

Leo x Silatus

www.silatus.com

Let's check out Silatus, a Google Scholar based research AI!



**First let's visit silatus.com
and click "Get Started"**

The image shows a browser window with the URL silatus.com. The page features the Silatus logo in the top left, a navigation menu icon in the top right, and a main heading: "Maximize productivity with our suite of AI tools." Below the heading is a sub-heading: "Including the world's best, most privacy-aware research automation engine. Powered by T-4." A prominent yellow "Get Started" button is centered on the page, with a large orange arrow pointing to it from the right. Below the button is the text "Cancel at any time." At the bottom of the page, the word "Research" is partially visible.

Menu Fact-based research autom X +

< > silatus.com

Silatus

**Maximize productivity with
our suite of AI tools.**

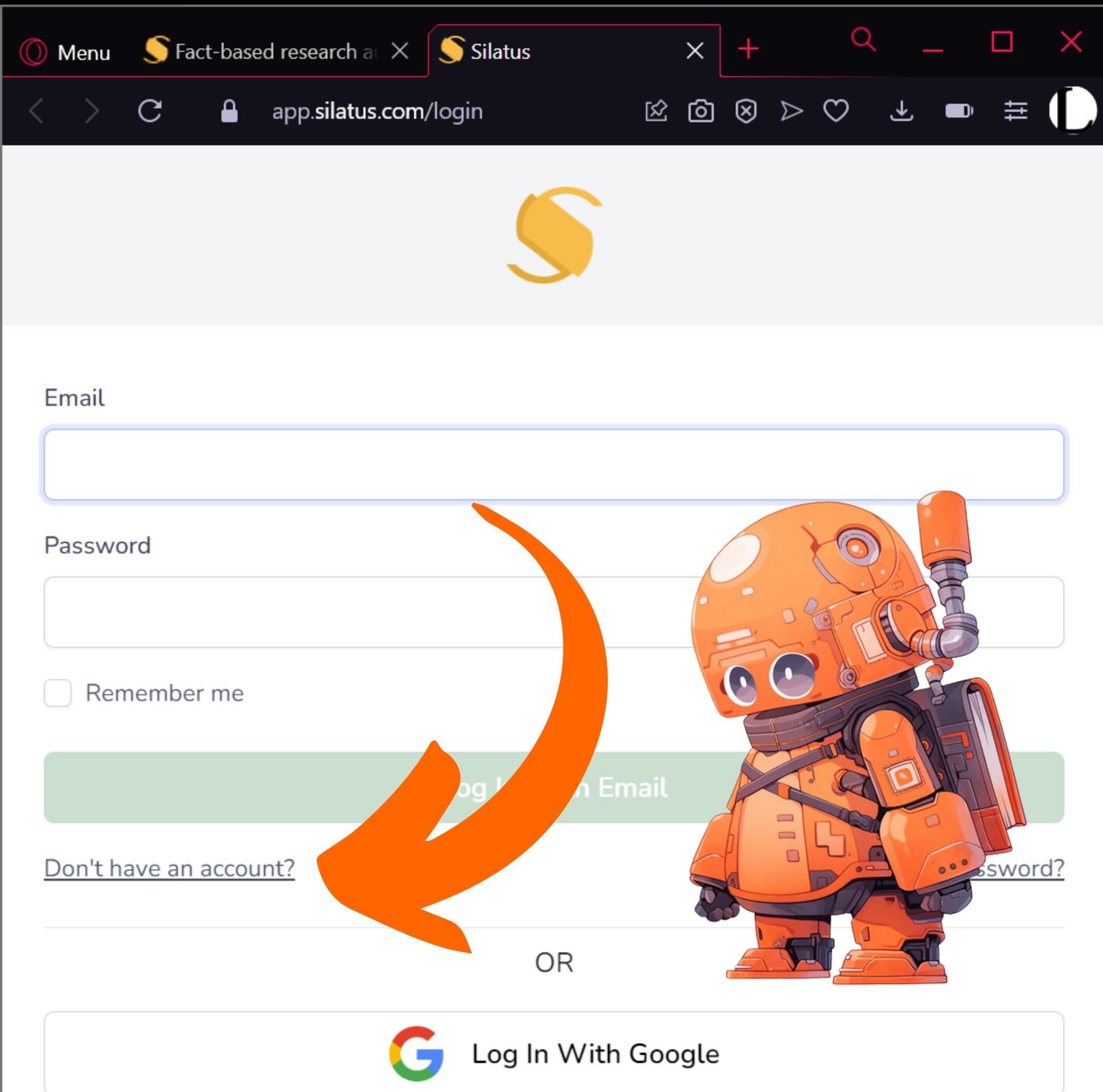
Including the world's best, most privacy-aware
research automation engine. Powered by T-4.

