

Improve Your Memory



10 tips to improve your memory naturally

Do you regularly walk into a room and forget why you came? Do you have trouble focusing and paying attention or often find yourself unable to remember what you were trying not to forget?

Hectic, stressful lifestyles coupled with less than ideal diets and lack of exercise have made it difficult for our brains to cope and remain sharp. Though memory and cognitive difficulties can be frustrating and sometimes frightening, the good news is there's hope!

You are not doomed to slide down the slippery slope to dementia as you age. There are things you can do right now to enhance and preserve your brain function and memory for many years to come.

Here are the 10 best tips on how to boost your memory and brain function naturally:

1. Amp Up Your Antioxidants – Proanthocyanidin, vitamin C and alpha lipoic acid are antioxidants that can cross the blood-brain barrier to help protect brain tissue from oxidative damage, a.k.a., “brain rust”. Great sources of brain-saving antioxidants are citrus fruits, acerola cherry, bilberry, Granny Smith apples, grapes, and cocoa beans.

2. Get Your Good Fats – Since your body cannot create new tissues out of thin air, you really are what you eat. And, since your brain tissue is comprised mostly of fat, eating a diet of mostly bad fats (hydrogenated oils, polyunsaturated veggie oils like canola, soy and corn, grain-fed meats), means your brain tissue will be negatively affected by these fats and will never function optimally.

For good memory and optimal brain function, make sure your diet is comprised of primarily good fats from sources such as mercury-free cold water fish, grass-fed/free range meats, free range eggs, olive oil, avocados, nuts (NOT peanuts) and coconut oil.

3. Balance Your Omegas - Omega-3 is particularly important for brain health and good moods. Unfortunately, the typical American diet is disastrously overloaded with omega-6, throwing off the delicate balance between the two and inviting problems with memory and cognition. The

best omega-3 boosters are chia seed and Neptune Antarctic krill oil. You can also get omega-3 from many of the good fat sources listed in tip #2.

4. Hydrate – Water is a conductor of electricity and brain cells communicate partly through electrical impulse. Thus, chronic dehydration can cause foggy thinking. Drink enough pure water each day to keep your urine almost clear and you will be on your way to a well hydrated, super charged brain.

5. Detoxify - Some of the most dangerous toxins we're exposed to are fat soluble. This means they tend to lodge in fatty tissue in the body and are not as easily eliminated as water soluble toxins. Since your brain is comprised of mostly fatty tissue, toxins that have an affinity for fatty tissue, like those from aluminum, mercury, plastics, and teflon, can have a negative effect on your memory and brain function.

To reduce your exposure to these toxins, use food containers and kitchen tools made of glass, bamboo, and ceramic and avoid foods treated with chemical pesticides.

Also note that formaldehyde, a chemical found in solvents, mattresses, tobacco smoke, foam insulation, particle board and car exhaust, can also interfere with your brain function. Reduce your exposure to formaldehyde whenever possible.

6. Train Your Brain – Though many people think of meditation as a relaxation technique, you should know that it works wonders for brain function.

Regular meditation helps the left and right hemispheres of the brain communicate more effectively, resulting in clearer thinking and better ability to focus. It also helps your body respond to stress in a healthier way, which prevents problems with memory.

7. Avoid Fluoride – Daily ingestion of food prepared with fluoridated water or drinking unfiltered tap water can put you at risk of brain and memory

related problems. A number of studies have linked moderate exposure to fluoride to memory problems, reduced intelligence, impaired fetal brain development and other forms of brain damage.

To reduce your exposure to fluoride, be sure to drink and cook with only spring water or tap water that has been treated with reverse osmosis filtration. Keep in mind that nearly all restaurants and coffee shops use tap water to make everything they serve.

8. Use It or Lose It – Once we graduate from school and get settled in our jobs, we tend to stop learning new skills and information. This not only means that we tend to get stuck in a rut, but that we also lose the very ability to memorize things or learn new skills.

Like any skill, memorization needs to be practiced in order to be retained or improved. Constantly challenging your brain to learn new skills or memorize new information keeps it continually creating new neural networks, or webs of brain cells that work together, allowing smoother more efficient function. Only brain cells that fire together wire together and when they stop firing together, they lose their connections.

To ensure your brain cells keep actively creating and maintaining connections with each other, challenge your brain by regularly doing specially designed exercises like those from Lumosity, learning new skills, playing music (especially an instrument that involves finger dexterity, like piano, woodwinds, or guitar), learning the lyrics to a new song or memorizing phone numbers.

9. Balance Your Hormones – Keeping your hormones, particularly cortisol, balanced and under control is vitally important to sharp memory and overall health. Chronically elevated cortisol levels from unmitigated stress, poor diet or overconsumption of caffeine and other stimulants can cause significant memory problems as well as weight gain and a host of other problems.

Additionally, elevated cortisol from a bout of depression or stress can cause you to have selective negative memory; in other words, you tend to only remember negative things that happen and forget the positive. This distorted perspective can obviously interfere with your happiness and

create a vicious cycle of mental and emotional stress that only exacerbates your hormone imbalance.

The best ways to maintain healthy cortisol levels are to keep your blood sugar balanced by avoiding high-sugar foods and drinks, eating regular nutrient-dense meals, and getting moderate exercise 5 days a week.

10. Pay Attention – A vital component of sharp memory is being present in the now. No matter how sharp your mind, you will have no chance to commit anything to memory if you were not paying attention to it in the first place.

Take a few moments throughout your day to practice bringing your awareness to the present moment; your body sensations, sensory information from your environment and the emotions you are currently feeling. Once you are fully present where you are, you have a much better chance of retaining information that you will need to remember.

By following these 10 tips on how to improve your memory naturally, you can not only experience better brain function, but happier moods, better metabolism and increased overall health. Make out your grocery list of foods and supplements to use and an action list of physical and mental exercises that you want to try. And do it right now, before you forget!