



How To Improve Your Memory

Christina Ross

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Sometimes it seems that no matter what we do to try to jog our memories, they betray us at the worst possible moments. How many times have you had the exact word you needed on the tip of your tongue only to have it tease and evade your memory? Who hasn't written a list to remember and then forgotten the list! Or perhaps you asked someone to help you remember and they forgot. Maybe you hid something from yourself in a special place you were sure to recall and spent weeks searching for the item because you forgot where you hid it. How many Easter eggs have been hidden, only to rot several days later because the person who hid the eggs forgot where they put them? What about that person you spent weeks secretly adoring, finally got the perfect chance to make their acquaintance, and then suffered a mental freeze? A well-rounded diet can benefit in many ways, and often the benefits to memory function are overlooked. Using herbs to improve memory have long been practiced not only by those in the United States, but in other countries as well. The American Indians, Orientals, Egyptians, and Greeks have all used herbs to enhance the mind. Spicy foods are said to increase the cognitive functions of your brain, and there are several spicy herbs available. The diet can affect the physical health, obviously. But if you aren't in good physical health, how can you also be in the best health mentally? The mind depends on the body to work at its best for the mind to work well. Just like the training for the body we need to have brain training. So where is the brain gym? There are games to help improve memory and physiological functioning of the brain. Learning new skills also helps the motor capacity of brain by challenging it. Proper blood flow and plenty of oxygen are also two factors that must not be overlooked. Now is the time to start training your brain and keeping it well nourished so you will have the best memory you can have. Feel great knowing you will not forget those important details, items and names.

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