



#1 Health Concern - Retaining Mental Performance

Smart Sugars Lesson #69

by JC Spencer

Cognitive decline is our #1 health concern. The greatest fear of aging is not dying but losing mental performance. Another US Baby Boomer becomes 65 every 8 seconds. Meanwhile, on the other end of the age scale, 3 to 4 million children are added to the cognitive decline list and mental meltdowns are common for all ages.

The two fastest growing areas of concern in health is mental sharpness and Alzheimer's. From 2006 to 2010 concern increased by 10% for mental sharpness and 14% for Alzheimer's.

Big Pharma has targeted the cognitive challenged for a lifestyle change with mind altering drugs that often compounds the problem and produces addicts.

Retaining mental sharpness, or better yet, gaining more mental clarity is my objective. 63% of adults over 55 years of age are extremely or very concerned about simply maintaining their mental abilities.*

Unexpected news is that concerns about anxiety, depression, and mood swings is shifting to much younger adults.** I contribute these growing concerns within the younger population to the faster pace, instant gratification, and emotional instability.

Over 1/3 (36%) of the adults 50+ are coping with or attempting to manage declining mental energy. Improving mental performance includes mental sharpness, clarity, memory, speed of recall, and concentration. Improved mental energy provides greater ability to overcome stress, anxiety, and mood swings.

There are big disagreements about how age affects IQ. IQ testing is far from perfect. I have jokingly said that if certain factors were built into IQ testing, many would have a minus 0 score. "Pray tell, how would you do that?" you say. Oh, like, "How many times in the past week have you become angry at an inanimate object?" Getting angry at others or animals would also earn demerits. Speed is a factor used for IQ. One person may solve problems faster and be determined to have a "higher IQ". On the other hand, a person with a "lower IQ" may be unable to solve many problems fast; but, can solve "impossible problems" that no one else had ever solved. I could have made a higher IQ test score had I studied for the test. If you didn't get the joke, you didn't study for your IQ test either.

There are many contributing factors that impact mental

performance that may not be brain function at all. Perhaps dysfunctional senses distort perception. One or more of your senses of sight, sound, smell, savor, or sensuality (touch) is operating below normal. Consequentially, all of the facts are not in for evaluation.

Millions are looking for a real functional cognitive enhancement in all the wrong places. Your brain is probably not deficient of any pharmaceutical drug. I can assure you that all of our bodies and brains can benefit from more natural super foods including Smart Sugars.

Smart Sugars, harvested from plants, that modulate the immune system and enhance mental abilities, are some of the same sugars found in mother's breast milk.

I previously reported on a study of some 14,000 babies. Half were randomly assigned to a group in which prolonged and exclusive breast-feeding by the mother was encouraged at Belarussian hospitals and clinics. The mothers of the other babies received no special encouragement.

At 3 months, 73 percent of the babies in the breast-feeding encouragement group were breast-fed, compared to 60 percent of the other group. At 6 months, it was 50 percent versus 36 percent. In addition, the group given encouragement was far more likely to give their children only breast milk. The rate was seven times higher at 3 months.

The children were monitored for nearly 6½ years. The researchers found that the children in the group where breast-feeding was encouraged scored about 5% higher in IQ tests and did better academically. Other studies indicate brain development and intelligence benefits for breast-fed children. Evidence also showed that their college grades were superior.

My mother did me proud.

Smart Sugars found in mother's breast milk:
<http://www.endowmentmed.org/content/view/829/106/>
Nutraceuticals World magazine 9/2012

* according to HealthFocus International, the study group on health trends.
** National Institute for Mental Health (NIMH)

Stem Cell Survey - A Technical Syllabus CD
<http://www.endowmentmed.org/EndowmentBookStore.html>

Expand Your Mind - Improve Your Brain
<http://www.endowmentmed.org/content/view/826/106/>

Change Your Sugar, Change Your Life <http://DiabeticHope.com>
Smart Sugars Lesson #68 <http://www.endowmentmed.org/pdf/SmartLesson68>
http://EzineArticles.com/?expert=JC_Spencer

© The Endowment for Medical Research, Inc. www.endowmentmed.org