Get Started


Cancel at any time.

Research

You'll have to create an account if you don't have one

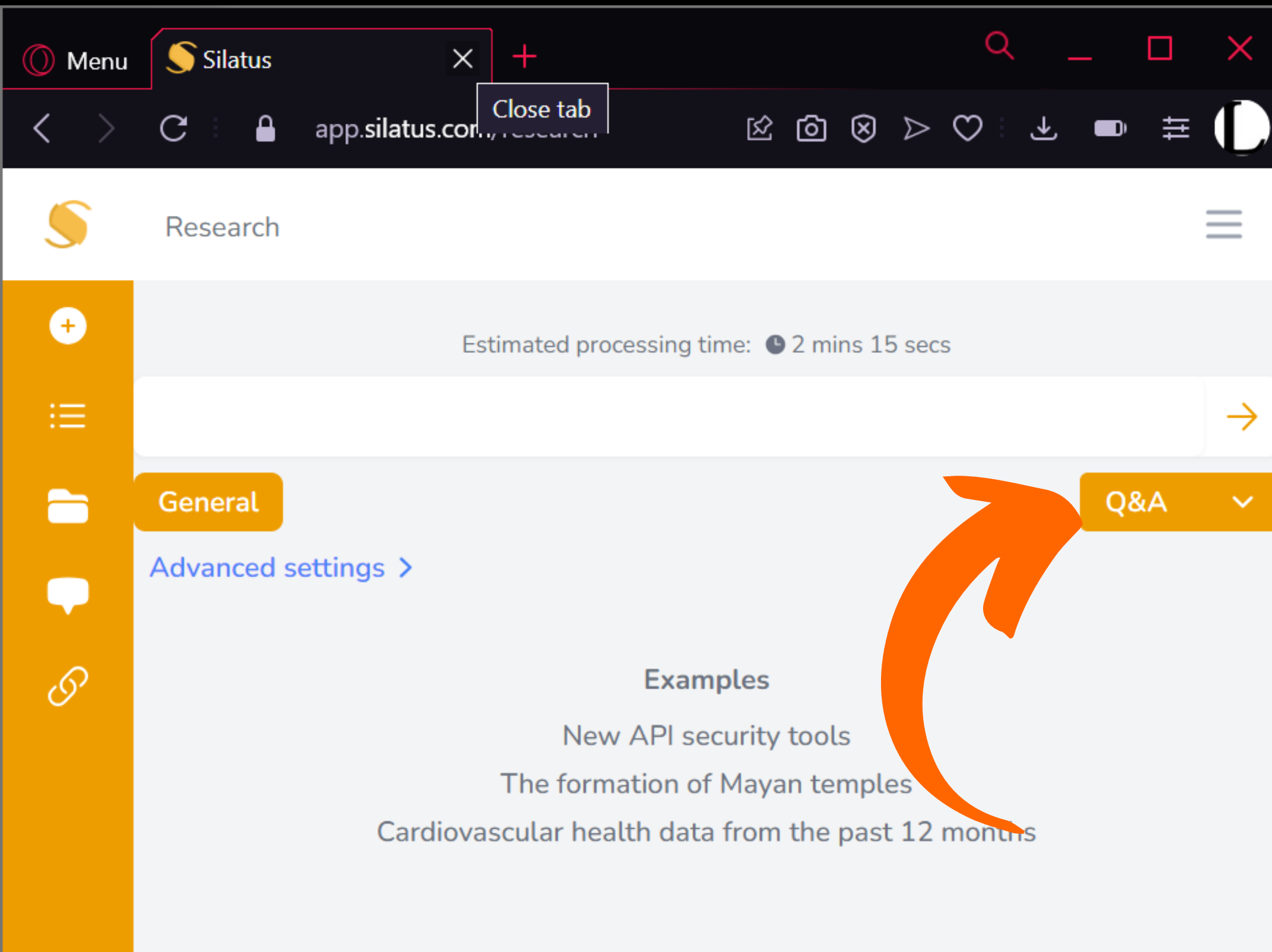


The image shows a browser window with the URL `app.silatus.com/login`. The page features a login form with the following elements:

- Email:** A text input field.
- Password:** A text input field.
- Remember me
- Log In With Email:** A green button.
- [Don't have an account?](#)
- OR**
-  **Log In With Google**

A large orange arrow points from the bottom right towards the [Don't have an account?](#) link.

You'll see a screen like this after login; we're going to do research, so click "Q&A" and select "Research Report"



I want to learn about neuroplasticity, but only from medical sources

The screenshot shows the Silatus app interface. At the top, there is a browser-like header with a 'Menu' button, the 'Silatus' logo, and a close button. Below this is a navigation bar with a search icon, a minus sign, a square, and a close button. The main content area features a search bar with the text 'Please teach me about neuroplasticity using only medical sources.' and a right-pointing arrow. Above the search bar, it says 'Estimated processing time: 2 mins 15 secs'. Below the search bar, there are two buttons: 'General' and 'Research Report'. A link for 'Advanced settings' is also visible. At the bottom, there is a section titled 'Examples' with three items: 'New API security tools', 'The formation of Mayan temples', and 'Cardiovascular health data from the past 12 months'. A vertical orange sidebar on the left contains icons for a plus sign, a list, a folder, a speech bubble, and a link.

Menu Silatus

app.silatus.com/research

Research

Estimated processing time: 2 mins 15 secs

Please teach me about neuroplasticity using only medical sources.

General Research Report

Advanced settings >

Examples

- New API security tools
- The formation of Mayan temples
- Cardiovascular health data from the past 12 months

