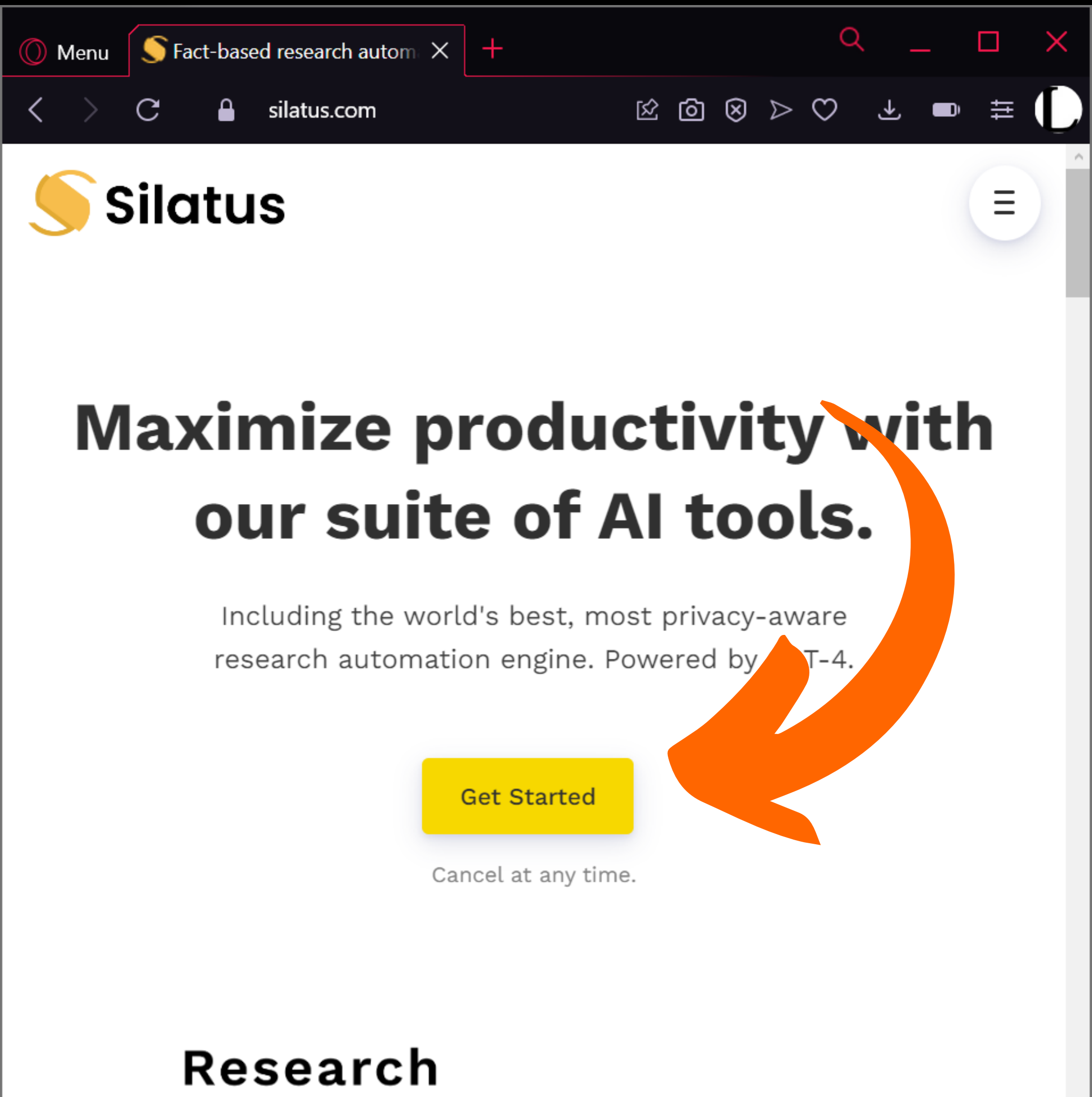
Leo x Silatus

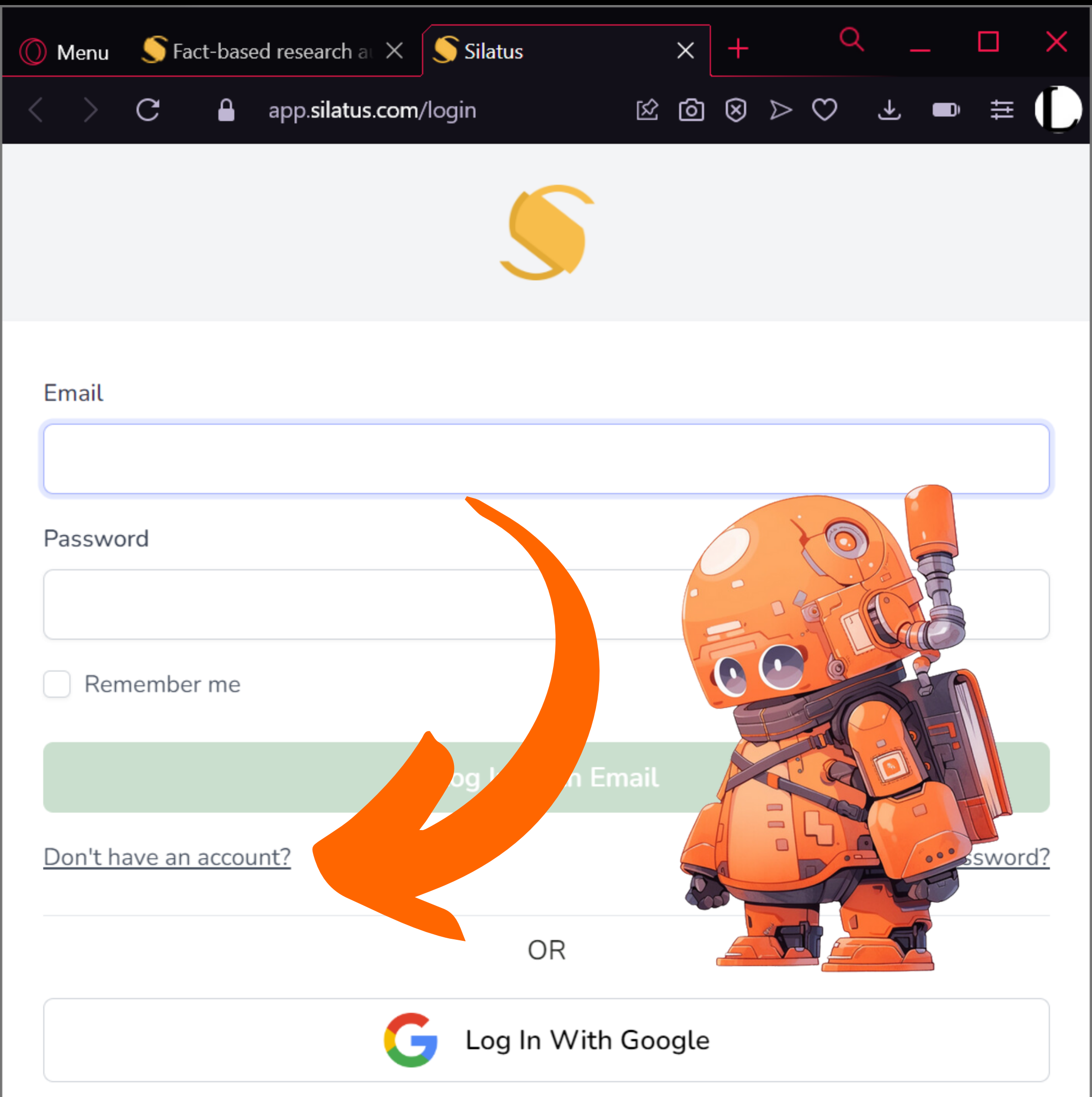
