

How To Boost Your Memory Power

HOW TO BOOST YOUR MEMORY POWER SELECTED TIPS - 75 PAGES!



75 Pages!

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Mental Exercises To Stimulate Memory Function

When you feel as though your memory is beginning to slip, there are certain exercises that you can use to stimulate your brain and get your memory back in gear.

One of the simplest methods is to read. Reading requires a good deal of concentration. Concentration is essential to memory function. By taking a few minutes out of each day to read you are stimulating your memory in a very positive way.

It doesn't need to be a book that you read. If news interests you than reading the newspaper during your coffee break is a perfect solution. This way you'll also remember the news stories that your colleagues or spouse might bring up and you'll feel confident having read the headline and accompanying story and then committing it to memory.

If news doesn't grab your attention, perhaps sports is more interesting to you. Imagine reading the scores of the games the night before and then being able to recite each one from memory. This not only feeds your sports craving it also stimulates your memory in a way that is really appealing to you.

Another fun way to get reading into your memory exercise plan is to read to your children. Children love this because it entertains them as well as allows them a few special moments with their parents. An added bonus is that while you are reading to them, it is also stimulating their memory. The words and the images in the book are something they enjoy and so naturally they want to commit it to memory. It becomes a wonderful association of learning and connecting with you.

Reading is a great exercise for the memory and when you read something that engages you it is almost effortless. While you are boosting your memory you are also boosting your knowledge database.

Boost Your Memory By Playing Bridge

Things have changed so much in our world that a simple game of cards is becoming a thing of the past. With the introduction of hand-held video games and computer software, picking up a deck of cards and sitting a table is quickly becoming a lost art.

Playing cards is a fun and easy way to socialize. It also can be competitive and it has another benefit that one might not notice at first glance. Playing cards are a wonderful way to exercise your mind and to boost your memory.

There are so many card games that are fun and easy. A few examples are:

- Poker
- Rummy
- Go Fish
- Bridge
- Hearts

Each is a bit different and many involve using your memory to get ahead in the game. Some games involve watching the cards closely and recognizing which cards have already been dealt and played. With a strong memory to work with you can almost guarantee that you'll have an advantage over the players whose memory isn't at the same top notch level that yours is. This can translate into a more challenging and rewarding game.

If you find yourself with a deck of cards and no opponents, a game of solitaire can offer the same memory boosting advantages as a rousing game of poker. Many games of solitaire involve close concentration and using your memory. Practice is said to make perfect and with solitaire that's very true. By developing concentration and memory skills you can beat the cards more than they beat you.

If you feel your memory slipping, picking up a deck of cards and dealing them out can help shift that memory back to where it needs to be. It's also a great way to strength concentration skills.

Learn A New Language And Boost Your Memory

When we are young most of us learn one language that we use for the remainder of our lives. Normally as we enter middle and high school we are required to take on another language. For many children they can pick up the basics of the new language fairly easily.

One of the fundamentals steps in learning a new language is committing the basic words to memory. Most of us know how to say hello and goodbye in French and perhaps even in Spanish. It's not because we learned how to read those words, but instead we heard them and committed them to memory. Remembering them when the time is appropriate we are able to draw them up from memory and pronounce them effortlessly.

Using this same technique to learn more words is not only a good way to further your vocabulary in that particular language but also to exercise your memory. This can be done at any age and the benefits to memory are just as important regardless of how old you are.

When you are in school, you take a class to learn a new language. In some cases this involves the use of diagrams and textbooks. You memorize the phonetic sounds and learn how to articulate the words properly. If you are older and looking to learn a new language you can do the same, attend a class or you can purchase a set of tapes that you listen to and mimic.

In the latter case, memory plays a significant role in learning the language because you are required to memorize the words and then recite them. While you learn each new word you are also committing it to memory. It's simply a great way to not only learn something new and interesting but it gives you a chance to boost your memory as well.

Music Can Boost Your Memory

Hasn't almost everyone at some point longed to be in a rock band? Or wished they were on the radio singing a country song while they strummed a guitar? Playing the trumpet or pounding out a beat on the drums. Having the ability to play a musical instrument whether it's the guitar, the drums or the piano is a great talent and beyond that a wonderful way to work on developing a strong memory.

One of the first steps to playing almost any musical instrument is to learn how to read music. For many people this seems like a daunting task. However it really just involves some basic understanding and the ability to commit that information to memory. Being able to read music is often equated to being able to ride a bicycle. Once you have the tools required to do it, you will always have the ability to do it. For reading music one of those tools is memory.

