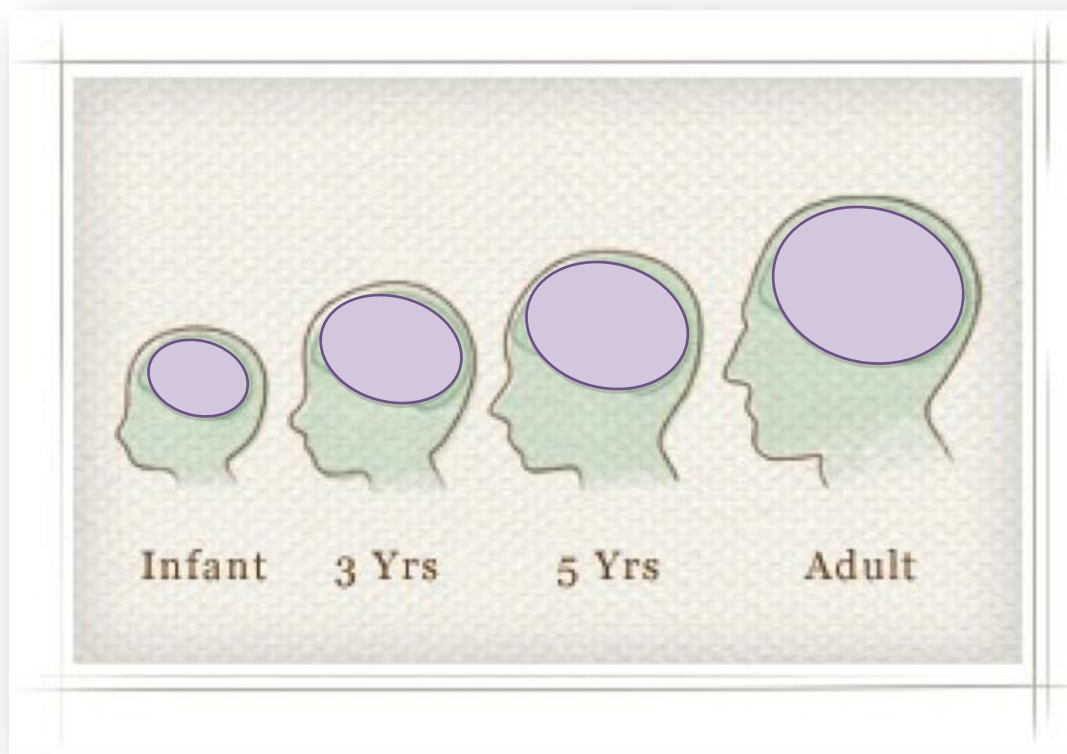


Miracle Young Adults

A Better Brain, A Stronger Body, A Greater Future



A parent's guide to building superior behavior and development
from childhood to adolescence

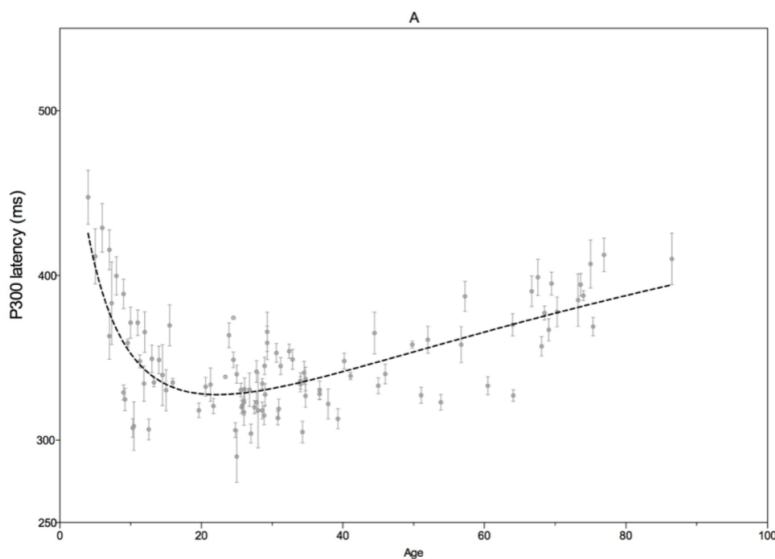
By Eric R. Braverman, MD

Pediatrics For
Achieving
Total
Health



About Miracle Young Adults and Brain Development...

*How does the brain change and develop throughout a lifespan?
What happens to the brain as we*



Graphs show P300 latency and amplitude trajectories across the lifespan.

Brain speed and processing peaks at about age 20 and decreases thereafter.

Myelinogenesis stops at age 30 and demyelination begins at age 30.

van Dinteren R et al. P300 development across the lifespan: a systematic review and meta-analysis. *PLoS One*. 2014 Feb 13;9(2).