www.silatus.com

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

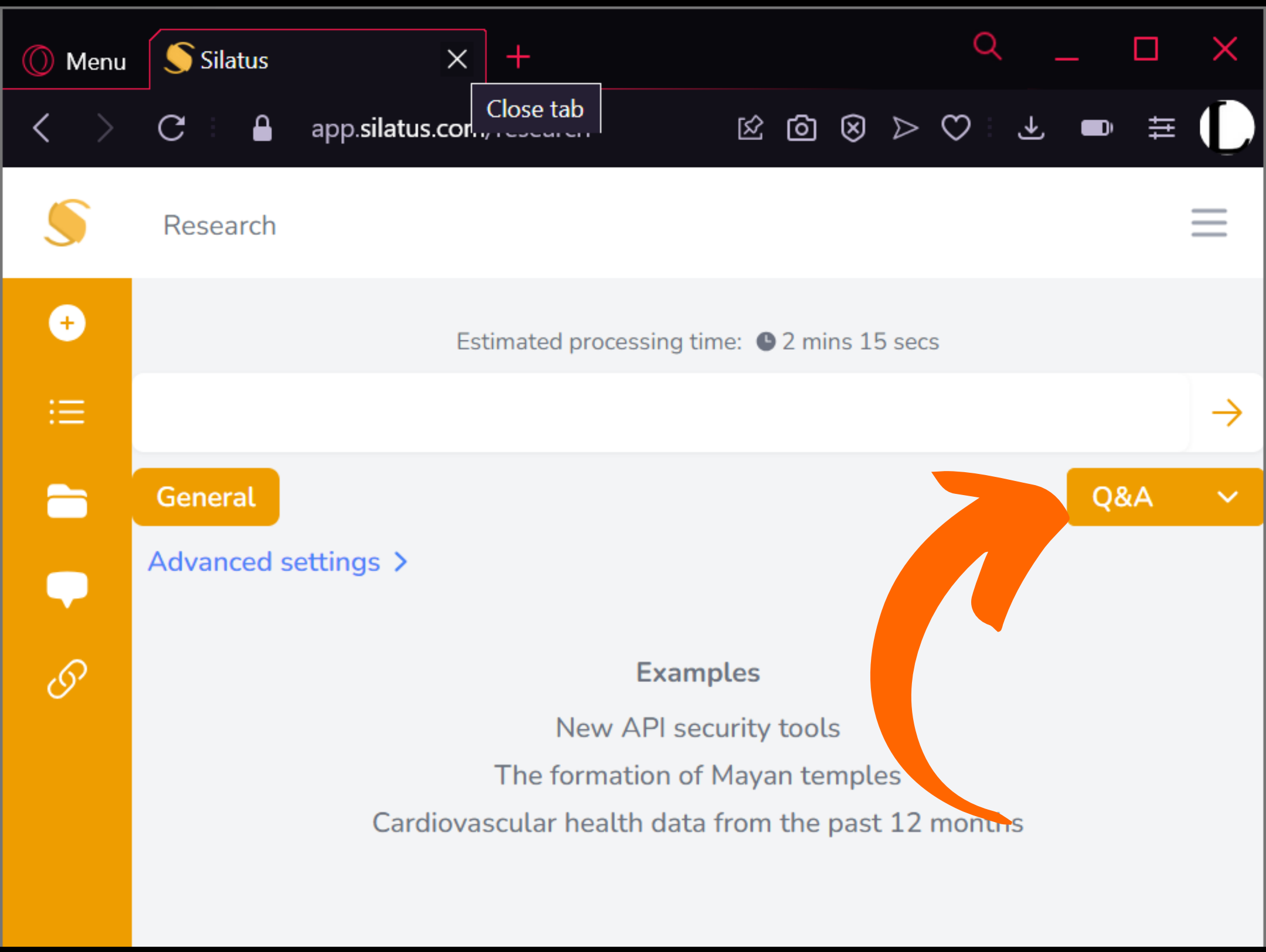
First let's visit silatus.com and click "Get Started"



