

Gary Wenk, Ph.D. – *Your Brain on Food*

Dr. Gary Wenk is a Professor of Psychology, Neuroscience, Molecular Virology, Immunology, and Medical Genetics at Ohio State University and Medical Center. He is a leading authority of the consequences of chronic brain inflammation and animal models of Alzheimer's disease. He is a recipient of numerous distinguished awards for teaching, scholarship, and research. He has appeared on local and national television and in a 2 hr TV documentary on the topic of cognitive enhancers. He has been interviewed by magazines and appeared on many radio programs. His research is focused upon the investigation of drugs that can slow the Alzheimer's disease progression and rescue the brain from the consequences of normal and pathological aging.

Professor Wenk is currently also Director of the Neuroscience Undergraduate Programs and was recently appointed by Governor Kasich to the Governor's Medical Marijuana Advisory Committee as the Academic Research Representative.

He is the author of the book *Your Brain on Food*, where he focused on understanding the effects of the chemicals we consume upon the brain function and how we age. A video on the Internet stresses the idea that what you put in effects how you think, feel, and how you age. Food addicts us in the same way as drugs do, and it releases dopamine, which makes us feel happy. He says our job is to eat protective food and reduce calorie intake. He urges people to eat colorful food and eat a little less to help our organs function better and have less severe diseases.

For More Information See:

<https://psychology.osu.edu/people/wenk>.

<https://www.psychologytoday.com/experts/gary-l-wenk-phd>

<https://www.youtube.com/watch?v=4SvkaK2Al0o>