Losing track of thoughts? Forgetting is normal and healthy for your brain

Many people view forgetting as an inconvenience, and if it occurs extensively, they associate it with neurodegenerative diseases. However, some evidence suggests that nonpathological forgetting is an adaptive and active part of learning and memory maintenance.

“The environment is changing, and to adapt to an environment that is constantly changing, we need to update our memories; and updating our memories also means forgetting,” said Livia Autore, a neuroscientist and postdoctoral researcher in the lab of Tomás Ryan at the Trinity College Dublin and author of a study published in Cell Reports. The findings indicate that forgetting is an active process that is important for the ability to remember and that it serves as a basis for understanding altered memory capacity.

Follow the latest news and policy debates on sustainable agriculture, biomedicine, and other ‘disruptive’ innovations. Subscribe to our newsletter.

This is an excerpt. Read the full article here