

# Memory

## Harmony & Health

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Quality Products for Health

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Take steps to strengthen your memory with diet, exercise, & certain practices, ie meditation. Everyone has moments of forgetfulness, especially when life gets busy. While this can be a completely normal occurrence, having a poor memory can be frustrating. Genetics can play a role in memory loss, especially in neurological conditions like Alzheimer's disease. However, research has shown that diet & lifestyle have a major impact.

A number of factors contribute to decreased memory function: fatigue, medications, chemical/metal toxicity, poor circulation, and lack of sleep. Sleep plays an important role in memory consolidation, a process in which short-term memories are strengthened and transformed into long-lasting memories. Fortunately, there are a number of steps you can take to inhibit a decline in memory capability.

### Steps to enhance your memory:

1. **Improve Diet**- Studies show the Western diet, high in refined carbohydrates, is associated with dementia, cognitive decline, & reduced cognitive function. Focus on quality protein, good fats, & whole foods, especially anti-inflammatory foods such as vegetables, berries, and many herbs.
2. **Less Sugar**- Eating too much sugar has been linked to cognitive decline; one study of > 4,000 people found that those with a higher intake of sugary beverages, i.e. soda, had lower total brain volumes and poorer memories on average compared with people who consumed less sugar.
3. **Hydration - Water** is important to keep all cells healthy, including brain cells. Water is essential to keep brain synapses snapping! Adding electrolytes is often very beneficial.
4. **Exercise regularly** - enhances blood flow, oxygen, & nutrients to the brain; studies show exercise may increase the secretion of neuroprotective proteins & improve neuron growth. Brain-training games have also been shown to help reduce the risk of dementia in older adults.
5. **Antioxidants** are associated with improved memory function. **High Potency Grape** has been used with ADD since it is a water & fat soluble antioxidant. Also, consider great antioxidants such as **Thai Go, Turmeric/Curcumin, & CoQ10**.
6. **Enhance Circulation - Ginkgo, Gotu Kola, & Nattozimes Plus** are linked to increased memory.
7. **Brain Protex** -formulated with protective herbs, phospholipids & antioxidants, which studies have shown to benefit memory & brain activity; May support acetylcholine, an important neurotransmitter.
8. **Mind Max** - featuring magnesium l-threonate plus time-honored botanicals gotu kola, ginkgo & rainwater-harvested bacopa, supports brain function, memory and concentration.
9. **Essential Fatty Acids**, especially **Omega 3s** (EPA & DHA) are essential for brain health. Foods with EFA's, such as fish, walnuts, flax or chia, are helpful as well. These fats have been shown to lower the risk of heart disease, reduce inflammation, relieve stress/anxiety, and slow mental decline. A 2015 review of 28 studies showed that when adults with mild symptoms of memory loss took supplements rich in DHA and EPA, they experienced improved episodic memory.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

