

Could sleep deprivation make you a genius?

Imagine an ideal world where everyone is a genius...

.... a world where we all paint like Picasso, write music like Mozart and can calculate complex equations like Einstein.

Scientist Tony Wright, from West Penwith, believes the human race was heading in that direction until early man's brain expansion ground to a sudden and mysterious halt.

Wright, a plant biologist, says that it all comes down to a change in eating habits, lifestyle and hormones.

He believes we all possess latent higher abilities that we could access - if we followed the right eating and sleeping regime.

Wright's theory is a radical reinterpretation of established evolutionary theory.

He believes that when fruit was the main food for our early ancestors, its chemical compounds reacted in a unique way with their bodies, boosting activity in the brain through the modification of hormones and causing it to develop over successive generations.

"But when humans were forced out of the receding forests by climatic changes," says Wright, "brain development began to degenerate because the fruit chemicals were no longer present to maintain the new hormone environment."

"Humans also developed general weaknesses in their bodies and immune systems."

He claims that as humans began to eat more savannah and grassland foods such as seeds, tubers, and meat, they also developed the degenerative diseases and behavioural disorders that are seen in abundance today.

It is well documented that certain foods enhance brain function while others inhibit performance. The benefits of more nutritional eating have been highlighted by Jamie Oliver and his Feed Me Better campaign.

Wright believes that the logical left hemisphere of the brain has suffered the greatest degeneration and that the creative right side of the brain is both inhibited by the left and missing essential ingredients to operate at full capacity, meaning that a suppressed "divine consciousness" really could exist.

He was inspired by research conducted by Professor Alan Snyder at The Centre For The Mind. Professor Snyder believes that "switching off" the left side of the brain - through sleep deprivation for example - has the potential to turn normal people into geniuses.

Wright has been encouraged by the results of a five-day sleep deprivation experiment he carried out at Manchester Metropolitan University with Professor Dave Collins - performance director of the UK Athletics Association.

The experiment suggested that sleep deprivation, in conjunction with other lifestyle changes, could improve the brain's functioning.

Professor Collins said: "Both Tony and his colleague improved performance on the various tasks that they were set.

"This contrasts with the conventional wisdom sleep deprivation adversely affects performance. Of particular note was their improved performances on vigilance and reaction time tasks."

Wright added: "I realise my theory might challenge a lot of current thinking, but following my initial experiment at MMU, I'm absolutely convinced that I'm right." For more information go to

www.kaleidos.org.uk.