

Guillermou

Humanity faces a world where everything seems possible, but it is difficult and dangerous to find a path that makes it possible to shape the plasticity of the mind to achieve cures that now still seem impossible.

"Nootropics are a group of substances (natural or pharmaceutical) suggested to improve memory, enhance cognition, support motivation, and boost creative ability," says Matt Angove, ND, a naturopathic doctor based in Centralia, Washington. Also known as "smart drugs," some research suggests that nootropics can improve aspects of brain function, including thinking, learning, and memory.

www.forbes.com/.../best-nootropics (2023).— nootropicsexpert.com/best-natural-nootropics (2023).--

Under the influence of psychedelics, the destabilizing emergence of complex dynamics leads to a more fluid and adaptive neural state in a process that is amplified by the plasticity-enhancing effects of psychedelics. This shift manifests as an acute systemic increase in disorder and a possibly longer-lasting increase in complexity affecting both short-term dynamics and long-term plastic processes. Ethologists are well aware of critical periods because they lay the foundation for a creature's behavior.

They are finite periods of time, ranging from days to years, in which the brain is especially impressionable and open to learning. It is during a critical period that songbirds learn to sing and humans learn to speak. There are critical periods for walking, seeing, and hearing, as well as bonding with parents, developing perfect pitch, and assimilating into a culture. Some neuroscientists suspect that there are as many critical periods as there are brain functions. In the end, all critical periods end, and rightly so. After a while, extreme openness becomes inefficient or downright dysfunctional.

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Maybe, just maybe, psychedelics are the “master key” to unlocking everything from blindness to stroke to anorexia. Psychedelics such as MDMA (also known as ecstasy), ketamine, and psilocybin (the active ingredient in magic mushrooms) are known to produce mind-altering effects, including hallucinations in some cases. But each compound affects a different biochemical pathway in the brain during the short-term “trip,” leaving scientists wondering why so many of these drugs share the ability to alleviate difficult-to-treat conditions in the long term. . Childhood is a time of learning.

During this critical period of development, neural connections are built, strengthened, or eliminated as an individual interacts with the world. A Johns Hopkins University research team led by GI Dlen, now at the University of California, Berkeley, found that psychedelic compounds can restore the brain's youthful flexibility and act as “master keys” to reopen so-called critical periods. of enhanced neuronal plasticity. In addition to rejuvenating neurons' response to oxytocin, the psychedelics examined by Dlen modified the activity of about 65 genes, approximately one-fifth of which impact the regulation and composition of the extracellular matrix, the material that physically cements or consolidates connections.

and neural circuits www.mdpi.com/.../90 (2024).-- www.wired.com/story/the-psychedelic-scientist-who-sends-brains-back-to.. (2023).-- www.brainfacts.org/thinking-sensing-and-behaving/brain-development/202.. .(2024).-- tim.blog/.../gul-dolen-transcript (2023).-- www.greenprophet.com/.../how-psychedelics-reset-the-brain (2023).-- www.vox.com/future-perfect/24032884/psychedelics-gul-dolen-critical-pe.. (2024).--

Posted On 06/08/2024

Otorongo

Thank you Gui. I love both of your comments. In essence, you have responded to the age old question. Is it Nature or Nurture? And the answer Is, Both!

Posted On 06/08/2024

Guillermou

Thank you very much, Otorongo for your accurate vision. If something defines good-hearted people, it is always having their priorities clear. Much of the goodness we see in the world is the result of those who strive daily to do good. We need express and constant voluntariness over time to do things appropriately and provide active support to people who need help. This must be the path of true science

Posted On 06/08/2024

imaginal110

I'd like to approach all these new things with a great deal of humility and caution. We don't even have a current language in which humility and caution play a role. Instead we rush headlong into brave new worlds with severe unintended consequences. Our life now is often occupied with those consequences, dealing with EMFs, medical hubris, gene enhancements gone awry, being surveilled by devices in our pockets. All were introduced as enhancements. We're already over-enhanced. These advances are always sold as compassionate and helpful and have brought us here.

Posted On 06/08/2024

mac2972

This is a bit off-topic but could be related to exercises that keep the brain firing on all cylinders beyond senior years. I am 79 and addicted to crossword puzzles. This addiction is a constant education in the meaning of words – perhaps words I hadn't been familiar with prior to completing my daily crossword. I am also in my 41st year of canine rescue and adoption, so am still out there in the workforce in order to provide my current two roommates with the best of everything (read: nothing from China). From their toys and food to their beds, everything is domestically sourced.

I am the former owner of a retail store selling only products made in the USA, something I'm still passionate about. That means fresh food, domestic toys and \$200 giant orthopedic beds for the dogs. Now you know why I'm still working at age 79, but the social interaction with customers is also beneficial. I am a "people person" and speak very easily to people I don't know, especially if dogs enter the conversation! Bottom line? Staying active in our senior years is far more beneficial to mental, physical and social health than is sitting in a recliner, watching television.

