

Future Health Effects that can be Expected from Scallop Plasmalogen

Research findings show that symptoms of what we can call national diseases, including lifestyle-related diseases such as metabolic syndrome or high blood sugar, and depression, etc., are due to brain fatigue and these findings have already been reported.

Brain fatigue can be eliminated by supplementing plasmalogen extracted from scallops, a familiar ingredient in the Japanese diet, and further research will improve the health concerns of people from a wide age range, from youngsters to senior citizens.

Prevention of Lifestyle-Related Diseases such as Metabolic Syndrome

Research findings have reported that excessive drinking and eating habits, and an imbalance in diet is brought about due to the stressful living environment we have fallen into, and results in brain fatigue.

It is predicted that elimination of brain fatigue by the action of plasmalogen is linked to an activation of brain function, making it possible to regain a normal sense of taste and eating habits, and linked to the prevention of lifestyle-related diseases.



Book that explains well about scallop-derived Plasmalogen



Dementia is no longer a fatal disease!

Plasmalogens in the brain play a role in neurogenesis.

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An Alzheimer's disease patient got her smile back and was able to say 'thanks' to others. The secret of Plasmalogen, the substance which is now a hot topic after broadcasting on "Yumenotobira+" (TBS February, 2015), is published in the book. Plasmalogen is explained well along with case studies. Please take a look.

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Prevention of Mental Illnesses such as Depression or Stress-Related Adjustment Disorders

Brain fatigue develops under excessive stress, and if the state of abnormal sense of taste and eating activities continues, we cannot get enough sleep. As a result, our mental and physical fatigue recovery system collapses and interferes with human relationships and work, and this is tied to mental illness. It is expected that anxiety and depression can be improved by removing brain fatigue with plasmalogen.



Is your brain fatigued?

If even one of the following applies and continues on a daily basis, your brain may be fatigued:

- ☒ You wake up in the middle of the night or early in the morning for no reason.
- ☒ You have difficulty falling asleep.
- ☒ You no longer enjoy meals (eat as a habit or force yourself to eat).
- ☒ You have constipation.
- ☒ You are exhausted even though you haven't been doing anything.
- ☒ You have a dark sinking feeling.
- ☒ You have no hopes.
- ☒ You cannot make up your mind.
- ☒ You feel irritated.
- ☒ You feel anxious.
- ☒ You feel that you have no worth.

