

Hippocampus

It has a major role in learning. It's plastic, which means, we know it can rewire. It's a very vulnerable structure that gets damaged and if it does get damaged, then you start having things like Parkinson's, Alzheimer's, dementia. Why would I point out the hippocampus to a group of guys in this kind of setting? If you damage it, whether you're using drugs, alcohol. Whether you're overstimulating with pornography. Whether you're doing anything. What's that going to mean long term? Yeah, you're going to have trouble with your memory.