Once you grasp the notes you will then recall them from memory while you are learning to play a certain type of instrument. Many people once learning the basic notes can hear a song on the radio and play it without the written music in front of them. They are simply recalling the sequence of notes that has been embedded in their memory and using that to sound it out until it seems perfect.

The same principle lies behind our ability to sing along to a song we hear on the radio. Both the melody and the lyrics are within our memory and we call that up without thinking as we sing. Each time we do that we are exercising our brains and boosting our memories. This not only helps in the musical department but in other areas of our lives as well.

Cooking As A Cure To Memory Loss

Forgetting small things is common for most of us. Little things slip our minds and we become frustrated with our forgetfulness in the moment and then often even that feeling slips away.

There are certain techniques that we can use to give our memories a boost. Shifting them back to a place where they were sharp and alert.

A fun way to do this is to cook. Of course certain foods aid in helping with boosting the remembering power of your mind, but the act of cooking itself can be a great way to exercise your memory.

For many people cooking involves reading a recipe, gathering the ingredients and following the directions. That's a wonderful way of making certain that what you cook will be edible. It is however a great way to jog your memory back to a place it was years earlier.

The first time you cook a new dish, have the recipe book open. Follow the steps carefully, concentrating on each ingredient, the measurement of it and the directions for completing the dish. If it's a hit, then it's on to part B of the cooking to cure memory loss plan. The next time you whip up that dish for your family, keep the recipe book close but don't open it initially. Instead, gather the ingredients, and then check the book. If you've got them all, you've scored a point. The next part is easier, that's assembling them. Actions are an important part of boosting one's memory and since you can picture what you did last time, the steps should come to you easily. If you do get stuck, open the book and find the next step. Doing these steps several times on different days will help implant the recipe into your mind. Soon you'll be able to call that meal up from your memory with no effort at all.

Improving Memory Using Memory Exercises

For students preparing for different testes and examinations, struggling hard, would always need assistance with tricks to make their preparations and studies easier. Several students of different ages take advantage of knowing memory exercises. Teachers often make it a point to help students by telling them about various memory exercises they themselves implement since they began teaching.

Apparently, every person should use whatever appeals them the most. Methods working for one may not essentially work for the other. This could be demonstrated by a simple act of showing a child to tie up his laces. The child's concentration may go askew and end up in frustration when a new method of learning is suggested. Probably, one parent shows one way and at times grandparents disagree on best methods.

Distinctive methods

Young children with disabilities in learning need to know constructive methods to improve memory and have it tailored to one's own distinct capability. A struggling mind may need to associate few things with similar colors everyday for remembering. There would be shapes that helping them not to forget or even fragrances and odors. Children with bit of impairment might learn associating through scent or touches. For an instance grandparents may have selective perfumes or colognes worn daily.

Maintain consistency

Quite many times teachers have varied methods of teaching when compared to that of parents. When kids ask parents for assistance in their homework, arguments might develop as the parents' way to achieve a result would vary from the methods teachers use. If the child is taught to be silent and not to argue, by the parent, it could result in inefficient marks on whatever is turned in. Hence one should maintain the cooperation and consistency in a parent-teacher relationship.

Healing music

Have you tried making a silly and funny song about people who have offended you? This of course is a great exercise to your memory, though labeled as mean. Music is a great assisting substance essentially when it comes to teaching young kids about memory improving. This however must be reduced using is a disparaging manner. Many a time, comedians joke with impolite songs resulting in audience remembering the specific comedian just because the song acted as a substance to fortify the person into one's memory. You may not even recall the wordings, but just the tune as the results are all the same.

Games which rhyme are helpful tools for your memory. Millions of people have been brought up learning to enjoy antics the characters in stories of Dr. Seuss. Most of the words there don't make any sense and hardly mean anything in reality. However they provided the needed help to a person to remember the tale simply due to the rhyming effect.

Repetition

Repetition is the entire key to every memory exercise. Ensure to teach yourself to enact the actions every other time. For an instance, put your car keys inside the purse so that they are safe there. If you think your kids are late to school every day simply because they take time searching for their shoes or backpack, make them to learn to keep items in the allocated place every evening. Such minor memory tricks ascertain to keep your boss glad when you get to office everyday.

