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What is the optimal  
protocol, frequency, and  
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(AMA #2) A primer on  
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lifespan/healthspan and a  
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10 Hours Super  
~~Intelligence: Memory~~  
~~Music, Improve Focus~~



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and Concentration with  
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D'Agostino on Health  
Theory Brain Power  
White Noise | Focus or  
Study | 10 Hours 9

Proofs You  
Can Increase Your  
Brain Power Enhanced  
Effects Of Combined  
Cognitive

This study examines  
whether combined  
cognitive bias  
modification for  
interpretative biases

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(CBM-I) and computerised cognitive behaviour therapy (C-CBT) can produce enhanced positive effects on interpretation biases and social anxiety. Forty socially anxious students were randomly assigned into two conditions, an intervention group (positive CBM-I + C-CBT) or an active control (neutral CBM-I

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modification and  
computerised cognitive  
behaviour therapy on  
social anxiety

Enhanced effects of  
combined cognitive bias

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modification ...

Page 4 of 13 Butler et al.,  
Cogent Psychology  
(2015), 2: 1011905 <http://dx.doi.org/10.1080/23311908.2015.1011905> 2.2.2.  
Cognitive Distortions  
Scale (Mobini, Pearce ...

Enhanced effects of  
combined cognitive bias  
modification ...

This study examines  
whether combined

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cognitive bias  
modification for  
interpretative biases  
(CBM-I) and  
computerised cognitive  
behaviour therapy (C-  
CBT) can produce  
enhanced positive effects  
on ...

(PDF) Enhanced effects  
of combined cognitive  
bias ...

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social anxiety Author:  
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The results showed that combined cognitive and exercise training can be effective for improving

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the cognitive functions and functional status of older adults with and without cognitive impairment. However, limited evidence can be found in populations with cognitive impairment when the evaluation included an active control group comparison.

Effects of combined

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cognitive and exercise  
interventions ...

Background. Currently,  
food supplements to

improve age-related  
dementia are required.

Therefore, we aimed to  
determine the effect of  
the combined extract of  
Cyperus rotundus and  
Zingiber officinale (CP1)  
on the improvement of  
age-related dementia in  
rats with AF64A-induced

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memory deficits..

Methods

Neuroprotective and  
cognitive-enhancing  
effects of the ...

Schizophrenia Bulletin,  
Volume 41, Issue 4, July  
2015, Pages 847 – 858, ht  
[tps://doi.org/10.1093/sch  
bul/sbv020](https://doi.org/10.1093/schbul/sbv020)

Effects of Endurance  
Training Combined

*Page 21/35*

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With Cognitive ...

It has been suggested that combined cognitive and physical intervention may induce larger effects than cognitive or physical intervention alone, but existing literature has shown mixed results.

This meta-analysis aimed at assessing the efficacy of combined intervention on cognition by comparing combined

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Modification  
intervention to control  
group, cognitive  
intervention and physical  
exercise.

## Modification

The more the better? A  
meta-analysis on effects  
of ...

Results: Enhanced  
memory, increased  
neuronal density,  
decreased AChE activity  
and decreased oxidative  
stress status together with

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activated pERK1/2 were observed in the hippocampus of CP1-treated rats. These results suggested that CP1 might improve memory via enhanced cholinergic function and decreased neurodegeneration and oxidative stress.

Neuroprotective and  
cognitive-enhancing



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effects of the ...

Those results suggest that cognitive training is effective in improving cognitive performance and that it (and not mild aerobic training) is driving the improvement in the combined condition. Results are discussed in terms of the special circumstances of aerobic and cognitive training for older adults

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who are above 80 years of age.

Frontiers | Does  
combined cognitive  
training and physical ...

Although they do not reliably differentiate MCI from AD, 34 lower scores predict progression from MCI to AD. 35 Here, the combined activity program improved verbal fluency test scores

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in older adults with MCI more than education alone did, which is consistent with reports in cognitively intact adults. 36 The combined activity program enhanced VFT-letter score gains in patients with either MCI subtype but enhanced VFT-category score gains only in patients with aMCI. We speculate that the ...

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Physical and Cognitive  
Exercises on ...

In theory, the use of a direct physical stimulus, such as acupuncture, is likely to enhance the effect of nerve reflexes and functional reorganization.

Acupuncture combined with cognitive training could make up for the

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faults of acupuncture alone (WHO, 2002; Lee, Shin, Lee, Han & Kim, 2013). In this study, ADL and LOTCA scores significantly improved within the experimental group, including improvements in cognitive functioning, activities of daily living and motor functioning, which embodies ...

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The effect of combined scalp acupuncture and cognitive ...

Combining cognitive training with moda fi nil administration over multiple sessions enhanced cognitive performance significantly more than placebo with cognitive training, as hypothesised, although this effect was speci fi c to implicit

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associative learning (LL task).

Modafinil combined with cognitive training is associated ...

Previous research indicates that the cognitive benefits of physical exercise and brain health may be enhanced when mental exercise is combined at the same time. Research

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also indicates similar benefits in cases where mental work of a more meditative nature is combined with the physical activity.

## 3 Forms of Exercise that offer Enhanced Cognitive Benefits ...

The primary aim of this 24-week randomised controlled trial with a 24-week follow-up in



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community-dwelling older adults is to examine the effects of a multi-modal exercise program involving PRT combined with a protein-enriched diet achieved through lean red meat consumed three days per week (on training days) on skeletal muscle mass, size and strength, and cognitive function.

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The effects of a protein enriched diet with lean red meat ...

Yet, these contextual factors often co-occur in real world social situations. The current study examined the combined effects of all three factors on cognitive control, and its underlying neural circuitry, using a task to better capture

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adolescents' real world  
social interactions.  
Combined  
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