

# 6 Ways to a Better Memory

## 1. Learn Something

Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.

## 2. Sleep

At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.

## 3. Eat Right

A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's. Alzheimer's. Alzheimer's.

## 4. Challenge Yourself

Train your brain... memorize three hard to remember names a day to help strengthen your memory.

## 5. Walk with a Friend

A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.

## 6. Meditate

Reduced anxiety improves blood flow to the brain. Inhale 7-counts, hold for 7-counts, exhale 7-counts.



# The Better Memory Kit

**Albert A Gayle**



## **The Better Memory Kit:**

The Better Memory Kit Dharma Singh Khalsa,2004-10-30 The Better Memory Kit encompasses an innovative clinically proven medical program to prevent and reverse all types of memory loss including Alzheimer s disease It s based on over a decade of research and clinical experience by Dharma Singh Khalsa M D the original voice of the prevention of memory loss The focus of the kit is an integrative medical program featuring the four pillars of a better memory a 20 percent right fat diet stress relief via memory enhancing meditations special physical mental and mind body exercises to boost memory and pharmaceutical medicines proven to delay the onset of Alzheimer s by six years **Make the Best of the Rest of Your Life** Geri O'Neill,2010-10 A GUIDE TO HAPPY HEALTHY AGING Make the Best of The Rest of Your Life presents the latest information on body and brain in an easy to read format sprinkled with inspirational quotes real life experiences and funny stories It s all waiting here for just you Most people have around 60 000 thoughts a day and 95% are the same as yesterday and 80% of those are negative Change your thoughts and quite literally you can change your experience of the world and all in it You can BE HAPPIER You can BE HEALTHIER You can CHANGE YOUR ATTITUDE You can RELEASE STRESS You can OVERCOME ANGER You can IMPROVE RELATIONSHIPS A book to visit and revisit whenever you need ABOUT THE AUTHOR Geri O Neill s work focuses on human development relationships communication mind and memory subjects she has been studying writing and lecturing about for over 20 years Her first book Super Self Life Without Limits was hailed a forerunner of the self development movement PS (PhosphatidylSerine) Nature's Brain Booster A Vital Lipid Nutrient For Memory Mood and Stress , **PC Mag** ,2007-08-21 PCMag com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology **The Photographic Journal of America ...** ,1922 **Camera Craft** ,1923 The Mentor ,1922 *The Mentor-world Traveler* ,1922 **InfoWorld** ,1988-09-19 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects *The Fraternal Monitor* ,1922 InfoWorld ,1988-06-06 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and Topic Centers InfoWorld also celebrates people companies and projects *Hearst's International* ,1922 *North Western Druggist* ,1922 *The Northwestern Druggist* ,1922 *Macworld* ,1991 **'The Mosquito'** ,1905 *Granfer Garland* Phoebe Allen,1906 Cartoons Magazine ,1915 *MacUser* ,1991 Harper's Weekly John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1902

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