

Subject line:

## **Fighter pilots' favorite nootropics**

Fighter pilots need to perform at the very limits of human cognitive capability.

Flying supersonic speeds at low altitude. And making decisions that require fine control with very little room for error.

Researchers in the UK used cognitive tests and MRI scans to find out that these *pilots' brains are wired differently* than the average person.

The studies suggest that the patterns of *signaling activity across brain networks change after learning*.

These systematic shifts in brain activity over the long-term lead to *changes in white matter structure*.

Resulting in *faster decision-making* based on the smallest of clues and visual input.

The researchers went on to speculate that maybe these white matter differences were genetic.

And these guys and gals were born as part of the elite that somehow naturally gravitated toward a career as a fighter pilot.<sup>i</sup>

But this doesn't sit right with me.

Not after all I've learned about how the human brain develops. And responds to certain *foods and nootropic supplements for quicker thinking and decision-making*.

So this got me thinking – what do these guys take in the way of nootropics?

And it turns out *the armed forces have a long and well-established history of using supplements to enhance performance*.<sup>ii</sup>

In fact, *Uniformed Services University* along with the *Consortium for Health and Military Performance* in concert with the *National Institute of Medicine* in the USA has written extensively on dietary and nootropic supplements.<sup>iii</sup>

Part of the training by the Armed Forces includes *what to take, what not to take, and what is banned from use* by Armed Services personnel.<sup>iv</sup>

After you dig in to what they're using, it turns out that "*Human Performance Optimization*" is no different for service men and women than it is for us 'ordinary' folk.

And *military service members* use the same kind of nootropic supplements as those used by the *eSports and Gaming* community.

To see how you can get the same kind of edge and improve your daily performance even if you're not in the military or participating in eSports ...

... see my post on "[\*\*Best Nootropics for eSports & Gaming\*\*](#)".

And give yourself an *unfair advantage* in whatever it is that's important to you.

---

<sup>i</sup> Roberts R.E., Anderson E.J., Husain M. "Expert Cognitive Control and Individual Differences Associated with Frontal and Parietal White Matter Microstructure." *Journal of Neuroscience* Dec 2010; 30: 17063 - 17067.

<sup>ii</sup> Jedick R. "Dietary Supplements in Aircrew" *Go Flight Medicine* September 23, 2014

<sup>iii</sup> "Use of Dietary Supplements by Military Personnel" *Institute of Medicine (US) Committee on Dietary Supplement Use by Military Personnel*; Greenwood MRC, Oria M, editors. Washington (DC): National Academies Press (US); 2008.

<sup>iv</sup> Johnson A.E., Haley C.A., Ward J.A. "Hazards of Dietary Supplement Use" *Journal of Special Operations Medicine* Volume 7, Edition 1 / Winter 07