

Marian Diamond

Born: November 11, 1926, Glendale, CA;
Died: July 25, 2017, Oakland, CA

At the age of 15 Marian Diamond (née Cleeves) began her “love affair with the brain.” She was struck by the idea that a cell could create an idea.

Dr. Marian Diamond (PhD) was an inspiring and beloved Professor of Integrative Biology at University of California Berkeley for 60 years. She and her team were first to publish evidence that the brain can change with experience and improve with enrichment, a paradigm breaking study which was the first hard data confirming what we now call brain plasticity. Her book *Enriching Heredity: the Impact of the*

Environment on the Anatomy of the Brain was published in 1988. Her book *Magic Trees of the Mind: How to Nurture Your Child's Intelligence, Creativity, and Healthy Emotions from Birth Through Adolescence* was published in 1998. She came up with a list of five “tools” to help “build a better brain.” They are: diet, exercise, challenge, newness and love. She demonstrated that the brain can continue to grow at any age and that male and female brains are structured differently. She also discovered that stimulating the brain even enhances the immune system. She later studied Albert Einstein's brain and discovered that his brain had more glial (support) cells than the average person.

