

## Does DMAE Help with Mental Cognitive Function?

DMAE (dimethylaminoethanol) enhances mental function through the improvement of concentration, mental clarity and mental alertness. It is also a mild brain stimulant because it increases and sustains the energy levels in the brain. It also improves the level of restful nighttime sleep because the sleep is deeper and less time is needed to reach a rejuvenated state. DMAE helps to boost mental function through an increase in the levels of acetylcholine and choline. These are the brain's chemical messengers.

Because of DMAE's ability to stimulate mental cognitive function, it also has been shown to improve learning, increase intelligence and elevate mood.

### DMAE Benefits:

- \* Accelerates mental processes
- \* Decreases irritability and overactivity
- \* Does not cause drowsiness
- \* Improves concentration
- \* Improves IQ
- \* Increases attention
- \* Relieves mild depression
- \* Aids in long-term treatment of schizophrenia

It is believed that DMAE may also increase physical energy. Athletes and other active individuals are using DMAE more and more because of its ability to enhance these brain functions. The connection between the mind and muscles is a means to focus on form and reduce the risk of injury. So, when the mind is enhanced, it communicates better with the muscles to improve and refine function.

Due to DMAE's mild stimulating effect on the brain, athletes report that it is a good alternative for a quick lift instead of coffee. They also believe the stimulating effects last longer than they do with caffeine. DMAE used as a mild stimulant is also safer and healthier than caffeine.

### How It Works:

DMAE, once consumed, is transported to the liver where it is converted into choline through the process of metabolism. A small amount is then converted into acetylcholine, which is a brain transmitter. Through this process, DMAE increases the levels of these brain transmitters (neurotransmitters). This causes a boost in mental cognitive function and memory.

Acetylcholine is also responsible for helping to conduct nerve impulses in the brain. Choline is also converted in the brain into phosphatidylcholine. This chemical rebuilds and protects existing cell membranes inside the brain. DMAE has the ability to cross the blood-brain barrier faster than choline. Through this quicker travel, DMAE enhances cell protection and repair and helps our brains function better and create enhanced, positive behavioral changes in most people.

### Other DMAE Uses:

DMAE is being studied for use in aiding a movement disorder in Parkinson's patients. This disorder, called dyskinesia is caused by L-Dopa, which is administered to treat the effects of the disease. DMAE seems to counteract dyskinesia effectively and safely without interfering with the benefits of the therapy. DMAE is proving to reduce the effects of other disorders that involve involuntary movements. Two of these disorders being treated are blepharospasm (eyelid twitching) and benign essential tremors.

Age spot sufferers may find hope for treatment of their condition as well. DMAE has been found to inhibit the formation of pigment caused by aging (lipofuscin) and liver spots (lentigo). It may actually flush lipofuscin from the body, causing the skin spots to disappear over a few month's time.

DMAE is being studied for its possible ability in helping to reduce cognitive impairments related to age. Aside from increased mental cognitive function, research has shown that DMAE may also be useful in treating the following conditions.

- \* Alzheimer's disease
- \* ADD (attention deficit disorder)
- \* Hyperactivity

The use of DMAE as a regular dietary supplement is increasing steadily. All of its benefits in aiding mental cognitive function and brain stimulation are an attractive quality for everyone. Additional research showing that DMAE is useful in treating debilitating conditions such as Parkinson's gives us new hope. As research continues and more new uses for DMAE are discovered, its popularity will continue to grow as well.

### About the Author

More information on [DMAE vitamins](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

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