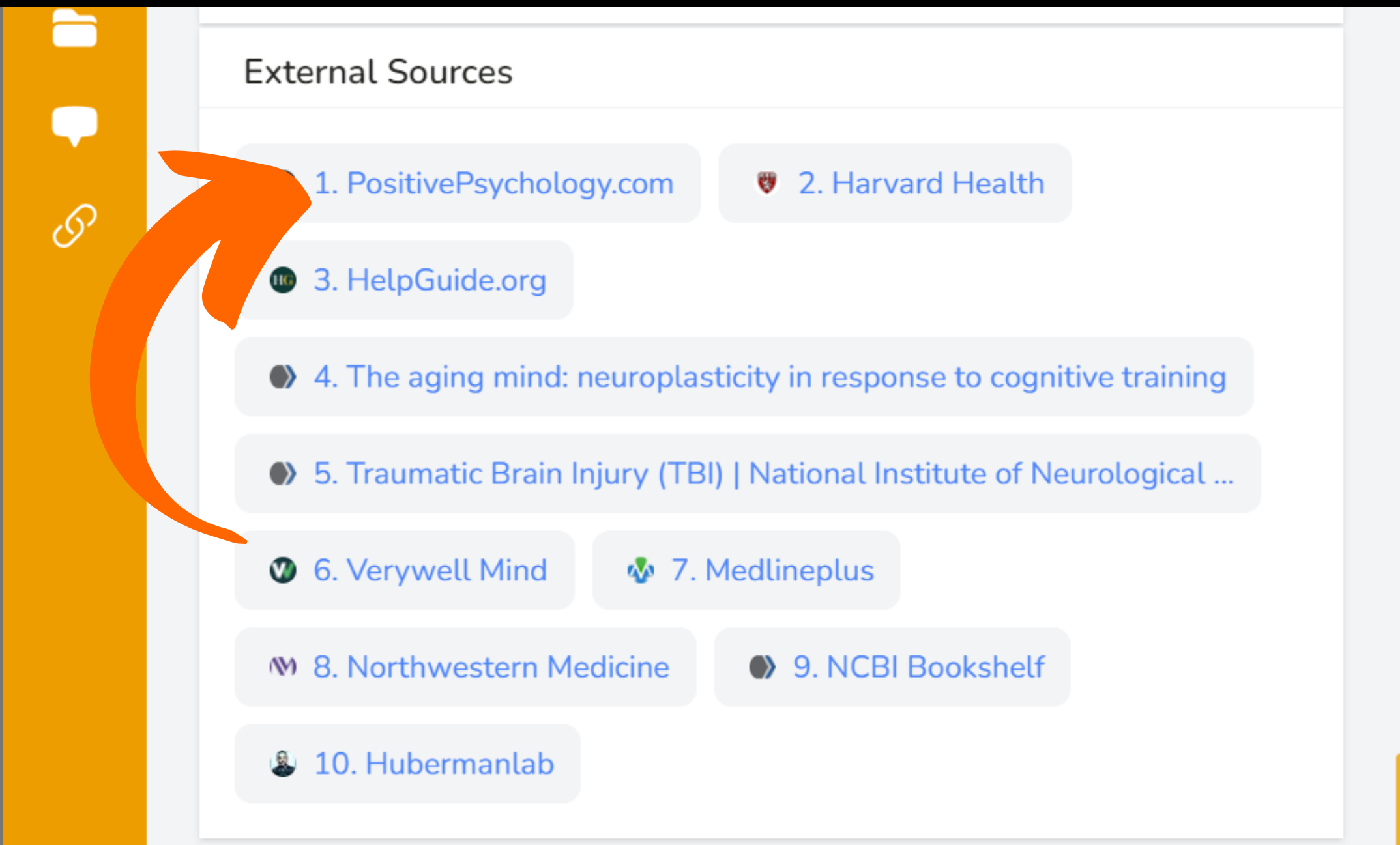
It can take up to 10 minutes to generate documents, but in my experience it's usually more like 20–30 seconds

The screenshot shows a web browser window with the Silatus application. The browser's address bar displays `app.silatus.com/documents/24840`. The application's header includes a "View Document" link and a menu icon. A vertical orange sidebar on the left contains icons for adding documents, navigating, folders, chat, and links. The main content area features a text prompt: "Please teach me about neuroplasticity using only medical sources from 202". Below this, a white box titled "Generating Document" contains the text: "Silatus AI documents are so advanced that they take up to 10 minutes to generate. You can also safely navigate away while you wait."

You'll see the document generating in a live preview while you wait

The screenshot displays the Silatus web application interface. At the top, a browser window shows the URL `app.silatus.com/documents/24841`. The application header includes a "View Document" link and a menu icon. A vertical orange sidebar on the left contains icons for adding documents, viewing a list, folders, chat, and links. The main content area shows a text input field with the prompt: "Please teach me about neuroplasticity using only medical sources." Below this, a white box displays the status "Generating Document" with a progress indicator. Underneath, the document's title is "Title: Unraveling Neuroplasticity: An In-depth Analysis", followed by the section "Introduction". The visible text of the introduction reads: "The potential of the human brain is boundless, with its astounding ability to change and adapt, even into advanced age. This remarkable capacity for adaptation is called neuroplasticity. Departing from old belief systems that considered the brain as a static organ post childhood, we now understand".

Lots of great sources! Let's visit the first two to check them out ourselves, like good scientists.



The image shows a screenshot of a digital interface with a list of external sources. On the left, there is a vertical orange sidebar containing three white icons: a folder, a speech bubble, and a link. The main content area is titled "External Sources" and contains a list of ten items, each in a light blue rounded rectangle. An orange arrow points from the link icon in the sidebar to the first two items in the list.

