

The Nervous System and Memory

Our nervous system is directly connected to various parts of our body. Our overall health depends on the health of our nervous system. Many recent research studies have studied the adaptability of the nervous system using a measurement known as heart rate variability (HRV). There are many correlations between HRV and certain health concerns, such as those relating to the autonomic nervous system (ANS). If our HRV is a representation of our physical health, could it also be a representation of other health aspects, such as our cognitive processes?

When it comes to cognitive performance, we don't necessarily think of HRV as the first indicator. However, a study into HRV and cognitive function assessed if HRV was an indicator of ANS function or a sign of cognitive function.

The memories of 182 healthy volunteers were tested using the Wechsler Memory Scale-Revised (WMS-R). This includes a series of 13 brief sets including, but not limited to: information and orientation, mental control, visual memory, logical memory, and figure memory. All five indexes of verbal memory, visual memory, general memory, attention/concentration, and delayed recall were used in the analysis of volunteers. Blood pressure and HRV measured the ANS function. The study revealed a correlation between a lower HRV and a lower attention/concentration index in female participants. This means that the ANS can impact memory function. Additionally, HRV can be used as an indicator to measure the capacity of ANS.

This information is profound! By taking positive steps to improve the function of our nervous system, especially in neurologically-based chiropractic care, we can impact our physical health and the role of our brain! Our body tells us when something isn't functioning correctly; we must know how and what to listen for in our body. When we listen to our body, we allow ourselves the freedom to perform at 100%!



Research shows that a better functioning nervous system relates to enhanced memory!

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