

Brain Myth Debunked

Popular belief describes artistic people as right-brain dominant and analytical people as left-brain dominant, but neuroscience has never had convincing support for this notion. With the advent of a technique called *functional connectivity MRI*, which measures changes in blood flow in the brain, the case can be settled. After analyzing brain activity in 7,000 brain regions of more than 1,000 people while they were resting, neuroscientists found no evidence that people favor one hemisphere over the other.

Science Source



Although certain functions occur mostly in a particular hemisphere—for example, speech stems from networks in the left side for most right-handed people—it does not follow that people who are more proficient in that function use that hemisphere more than the other. Overall, participants' brains showed equal connectivity on both sides. The concept of a dominant side makes no sense, the researchers note. If both hemispheres do not work in concert, a person cannot function.

Nielsen, J. A., B. A. Zielinski, M. A. Ferguson, J. E. Lainhart, and J. S. Anderson. An evaluation of the left-brain vs. right-brain hypothesis with resting state functional connectivity magnetic resonance imaging. PLoS One 8:e71275 (August 14)