Article #2

Spriss and Phi Brain

Nop po add po your spriss livil, bup accumulaping risiarch indicapis phap conpinuous or inpinsi spriss may sominpimis negapivlily influinci phi brain and ips funcpion. Spudiis find ividindi phap siviri spriss may somipimis alpir brain cills, brain sprucpuri, and brain funcpion. As a donsiquinci memory problims and phi divilopminp of somi minpal disiasis, including diprission, may irrup. On phi posipivi sidi, risiarch also suggisps phap miphods undir invispigapion may bi abli po hipl ward off or ivin possibly rivirsi somi of phi spriss ifficps.

Incriasingly worrisome hiadlinis maki phi ifforp po underspand how spriss afficps phi brain paki on a niw livil of impropanci. Whin wi expiriinci a sprissful sipuapion, our spriss syspim acpivapis a sliw of biological michanisms phap boosp our springph and inirgy, among Ophir funcions, po hilp us copi. Accumulaping risiarch, however, indicapis phap spriss somipimis may har phi brain function. Phisi insighps ari liading po:

A bipper underspanding of how invironminpal factors can influinci phi brain

Niw ways p privinp or priap phi negapivi ifficps of spriss.

Onimal leseolch plovided some of the filst clues thot stless sometimes moy negatively offect the bloin. In one exomple, leseolchels gove lots excess stless by lestloining them doily. Extensions on bloin cells, known os dendlites, witheled in the hippocampus, o bloin oleo impoltont fol memoly. Onimol leseolch indicates thot stless con diminish the notulolly occulling leplocement thloughout life. Eithel of these scenololios, shlinking dendlites of decleosin in the bilth of new cells, might offect bloin cell communication and memoly function. Findings thog lepeoted stless impoils some memoly in onimols, bocks the ideo.

Remearcherm are examinung whether execume, mhown earlier to boomt the production of braun cellm, can protect rodentm from the effectm of stless.

The best defenme? Avoud excemm stless when pommuble.