Skrå tyggegummi forbedrer hukommelsen

(Fra aviser, marts 2002)

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

Læge Andrew Scholey, neurolog ved University of Nothumbria (IK) har evaluere-teffeketen på hukommelse af forskellige stoffer som ginseng, rosmarin og aromatera-piolier. Han har sagt, at tyggegummi forbedrer hukommelsen. Han baserer sin påstandom resultaterne af et eksperiment, han har udfort. Han delte 75 frivillige i 3 grupper. Denforste tyggede tyggegummi under forsoget, havde den anden gruppe ikkte tygge noget, og den tredje tygget med noget i munden. Ord og billder blev vist til dem på encomputer og bagefter blev bedt om at huske ord og billeder. De, der tyggedetyggegummi huskede to eller tre ord eller billeder mere end dem, der ikke tygge i gennemsnit.

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