Posted On 06/08/2024

Piw6958

Mac, I am 81 and I am also addicted to crosswords, cryptograms, Scrabble, and other word games. I had to quit school in my Senior year of high school and was a secretary for many years, at 40 I got my GED, my bachelor's degree and my masters degrees in night school while working as a secretary and got promoted to a position as a contracts administrator for a major electric utility with 5 power plants. Curious as to how I could accomplish this, I took a proctored IQ test at the local college and discovered that I have a 157 I.Q. my percentile is 99.992762756% - one in 13,817 has an IQ that high. I don't know if that is due to the fact that I hunger and thirst for the stimulation of working puzzles, or if the high I.Q.

causes me to need that stimulation, and challenged me to obtain my degrees at 40. Throughout my life I've been a hobbyist, I've learned knitting, and crochet, made stained glass windows, oil painting portraits, sewing and tailoring (I had a shop where I did fur repairs and made custom bridal gowns, bridesmaid and pageant dresses) made furniture, raised tropical fish and canaries, and researched and studied nutrition, supplements, etc. Now at 81 I have joined the local senior club and I have challenged myself to learn to play pool.

I go to the center 5 days a week and shoot pool for about 3-4 hours at a time. This started as a way to get out of the house, but it has now become a personal challenge to excel. This is probably a personality disorder brought about by my I.Q. Just interesting to hear that others my age are similarly obsessed with puzzles, and "educating" themselves. You may be interested in getting a proctored I.Q. test. If there is a scientist out there reading this, this may make an interesting study to find out if some people with high I.Q. are "stuck" in the learn stage of development and hunger and thirst for ways to feed this.

Posted On 06/08/2024

Kitera

It is very strange that somehow people make better grandparents than parents. I never understood the bumper sticker that said "If I had know how much fun it would be I would have been a grandparent first". Somehow we get better at raising children when our age has given us time to age and better understand our situation in a wider world. This idea supports the extended nuclear family. Young people want to get on with life with zest - and that is where an extended family that provided care and guidance is so crucial to a child's development. The only other thing I see from this article is that the discovery of how to manipulate will be used in the worst possible way - somehow that is the adverse nature of some minds.

Posted On 06/08/2024

juststeve

Thank you, other options including extended families sharing experiences, expenses shouldn't be ignored as it is now.

Posted On 06/08/2024

cstrong01

Thank you for posting this article about neuroplasticity which I requested in my comment yesterday. I haven't had time to watch the video yet, but was disappointed that the summary made no mention of the application I was most interested in, pain management. Some of the techniques that are being studied do indeed seem dangerous, but I was able to find some good information elsewhere that indicates that the brain can be tricked into dialing down the pain response by much simpler techniques of just changing your activity level and diverting the mind to focus on something other than the pain. Perhaps I should take up video games!

Posted On 06/08/2024

juststeve

Yes, pain management or things like Tinnitus said to be a brain issue, not so much a mechanical issue.

Posted On 06/08/2024

HeySeuss

I was probably in my 40s when I realized that I manage pain, not chronic pain, but painful episodes by "moving" out of it and "ignoring" it, "putting it away". Kind of like a mental band aid. I don't know how to explain it other than that. In a passing conversation with my mother, who was then in her 80s, she knew exactly what I was talking about. By that time, she did suffer from a host of diseases and conditions, but presented as healthy and happy. She did have pain from various issues - a bad knee, some arthritis - but except for a short period where one doctor prescribed oxycodone (which she quit pretty quickly) she only took Tylenol.

So, maybe this ability is helpful in managing pain levels down but not eradicating it. Still, it appears to be helpful if it can eliminate the need for heavy duty painkillers and/or lower usage and dosage of OTC meds. I have no idea how my method really works other than to say that it does. There seems to be a bit of "this, too, shall pass" and remembering being pain free, too. I do believe in prayer and I do pray so that may be part of it, too. Maybe there's some self hypnosis in there?

Posted On 06/08/2024

juststeve

Possibly the greatest joy for a parent is to witness their child take in, absorb, new information, skills and the so often times extremely creative outcomes from what they have been exposed to. How when something attracts their attention how completely emersed they can be. Very often a parent will find the child with fresh new eyes, ears, minds, can teach them, more than the parent can teach the child.

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Guillermou

Consider also, Just, that in the threatening times that we live in for the mind of any person, it is essential to educate our children in childhood and youth to develop critical thinking and know how to face human and professional challenges, Raising children is one of the most difficult and satisfying tasks in the world, and the one for which you may feel you are least prepared. Some tips for raising a child that can help you feel more satisfied as a parent and also enjoy your children more.--- 1. Boost your child's self-esteem.-- 2. Recognize good actions.-- 3. Set limits and be consistent with discipline.- - 4. Make time for your children.- 5.

