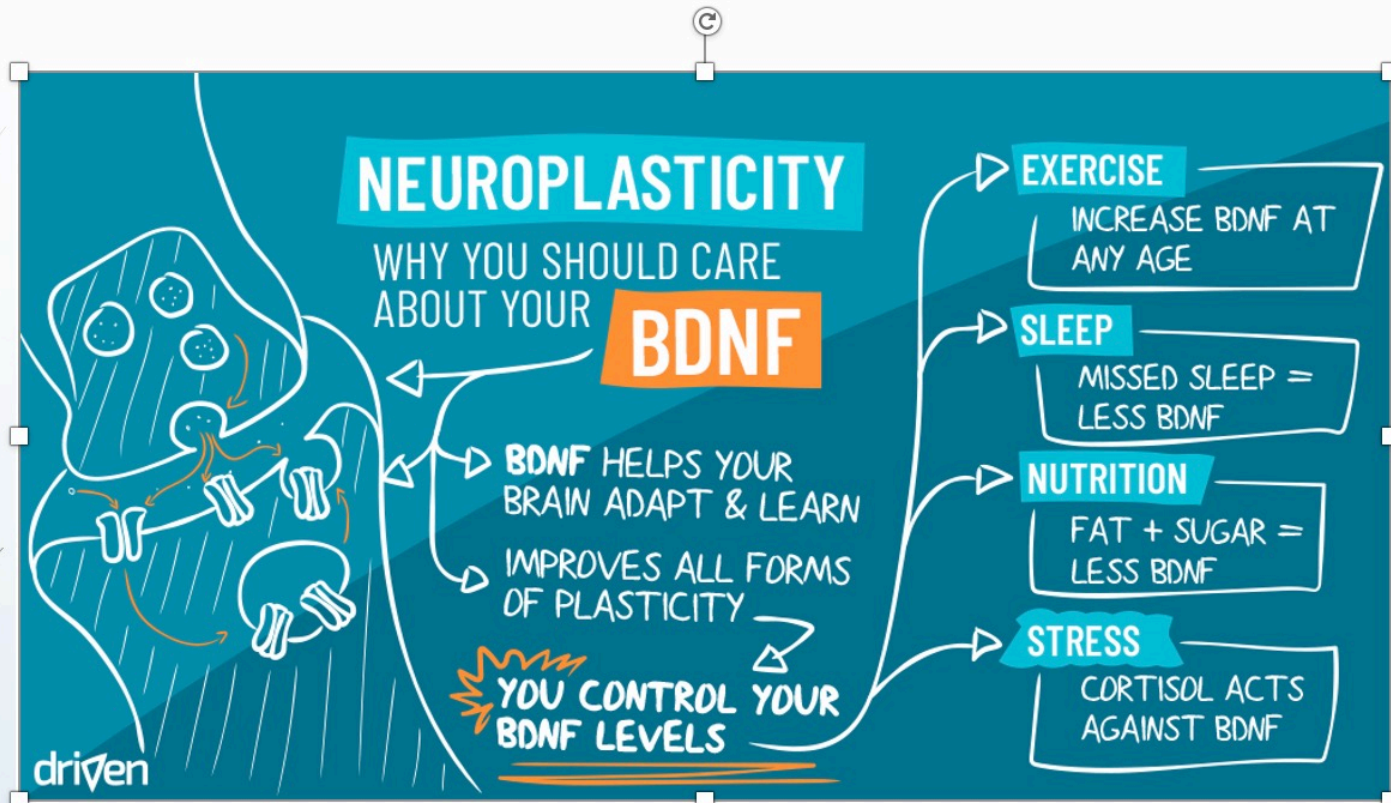


Why You Should Care About Your BDNF



- Brain-derived neurotrophic factor, or BDNF for short, is a protein in the brain that is crucial for learning and adaptability
- What's curious about BDNF is how much direct control we have over its abundance (YOUR BEHAVIOR)
- A central function of BDNF is to help neurons and neural adaptation survive