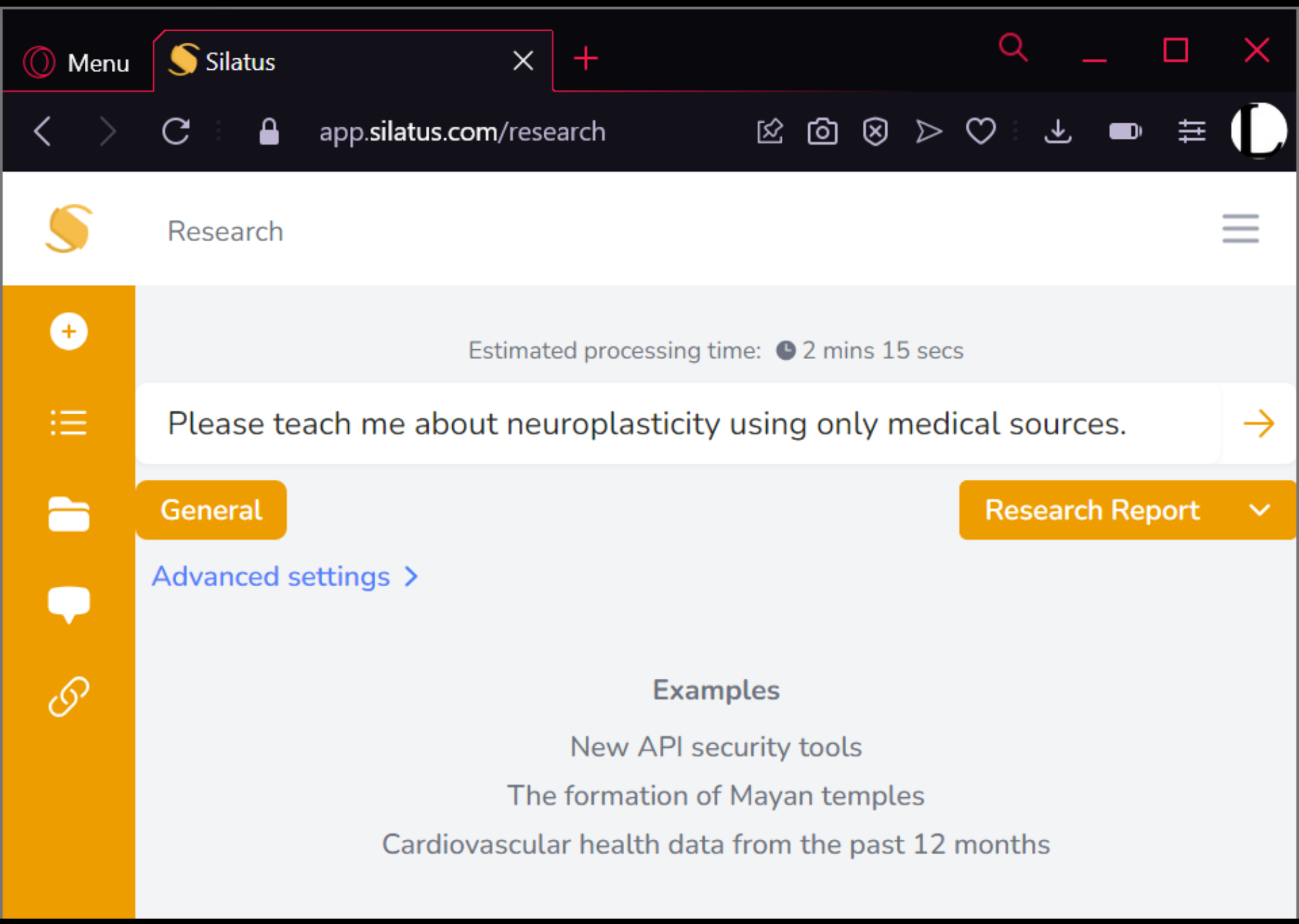
You'll have to create an account if you don't have one



