New Nutraceutical May Help Lift Brain Fog

A new nutraceutical, EnLyte, may help lift brain fog.

A study published in Clinical Interventions in Aging found that Omega 3s may significantly help lift brain fog and improve cognitive function. A 42% increase in recall ability occurred after 6 weeks of participants taking PS Omega 3s.

EnLyte contains highly refined, “body ready” Omega 3s that are uniquely conjugated to phospholipids (in the form of PS-DHA and PS-EPA, and derived from soy instead of animal sources) and mimic the structure of the fatty acids typically found in the healthy brain.

Phospholipids are essential for neuronal and synaptic structure; they also play key roles in the signaling of dopamine and serotonin, important chemicals in regulating mood and focus.

Brain fog can come from many sources, including chronic fatigue syndrome, menopause, depression, and multiple sclerosis.


Virtual Tour Allows Families to See Causes for Depression in Older Adult Loved Ones with Dementia

Second Wind Dreams® (SWD) has announced the relaunch of its Family Edition of the Virtual Dementia Tour® (VDT).

SWD has revamped the Family Edition to be more user friendly by lessening the clinical approach and implementing more practical approaches to dementia care. The Family Edition also includes a Family Guide, used post tour to provide strategies for empathetic care based on the family’s newly discovered knowledge gleaned from the VDT experience.

The VDT provides families with a learning opportunity by giving them the chance to walk in the shoes of their older adult loved ones. Participants are placed in a “normal” living situation and asked to perform simple tasks. Within seconds of receiving instruction, the participants experience and react with evident, dementia-like behaviors. These behaviors include repetitive actions, verbal abuse, refusal to follow directions, rummaging and subvocalizations, negative self-statements, and withdrawal. The experience allows participants to clearly see causes for depression and withdrawal in older adults.

The Family Edition is one of three editions of the VDT, which also includes the Group Edition. Health care providers, including hospitals and long-term care communities, have embraced the Group Edition to provide this training program to individuals worldwide.


SAMHSA Releases New Disaster App for Smartphones

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released a free smartphone application (i.e., app) designed to meet the needs of disaster responders.

The SAMHSA Disaster App, which was developed with input from experts from across the U.S. Department of Health and Human Services, the Federal Emergency Management Agency, the American Red Cross, and state health departments, provides content that offers users the ability to:

- Search for and map nearby mental health and substance use treatment facilities.
- Review training materials on various topics from disaster counseling basics to stress prevention.
- Share content with survivors directly from the app via e-mail or text message without revealing personal contact information.
- Access predownloaded publications and stored treatment facility locations in the event of limited cellular or Wi-Fi connectivity.

The app is based on SAMHSA’s hardcopy Disaster Kit, a go-to resource for disaster response information, and it is available for iPhone®, Android, and BlackBerry users.