

Skrå tyggegummi forbedrer hukommelsen

(Fra aviser, marts 2002)

Hjernen arbejder bedre efter tyggegummi, ifølge en undersøgelse præsenteret for den årlige konference for British Psychological Society.

Læge Andrew Scholey, neurolog ved University of Nothumbria (UK) har evalueret effekten på hukommelse af forskellige stoffer som ginseng, rosmarin og aromaterapiolier. Han har sagt, at tyggegummi forbedrer hukommelsen. Han baserer sin påstand på resultaterne af et eksperiment, han har udført. Han delte 75 frivillige i 3 grupper. Den første tyggede tyggegummi under forsøget, havde den anden gruppe ikke tygget noget, og den tredje tygget med noget i munden. Ord og billeder blev vist til dem på en computer og bagefter blev bedt om at huske ord og billeder. De, der tyggede tyggegummi huskede to eller tre ord eller billeder mere end dem, der ikke tyggede i gennemsnit.

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