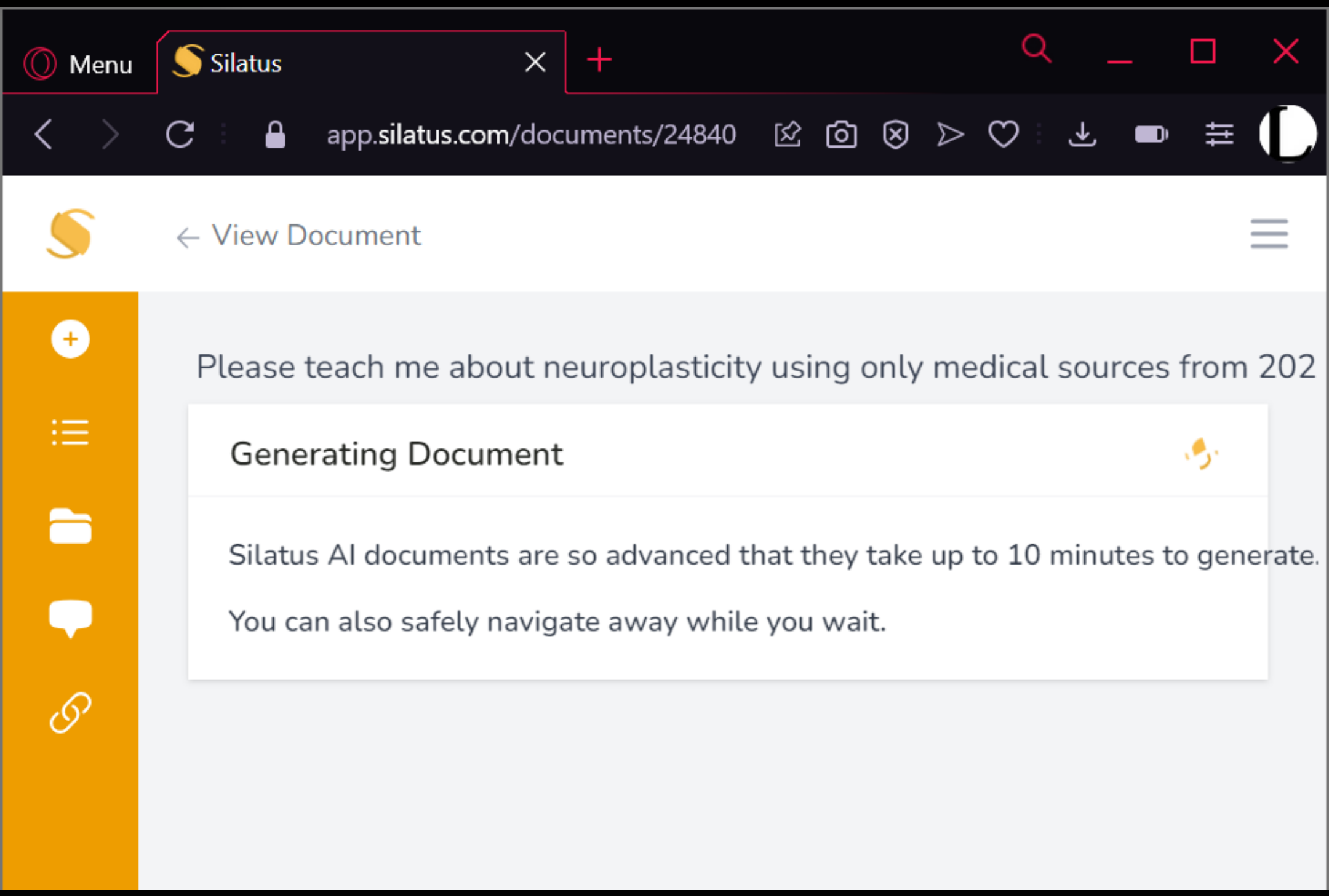
You'll see a screen like this after login; we're going to do research, so click "Q&A" and select "Research Report"



