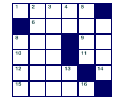


# Ways To Improve Your Memory

## Tip 1: Play games

Do crossword puzzles, play Sudoku, take up bridge — games like these stimulate the mind, helping the brain grow new neural pathways, improving your mental ability.



## Tip 2: Drink grape juice

Drink purple grape juice (not white). Research has found that drinking eight ounces of Concord grape juice a day improves memory by 20%, thanks in part to loads of antioxidants.

## Tip 3: Spice things up

Both rosemary and sage improve people's scores on word-recall tests by stimulating the brain's memory center. In fact, students in ancient Greece wore sprigs of rosemary in their hair on test days.

## Tip 4: Dance!

Hit the dance floor, jog, or do anything that gets your pulse racing. Physical activity rushes oxygen to the brain and builds new cells in the brain region linked to memory.

## Tip 5: Take naps

If you can possibly swing it, take naps. Research has found that people who squeeze in a catnap during the day retain twice as much of the information they learned that day as those who don't. Don't forget to get up!



## Tip 6: De-stress yourself

De-stress yourself by taking up yoga, meditation, or deep breathing. When you're stressed, the brain activates an enzyme that impairs short-term memory.



## Tip 7: Be a social butterfly

Be a social butterfly. One study found that people who socialize regularly do far better on memory tests than their less outgoing counterparts, since participating in conversations exercises the brain.

## Tip 8: Take bacopa

Take the herb bacopa. People in India have been using it to improve memory for 5,000 years, and Western research is now proving that it really does work. You can find it at health-food stores.

## Tip 9: Eat blueberries

Have a handful of blueberries each day. Blueberries contain a chemical that dramatically improves memory, and a half-cup is all you need to get the benefit.



## Tip 10: Move your eyes

Moving your eyes side to side for 30 seconds every morning can improve memory by ten percent. How? It gets the two sides of the brain working in harmony.

## Interesting Ways to Unlock Your Memory:

- 🔒 The average person forgets 30% of what he's heard after 20 minutes, and 50% of what he's heard within half an hour!
- 🔒 Need to remember a name? Picture it written across the person's forehead; the visual image will help you remember it later. This was a favorite trick of Franklin Roosevelt, who was renowned for his ability to remember names.
- 🔒 Repeat whatever you need to memorize – a name, an address, a phone number – when you first hear it. Saying it out loud helps lock it into your memory.
- 🔒 If you're trying to memorize something, do it on an empty stomach. The hormone that improves memory is highest when the stomach is empty.
- 🔒 Try putting more fruits and vegetables in your diet to help improve your memory. Studies have shown that participants who ate relatively high amounts of vegetables over the years had less age-related decline in memory.

“If you tell the truth you don't have to remember anything.”

~*Mark Twain*

“Memory: We retain: 10 percent of what we read; 20 percent of what we hear; 30 percent of what we see 50 percent of what we hear and see; 70 percent of what we say; 90 percent of what we say and do.”

~ *Unknown*