Be a good role model.-- 7. Be flexible and willing to adapt your parenting style.- 8. Show that your love is unconditional.-- 9. Be aware of your own needs and limitations as a parent.-- kidshealth.org/.../nine-steps.html (2024).-- 10 WAYS TO EDUCATE YOUR CHILD AT HOME artesschool.com/10-ways-to-educate-a-child-at-home .-- Vygotsky's theory makes us see how learning is built gradually during the first years and with the help of the child's social context. Lev Vygotsky maintained that children gradually develop their learning through social interaction: they acquire new and better skills, as well as the logical process of their immersion in a routine and familiar way of life.

Likewise, this sociocultural theory of cognitive development focuses not only on how adults and peers, through collaborative work, influence individual learning, but also on how cultural beliefs and attitudes impact the way learning is carried out. instruction and learning. According to Vygotsky, children still have a long period of development ahead of them at the brain level. Furthermore, each culture provides what he called tools of intellectual adaptation. These tools allow children to use their basic mental skills in ways that are sensitive to the culture in which they grow up.

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Guillermou

Vygotsky created three zones of development: the zone of actual development, which represents the students' current abilities, the zone of proximal development where the students are in the process of training, and the zone of potential development, which would be the level they can reach. to reach the child with the help of a person. The zone of proximal development refers to the space that exists between the current psychic development of the subject, that is, the skills that the child already possesses and his or her potential development (what he or she can learn through a guide). For this reason it is a concept of utmost importance for education at all levels of education. That is to say, according to Vygotsky, the role of adults or more advanced peers is to support, direct and organize the child's learning, in the step prior to him being able to master these facets, having internalized the behavioral structures.

and cognitive skills that the activity demands. This orientation is more effective in offering help to children to cross the zone of proximal development (ZPD), which we could understand as the gap between what they are already capable of doing and what they cannot yet achieve on their own.

www.simplypsychology.org/vygotsky.html.--- www.mcw.edu/-/media/MCW/Education/Academic-Affairs/OEI/Faculty-Quick-G.. .--- www.structural-learning.com/.../vygotskys-theory.--

Posted On 06/08/2024

How, true Professor, one of the most satisfying yet difficult jobs in the world - being a parent. No solid one size fits all instruction manual either. One thing though working exceptionally well, as right from the start when the child is responding in positive ways, recognize the act, describe why it's good and praise it. As they grow more astute, aware, describe why it is a good thing, or how pleased it makes Mom/Dad you did or did not do whatever. At first it is good to reinforce a new learned behavior often, but once it is becoming regular behavior, then let things alone - skip reinforcement each and every time, engage a reinforcement if it seems necessary.

Eventually just a thank you when it seems appropriate. Eventually this moves from being taught, to just part of their personality. Somehow this technique got high jacked and turned into the silly a trophy, reward, gold star, everybody wins nonsense. This does not build self-esteem. It leaves them with no problem solving, exploration skills, or critical thinking skills. Encouragement for little to nothing, for just being there builds a foundation of confusion to add into all the other confusing struggles maturing brings on.

Screaming at little children Be Good is useless. They only know mom/dad are mad, agitated. So much is a learning experience for the parents and as the years go by, the children often hit in those areas where the mom or dad had the greatest difficulties understanding, mastering themselves. But this can be a positive as we may be able to learn new avenues to those struggles through their new approaches. The once very popular Teach your children well, the parents hell, no one to go by. Teach your parents well song from years gone by.

Posted On 06/08/2024

RonaldHL

I have a theory to explain my firearms shooting skills that advanced suddenly to the level of top competitive shooters without me having put in the effort of all the decades of skill development by lots of practice as necessarily all the others who shoot at this level have done. I've been sharpening drills for decades. My theory is the portion of the brain used for hand - eye coordination and spacial movement is the same for my drill sharpening skills as it is for shooting and having it already developed gave me that advantage that otherwise takes decades to acquire by that portion simply needing to adapt to be used for the similarities of the new task.

I've studied the world record holders regarding their shooting abilities. Some have students and attempt to teach their skills. I let my mind wander when sharpening drills and think about what I see in high-speed videos of the champion shooters slowed down contrasted to what they teach that they are doing with my conclusions that though they are sincere and believe they know what they are doing, they are grossly incorrect.

They communicate their thoughts on what they are doing to their students and those thoughts are incorrect because they are communicating cognitive thoughts. If while sharpening drills, I had to have all of the cognitive thoughts of how to sharpen drills to coordinate multiple motions at once and with speed, I couldn't think that fast and I couldn't perform. Instead, I'm not thinking drill sharpening techniques at all while doing it because I'm thinking shooting or politics or preparedness or having conversations while the drill sharpening is entirely automatic.