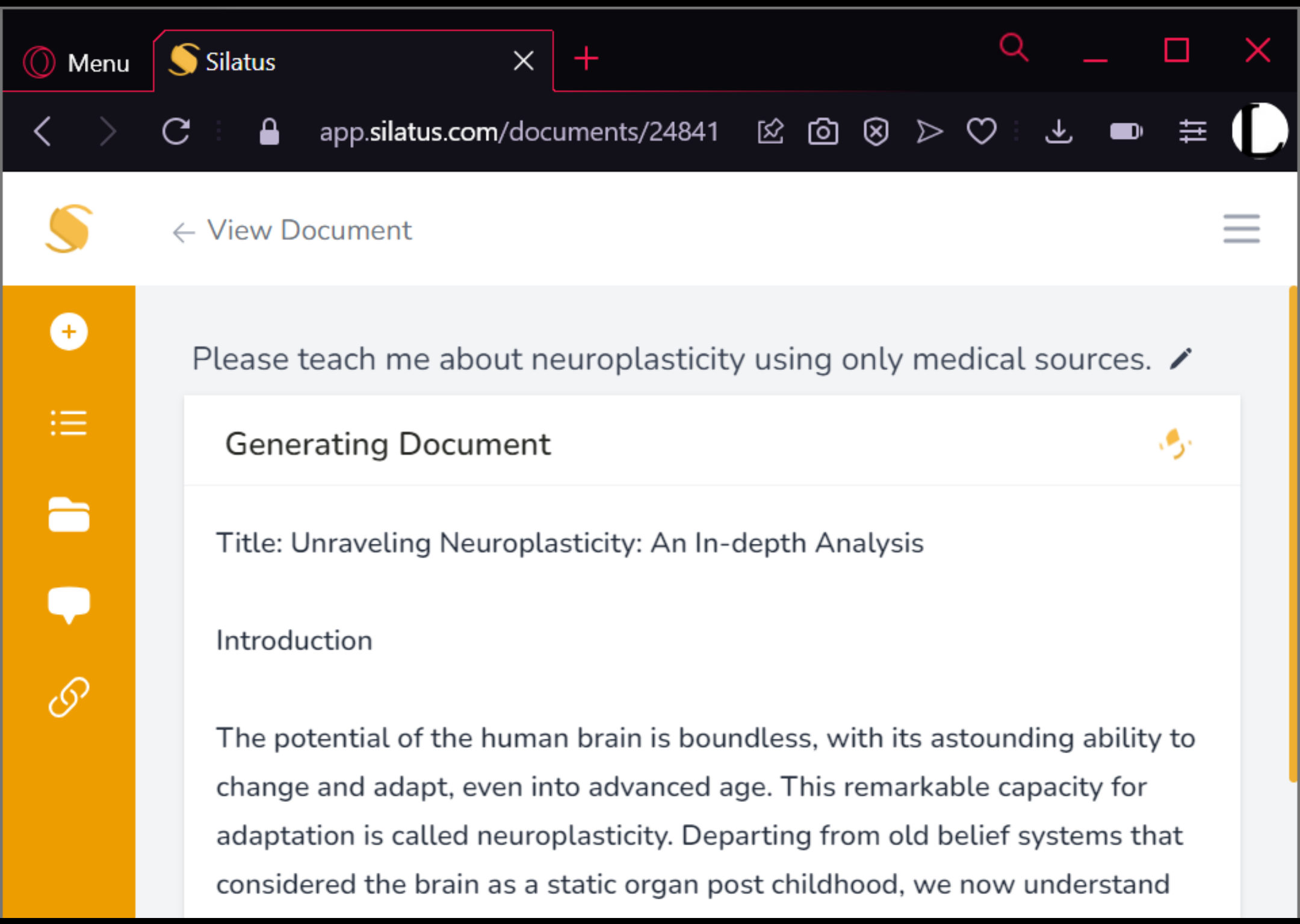
I want to learn about neuroplasticity, but only from medical sources



