

# How flashing lights and pink noise might banish Alzheimer's, improve memory and more

Neuroscientists are getting excited about non-invasive procedures to tune the brain's natural oscillations.

This article includes audio that you may find of interest regarding 40-hertz oscillations and brain improvement.

<https://www.nature.com/articles/d41586-018-02391-6?fbclid=IwAR0gmX8LqTPV0kt6-fizLHh3-kMvVQdMdk1XD1IUDITDf841eHixFK9nU24>