Therefore, both the drill sharpening and shooting skills are not cognitive and necessarily occur with the much higher speed coordination of the subconscious part of the brain that does that. If using the part of the brain where thoughts occur to make high-speed movements under conscious coordination, then performance can't be matched.

Posted On 06/08/2024

onl91810

See Joan Beck - how to raise a brighter child and anything by Glenn Doman like How To Teach Your Baby To Read.

Posted On 06/08/2024

jan64524

I'm sure this article uses incredibly old data and they are light years ahead of this tech. Jus' sayin'.

Posted On 06/08/2024

Almond

The Price of Truth vs. Deception In Healthcare A brave doctor's eye-opening testimony exposes the grotesque treatment the unvaccinated received throughout COVID-19. www.midwesterndoctor.com/p/the-price-of-truth-vs-deception-in#poll-182.. This is very long reading and worth every bit of it. You will find some key points on numbers 11, 19, 21, 25, 35-37, 44, 54, 68, 70. However, it would be nave to think things like this only happened in Washington State. This is also breaking news: 9th Circuit Court of Appeals Rules mRNA COVID-19 Jab is NOT a Vaccine Under Traditional Medical Definitions www.thegatewaypundit.com/2024/06/breaking-9th-circuit-court-appeals-ru.. This is more clarification on the COVID "vaccine" that legally is not a vaccine.

What does their gene therapy "vac" do??? It hacks human cells... "You see the difference of the Fourth Industrial Revolution is it doesn't change what you are doing, it changes you if you take the gene editing. Just an example, it is you who are changed and of course this has a big impact on your identity." --Klaus Schwab They don't hide their goals.

Posted On 06/08/2024

JudyCharl

My first thought is always, just because we can doesn't mean we should. Followed swiftly with, when has something inherently good not been used for evil?!

Posted On 06/08/2024

jef9075

microdosinginstitute.com/microdosing-101/substances/lions-mane-stackin.. Paul Stamets talks about combining (stacking) lion's mane mushrooms with very small doses of psilocybin mushrooms-- so small many will not even notice the psychedelic effect-- along with Niacin.

Posted On 06/08/2024

RonaldHL

Jef, I've been drinking my "hot chocolate" elixir containing dark chocolate chips, glycine, chaga (at highly toxic levels of oxalates - see my comment on that on the recent oxalate discussion), and rotating in various nutritional mushroom powders which often includes heaping tablespoons of lion's mane mushrooms. Forget dosage as I don't consider any of that to be drugs. It's food and I eat big meal sized portions frequently. I have some nerve damage from hot water on fingers of my left hand, so the lion's mane hopefully will be helping nerves at the surface of my skin repair themselves. I generally heal quickly from injuries, but this is taking more time. I'm feeling a progressively greater strange feeling in my afflicted fingers, so I hope that is meaning the damaged nerves are sending that signal to my brain in telling me they are angry about the hot water and not to do that again!

I don't know if damage was possible due to increased systemic vulnerabilities from toxicities because I didn't think the water was too hot. Just in case it is lanthium toxicity, I just took methylene blue to rid my body of that regardless of having it or not. In the past, I had lead, mercury and tin toxicities related to MTHFR, but since have used chelation to rid my body of heavy metals and have been taking the methylated version of B-12 and methyl folate for my body to detoxify naturally. I think the lion's mane mushrooms will be a big help.

Posted On 06/08/2024

voxfuror2

So! T.D. Lingo nailed it 50 years ago, apparently.

Posted On 06/08/2024

sdrshn

Meditation is the most natural and ultimate neuroplasticity trainer that a person can do to naturally open their brain and access greater function. So unless your brain has been recently injured there really is no need for drugs or other unnatural enhancements. In today's instant gratification society, what's required is patience and consistency of practice. Of course, the monkey mind may come up with reasons to quit during the first months of meditating as you see through it games but that gradually weakens and disappears. The "side effect" of knowing thyself is connection to one's inner intuition and feeling of gratefulness, reverence, love and understanding.

Been doing it for close to 30 years and its anti-aging effect means life gets better and better. Yes, others have done sacred journey with good effect, still others with no so good as an assist to an inner practice. Intention is important. If you simply want to open your brain so you make money and garner more power then your safer with the neuroplasticity drug enhancement approach that is sure to soon become readily available.

Posted On 06/08/2024

onl91810

Not surprising that Glenn Doman, the founder of iahp.org and the father of demonstrating neuroplasticity is never mentioned by current researchers. He began his work in the 1940s on stroke victims.

Posted On 06/08/2024

onl91810

Refer to "the sacred mushroom and the cross" by John allegro. About the "Santa claus" mushroom used by the ancients to see the kingdom of God or so they thought.

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