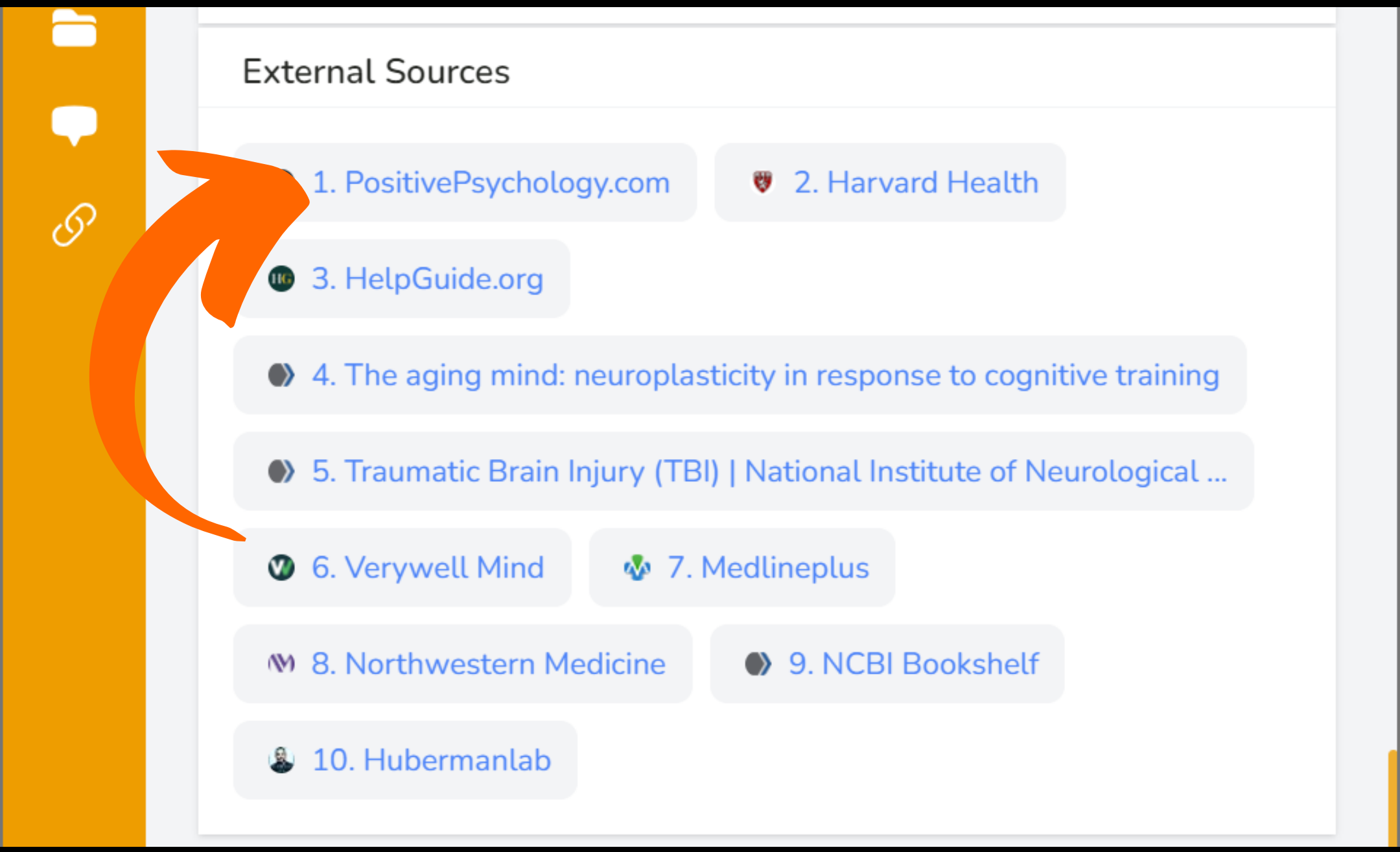
It can take up to 10 minutes to generate documents, but in my experience it's usually more like 20-30 seconds



