Dr. Lee Berk to present three new brain neuroscience research lifestyle studies associated with: 1) Eating dark “healthy” chocolate (70% cacao) and 2) Happiness induced from watching humorous laughter videos at the 2016 Experimental Biology Conference

FOR IMMEDIATE RELEASE

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Dr. Lee Berk to present three new brain neuroscience research lifestyle studies associated with:
1) Eating dark “healthy” chocolate (70% cacao)
   and
2) Happiness induced from watching humorous laughter videos at the 2016 Experimental Biology Conference, San Diego CA

Berk achieves the unprecedented by having three submitted research abstracts accepted for presentation;
LOMA LINDA, CA, March 30, 2016  Loma Linda University School of Allied Health Professions (SAHP) today announced that it has received notification of the acceptance of a total of four abstracts for presentation at the 2016 Experimental Biology Conference, being held in San Diego next month, April 2 - 7.

Three of the abstracts were submitted for peer-review and presentation by Lee Berk, DrPH, MPH, on research for which he serves as Principal Investigator (PI). The first two abstracts accepted for presentation outline the research results of human subject experiments and the consumption of dark “healthy” chocolate (70% cacao) to enhanced sensory response effects on brain frequency changes.

“Low versus high cacao anti-oxidant consumption effects on power spectral density (µV^2) EEG brain frequencies (0-40Hz) and significance of sensory olfaction and taste deprivation of cacao to decrease the response of power spectral density for gamma frequency.” Sunday, April 3 in Hall D/D213 12:45 – 1:45 PM, San Diego Convention Center.

“Chocolate and the brain: Cacao increases power spectral density (µV^2) of EEG gamma wave band frequency (31-40Hz) which is associated with “enhanced” neuronal synchronization/communication, enhanced cognition, memory, recall and several other physiological benefits.” Both dark chocolate experiments offered evidence of positive association between the consumption of 70% cacao and improvement in brain function and efficacy. Sunday, April 3 in Hall D/D212 1:45 – 2:45 PM, San Diego Convention Center.

“Humor associated mirthful laughter increases the intensity of power spectral density (µV^2) EEG gamma wave band frequency (31-40Hz) which is associated with neuronal synchronization, memory, recall, enhanced cognitive processing and other brain health benefits when compared to stress,” is the third abstract of Dr. Berk’s research on the positive happiness benefits of humor associated mirthful laughter on the brain. Wednesday, April 6 in Sails Pavilion/W117 12:30 - 2:15 PM, San Diego Convention Center.

A fourth abstract, “The Effect of Humor Associated Mirthful Laughter Combined with Quiescence on Modulating C-Reactive Protein (C-RP) Blood Levels: A Pilot Study,” is being presented by Dr. Gurinder Bains, Principle Investigator, working with Dr. Berk, and is reflective of the results obtained in a Pilot Study on the benefits of positive affect laughter on reducing detrimental inflammatory blood biomarkers levels such as C-RP. Tuesday, April 5 in Hall B/B357 12:45 – 300 PM, San Diego Convention Center.

Berk states, “We have reached a new milestone in the growth of the Loma Linda University School of Allied Health Professions research culture where all three research studies we submitted from our current research activities have been accepted for presentation at the Federation of American Societies for Experimental Biology 2016 annual
meetings. In addition, a fourth research study submitted by LLU-SAHP's Dr. Gurinder Bains was also accepted for presentation. This is an unprecedented achievement from our group!! “

The Federation of American Societies for Experimental Biology annual meetings are multidisciplinary, scientific meetings that feature plenary and award lectures, pre-meeting workshops, oral and poster presentation sessions, and attendance of numerous large scientific companies as exhibitors showing their latest in new equipment, instruments and supplies for medical and scientific research, as well as publication vendors of medical and scientific journals and educational books and publications used in teaching and research labs for basic and human experimental studies.

Experimental Biology is an annual meeting comprised of over 14,000 scientists and exhibitors representing six sponsoring societies (the American Association of Anatomists, the American Society for Biochemistry and Molecular Biology, the American Society for Nutrition, the American Physiological Society, the American Society for Pharmacology and Experimental Therapeutics and, the American Society for Investigative Pathology), and multiple guest societies from all parts of the world.

The typical number health care professional and scientific researchers from all over the world range between 20,000 and 25,000 attendees.

The 2016 Experimental Biology Conference is being held April 2 - 7 at the San Diego Convention Center, San Diego CA. The 2017 FASEB Meetings will be held in Chicago, IL.

About Loma Linda University Health

Loma Linda University Health includes Loma Linda University's eight professional schools, Loma Linda University Medical Center's six hospitals and more than 900 faculty physicians located in the Inland Empire of Southern California. Established in 1905, Loma Linda University Health is a global leader in education, research and clinical care. It offers over 100 academic programs and provides quality health care to 40,000 inpatients and 1.5 million outpatients each year. A Seventh-day Adventist organization, Loma Linda University Health is a faith-based health system with a mission "to continue the teaching and healing ministry of Jesus Christ."