The Stress Of Alzheimer's

Alzheimer's disease has not found a cure yet and all that its sufferers would require is dedicated care and patience. It indeed is life threatening and can go a long way lacking a permanent cure. Alternative medicine including herbs and other dietary supplements is always sought after for help with respect to improving the condition. In spite of the alternative medicines, its effectiveness and safety is not much known. Another issue is regarding purity as the FDA shows no authority on supplement production. Reactions and few side effects go without any documentation and unnoticed in many cases. This then closes door to all further research. Most often consumers ignore the warning signs and in other cases warnings don't seem to be documented on the product. Quite many supplements would counteract with prescribed medications and can essentially increase more than few adverse reactions.

Disorder description

Recent studies have told that one out of ten elderly people suffer from Alzheimer's disease and by the year 2050, around 14 million people in the United States would perhaps be its victim. Alzheimer's disorder has seven stages with its duration of suffering varying from around three to about twenty years. In most cases this disorder is inherited. To some people, the disease is brought in due to irrational habits of smoking, drinking taking drugs etc, being clubbed by physical illness. This disorder, as termed to be one of the most complex of all has not reached a stage of permanent cure yet. People suffering from Alzheimer's disorder experience the pain for years as their sufferings are not just limited physically but emotionally and psychologically too. Consequently, they pass away within 6 years after the diagnosis. The patient's neurological system gets affected by the disease a lot before twenty or twenty five years. One of the worst endurance for these patients is dying in midst of unrecognizable people as they almost forget all their friends and family. The sufferers of this disorder trace their identity till they are totally consumed by its attributes.

Care takers

Alzheimer's disease makes it very difficult even for the care takers as they would apparently undergo a lot of stress financially, emotionally, and no doubt physically. All resources get utilized in its treatment which could prolong for years together without any hopes of total

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recovery. Care givers can make it more comfortable to release the stress by sticking names of pictures and other accessories so that the patients can know about it as they read the names. Tags could be stuck on drawers mentioning their content and also by placing a list of names with corresponding contact numbers especially of relatives, doctors etc, besides the telephone. This would help them in easier access. The caretakers can ensure that the patients are involved in their hobby activities so that they can reduce calls from them frequently. In later stages of Alzheimer's religious books could be always be read to the patients along with some soothing music. Proximity of family is one thing that would release the patient from all stress.

It is perhaps apparent that the care giver faces extreme stress all the while. Hence it is required that they are actively involved in community forums and other services. A number of emotions can harass the care taker which may include embarrassment, guilt, anger, grief and loneliness. Discussing and sharing feelings and incidents with peer care takers would release stress to quite an extent and ease the job. There is nothing more horrifying than seeing your dear one suffering and almost near to death. Quite often it becomes physically challenging too. Therefore in later stages one can seek help by hiring nurses or day care for the convenience of themselves and the patient as well.

Brain Food

Besides being a powerhouse of information repository, our brain keeps track of many other body functions. Some vital features of our brain include visual processing, motor control, auditory control, learning and sensation. Looking at all the functions and considerations you don't need to think twice about the brain being the most vital organ of your body. No matter what the malfunction of your brain is, it could be well understood when related to the new technology used in your computer.

Without the hard disk in your machine, your system is as efficient as being dead, as hard disk contains all significant information of your computer. If your computer hard disk is crashed, it is not possible for you to recover the lost data, at least most of it. All the same, if Alzheimer's disorder or Amnesia is struck, it at first destroys cells in our brain and memory gets affected. Memory failure makes us totally useless as we almost forget all skills we have learnt since a long period of time especially languages. Such diseases could turn man into things equivalent to a vegetable.

Every medication used to get back the memory is utilized for brain nourishment. Nourishment can be achieved through universal nourishment of brain and body. To have both brain and body to work together, we need to feed the body in right quantity and at the same time keep it active by taking part in mental and physical activities like memory games and jogging. Children, when in their initial stages, should explicitly be taken care of. Appropriate nutrition can make sure of their mental and physical well being.

From the initial stages of pregnancy, to-be mothers are advised with correct dosage of folic acid and multivitamins to assist in the growth of fetus, brain in specific. When dietary supplements and folic acid is low or not taken in right quantity, mental growth starts retarding. Initial growing stages of children, when they eat what they prefer and become choosy, health drinks are implied to be given to them.

One needs to take care of with dedication so that growth is not affected. Many health capsules have come to the market along with corresponding health drinks, however, the trusted and the best supplement is supposed to be cod-liver oil. Cod-liver oil is rich with Omega 3 fat helping in

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better faster growth of brain. Much research has proved that young children who are given cod liver oil almost on daily basis, manifest better memory and an active body.

