# Experts debunk claims by actors Terrence Howard and Nicolas Cage of remembering womb experiences



Actors Terrence Howard and Nicolas Cage have recently made claims that they can remember experiences from when they were in the womb. Terrence Howard discussed his memories on "The Joe Rogan Experience," stating that he remembers the entire nine months before birth and even being compressed during childbirth. Nicolas Cage made similar assertions on "The Late Show with Stephen Colbert," speaking about seeing "faces in the dark" while in utero.

Experts, however, disagree with these celebrities. Robert Friedland, a neurology professor at the University of Louisville, and other specialists told DailyMail.com that such memories are impossible. They explain that newborns are neurologically undeveloped, and the brain's memory systems, such as the hippocampus and the prefrontal cortex, are not fully formed until several years after birth. This results in 'infantile amnesia,' where early memories are typically lost.

Despite some rare individuals possessing Highly Superior Autobiographical Memory (HSAM)—a condition that allows them to recall extensive details from their early childhood—recalling experiences from within the womb remains unsubstantiated in the scientific community. The experts suggest that Howard's and Cage's recollections are more likely vivid dreams or false memories rather than factual events.