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



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

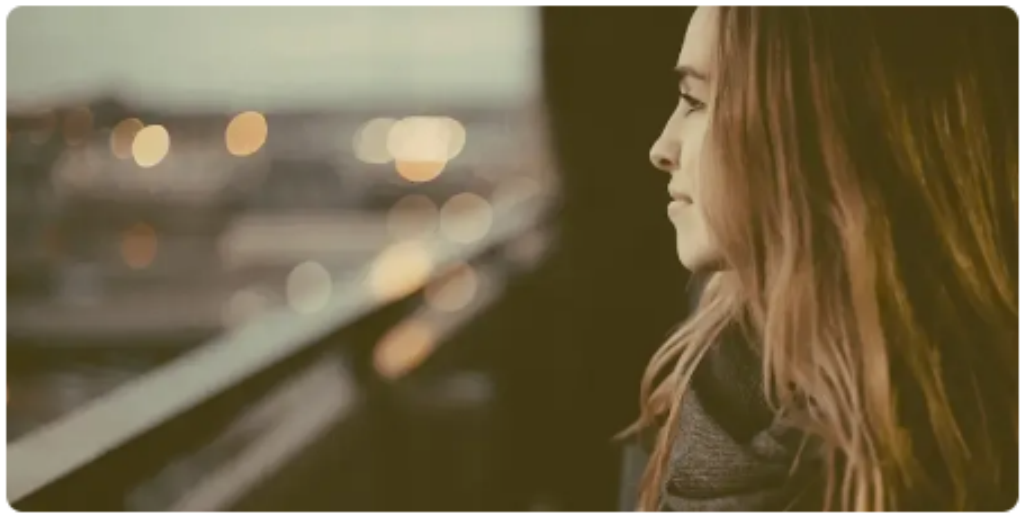


Body & Brain

13 Oct 2023 82

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?

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. acing a new activity that also forces you k 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

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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 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

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 .

References[1]: The Brain That Changes Itself[2]: Effects of Physical Exercise on Cognitive Functioning and Wellbeing: Biological and Psychological Benefits[3]: The Science of Neuroplasticity[4]: Neuroplasticity: Changes in Grey Matter Induced by Training[5]: Neuroplasticity and Clinical Practice: Building Brain Power for Health[6]: Neuroplasticity and Behavior[7]: Principles of Neural Science[8]: Neuro-Rehabilitation[9]: Neuroplasticity and Rehabilitation[10]: The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity[11]: Functional Neuroimaging Studies of Cognitive Recovery after Acquired Brain Damage in Adults[12]: Cortical Remodeling induced by Task Complexity[13]: Neuronal Plasticity: Increasing the Gain in Pain[14]: Jerzy Konorski and the Concept of Neural Plasticity[15]: Structural Plasticity in the Human Brain: Learning, Memory, and Recovery[16]: Neuroplasticity in Post-Stroke Gait Recovery and Falls Prevention[17]: Brain Plasticity and Functional Loss in the Aged: Scientific Bases for a Novel Intervention[18]: Brain Plasticity and Behavior[19]: Plasticity during Childhood[20]: Neuroplasticity and Clinical Practice: Building Brain Power for Health[21]: Brain Injury Rehabilitation: Evidence-Based Theories into Practice[22]: Principles of Neurological Rehabilitation[23]: The Cognitive Benefits of Interacting With Nature[24]: Cognitive and Neural Plasticity in Older Adults' Prospective Memory Following Training With the Virtual Week Computer Game[25]: The