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A lot of old research had indicated that chewing gum can help a person with abstract reasoning, and scientists told us it helped to improve the memory.

As seen in the annals of research so many times, the latest study offers new results. The latest report says chewing gum makes short-term memory worse.

Gizmodo reported that researchers from the University of Cardiff in the United Kingdom tested volunteers in short-term memory challenges, with and without chewing gum. Volunteers tried to remember lists of words and numbers in the order they were seen or heard, and had to name missing items from lists.

The gum-chewing participants appeared to have impaired ability to remember the items. The results went against information learned in the past.

In 2002, the University of Northumbria studied 75 gum-chewers to determine the effect of chewing gum on cognitive performance. According to Digital Journal, the best performances in the testing came in the memories of the groups using chewing gum.

The most recent studies showed that any improvement in memory only lasts for about 20

minutes.

Prevention.com suggests that short-term memory loss can be fought by increasing your intake of iron, through eating foods like tofu, spinach, pinto beans, or lean red meat. Also included are apples for their antioxidants, and blueberries.

And the good news; they still recommend one glass of red wine to sharpen your brain's circuitry.