

You are often teased as the 'goldfish brain', do not be sad this indicates you have a brain that works very well

Believe it or not, people with amnesia have a working brain.

We often compare, forgetting in a person often called the "goldfish brain". Many people believe that people with 'goldfish brain' often have abnormal brain activity or remember, forget like the Alzheimer's. But in fact, this is completely wrong, these 'goldfish brain' people have a brain that works very well. Not remembering small details may be a sign that the brain works better in separating minutiae from major events.

This has been studied from the University of Toronto in Canada and published in the journal Neuron.



According to the study, they found that the development of new neurons in the hippocampus region - a part of the brain involved in memory - seems to motivate forgetting. The goal is to have room for more important information and remove more useless things.

In 2007, researchers used functional magnetic resonance imaging (fMRI) to monitor the brains of 20 healthy adults while they performed a simple memory test. The results show that people remember better for conflicting information, not for repeated or easy information.



Forgetting sometimes gives us a lot of useful things. For a human being, if you want to get rid of previous useless information, like a sad story is over. If your brain constantly remembers these things will make you more miserable, and in fact not necessary. Forgetting this information also helps you to easily generalize previous events, such as the number of visits to the store, not the details of each visit.

So don't worry too much when you forget something and get teased by the "goldfish brain". In fact, you have a brain that works well and that forgetfulness is just to save storage space for the most important information.

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