External Sources

1. PositivePsychology.com
2. Harvard Health
3. HelpGuide.org
4. The aging mind: neuroplasticity in response to cognitive training
5. Traumatic Brain Injury (TBI) | National Institute of Neurological ...
6. Verywell Mind
7. Medlineplus
8. Northwestern Medicine
9. NCBI Bookshelf
10. Hubermanlab

Body & Brain

13 Oct 2023

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What Is Neuroplasticity? A Psychologist Explains [+14 Tools]

25 Jul 2018 by Courtney E. Ackerman, MA.

Scientifically reviewed by Melissa Madeson, Ph.D.

Our brains are truly amazing, aren't they?

Have you ever watched one of those



specials on someone who experienced an amazing, unexpected recovery after a traumatic brain injury, stroke, or other brain damage?

GOING GOING GONE! BY DICK'S SPORTING GOODS

A woman wearing a grey Nike jacket with her arms raised in a celebratory gesture.

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MIND & MOOD

Train your brain

February 15, 2021

Practicing a new and challenging activity is a good bet for building and maintaining cognitive skills.

Your brain has the ability to learn and grow as you age – a process called brain plasticity – but for it to do so, you have to train it on a regular basis.

"Eventually, your cognitive skills will wane and thinking and memory will be more challenging, so you need to build up your reserve," says Dr. John N. Morris, director of social and health policy research at the Harvard-affiliated Institute for Aging Research.

Practicing a new activity that also forces you to think and learn and requires ongoing



I'm going to edit the prompt to request more sources



Generated Document 11/14/2023 at 8:04:20 AM Time Saved: ⌚ 5 mins

H1 H2 H3 **B** *I* U “ ☰ ≡ ≡ ← </>



All changes saved.

Title: Unraveling Neuroplasticity: An In-depth Analysis

Introduction

The potential of the human brain is boundless, with its astounding ability to change and adapt, even to advanced age. This remarkable capacity for adaptation is called neuroplasticity. Departing from old belief systems that considered the brain as a static organ post childhood, we now understand that our brains are dynamic entities, capable of forming new neural pathways, modifying existing connections, and responding to various stimuli in various ways^{1, 3, 4, 6}.

Edit

Un Please teach me about neuroplasticity using only medical sources. Find at least 20 sources.



Neuroplasticity is the umbrella term for the brain's ability to reorganize or grow neural networks. This can involve functional changes due to brain



Nice! Lots of additional sources.



← View Document



advanced therapeutic strategies for various neurological conditions.

References¹: The Brain That Changes Itself²: Effects of Physical Exercise on Cognitive Functioning and Wellbeing: Biological and Psychological Benefits³: The Science of Neuroplasticity⁴: Neuroplasticity: Changes in Grey Matter Induced by Training⁵: Neuroplasticity and Clinical Practice: Building Brain Power for Health⁶: Neuroplasticity and Behavior⁷: Principles of Neural Science⁸: Neuro-Rehabilitation⁹: Neuroplasticity and Rehabilitation¹⁰: The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity¹¹: Functional Neuroimaging Studies of Cognitive Recovery after Acquired Brain Damage in Adults¹²: Cortical Remodeling induced by Task Complexity¹³: Neuronal Plasticity: Increasing the Gain in Pain¹⁴: Jerzy Konorski and the Concept of Neural Plasticity¹⁵: Structural Plasticity in the Human Brain: Learning, Memory, and Recovery¹⁶: Neuroplasticity in Post-Stroke Gait Recovery and Falls Prevention¹⁷: Brain Plasticity and Functional Loss in the Aged: Scientific Bases for a Novel Intervention¹⁸: Brain Plasticity and Behavior¹⁹: Plasticity during Childhood²⁰: Neuroplasticity and Clinical Practice: Building Brain Power for Health²¹: Brain Injury Rehabilitation: Evidence-Based Theories into Practice²²: Principles of Neurological Rehabilitation²³: The Cognitive Benefits of Interacting With Nature²⁴: Cognitive and Neural Plasticity in Older Adults' Prospective Memory Following Training With the Virtual Week Computer Game²⁵: The



**Check out Silatus today
for your research needs**



Silatus



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