in front of them as they get older.

In addition to the wasabi revelation, numerous other practices and factors have shown promise in boosting memory. These include memory-enhancing foods such as mushrooms, dark chocolate, cinnamon, and various vegetables.

Cultivating positive relationships and optimizing your work environment can help, along with appropriate lighting.
(Con't.)

Engaging in hobbies that promote memory function, solving puzzles, Exploring unconventional techniques, and learning new things.

And yes, eat sushi, sashimi, and anything else that can be perked up with a big 'ol hit of wasabi!

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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