We hardly make use of such natural supplements and over periods of time, drugs are interfered making things worse along with apparent everyday life stress. We are prone to various mental disorders including attention problems, confusion, foggy brain etc. One should ensure to remember that the core growth of the brain depends fully upon the nutrition given at an early age and the growth doesn't last a lifetime.

It needs to be supplemented on a customary basis. Over the counter, there are still many supplements available which are fortified with Folic Acid, Zinc, magnesium and other important nutrients for the brain. Any new supplements alone would not prove wonders over your brain unless you exercise well. Challenging memory very often by engaging in different mentally challenging activities and other memory games ensure right supply of oxygen and blood to the brain. Keeping blood pressure and cholesterol in control and taking good care of your heart help in cleansing arteries of blocks allowing better flow of blood. Estrogen level and other hormones should be maintained right as it directly affects the brain leading to several disorders in the longer run.

The Dangers Of Memory Loss

An important cause of losing memory is due to deprivation of sleep. You might have gone out to work or school in your in-house footwear just because your eyes were extra sleepy to change them. You might have even locked yourself outside home as you were very groggy due to lack of peaceful sleep, only too late to remember that your car and house keys were lying on the table in the kitchen. Have you been searching for your sunglasses every corner of your house, only to realize later that it is atop your forehead?

Quite many times memory loss looks funny to others. It would no doubt give you some silly stories producing giggles. Memory loss would serve to reveal forgotten incidents of other person's experience. Children too, can recall points of memory loss as a result of less sleep.

Resulting havoc

At times memory loss is quite dangerous and sometimes it could prove to be lethal and in some occasions losing memory is just very unfortunate. Deprived sleep would endure memory failure similar to a brain fog, going in a daze, not being able to focus, most often with a void expression. Notice a group of college students or teenagers after some trendy festive weekend. You would undoubtedly find someone in the group with head hanging with exhaustion with open mouths zoning out, or perhaps a void stare.

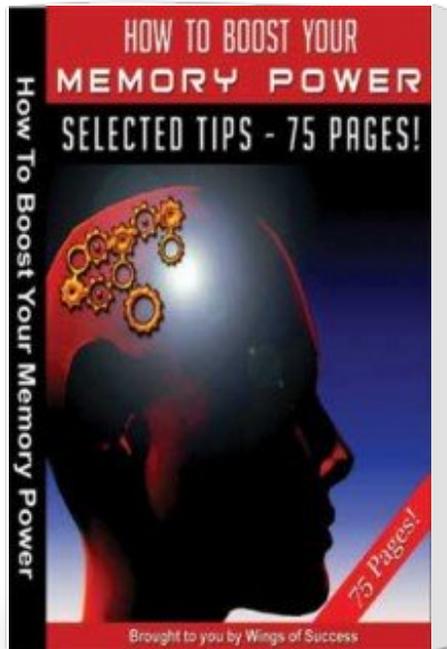
Furthermore, the worst of all cases of memory loss from lack of sleep is forgetting medicines which have already been taken once. You would end up taking the same thing again resulting in over dosage resulting in side effects, sometimes leading to hospitalization. If your lack of sleep takes you to a situation where you become sleepy to turn off the stove or burner, your house could catch perhaps catch fire with possibilities of injuring children or elderly in your care at home. If you are a young mother you would ignore the disturbances of your new born. Forgetting to change the baby's diapers could result in horrible rashes causing rawness and pain finally taking quite many days for its cure. When you get behind wheels of any vehicle in a drowsy state, you may not be alert to look both sides or may also forget the pedals on brake and gas momentarily, causing an unexpected accident.

After effects of medications

Medications can sometimes cause sleep disturbances resulting in loss of memory. On the other hand excessive medications too, make it not so easy to lay concentration. Forgetfulness in your job would possibly injure your co-worker or make you lose the job when you forget vital and generic things like meetings which ought to have been prepared for.

Apart from sleep deprivation, there could be other things which could lead to memory failure. However the fundamental thing is to seek a remedy for the trouble. Make sure that you take short naps whenever possible. Keep relaxing before bedtime instead of waiting to be on bed to relax. For new parents, chronic workaholics, or college students burning candles at both ends, it is required that they get adequate amount of rest and sleep, so as to avoid unfortunate events from sleep deprived memory failures. Ascertain to know that unless the mind and body are taken good care of, it would not continue to function right.

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