



Whip - Fast
MEMORY IN JUST
10 MINUTES A DAY



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WHIP-FAST MEMORY IN JUST 10 MINUTES A DAY

by



Nature's Blast

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INTRODUCTION

It's a common experience that seems to happen more and more often as we grow older. We're talking to someone about a celebrity or about a familiar location or about an object in our homes we frequently use and, suddenly, the name of that person or location or object escapes us. We're so frustrated we want to slap ourselves in the head—and we would, if it would help. Only, the word is gone. Often, minutes, hours, or days later, the word we were searching for pops into our awareness.

Such events are concerning to us, not merely because of that embarrassing moment when we're trying to describe something we cannot name. Our greater concern is that we might be losing our memory. Regularly we hear news reports about the deaths of noteworthy people who seemed to have disappeared from the

public eye, only to learn that they had been suffering from dementia. Immediately, we wonder if the forgetfulness we experience is a precursor to total, debilitating memory loss.

The good news is, if you can read and follow these words, you are not in the depths of dementia. Equally good news is that there are things we can do to stimulate our brains into doing a better job of hanging onto the memory we have. In this book, we'll take a closer look at memory and memory loss. We list several activities that can sharpen our memories. We'll take a look at the surprising connection between diet and memory—which leads us to some surprising information about the connection between our brains and our livers. Then, we'll share some final tips about improving memory.



WHEN DID I LOSE MY MEMORY?

Forgetfulness is not dementia. Often, what seems to be dementia is not dementia. Memory loss, especially when it's our own we're concerned about, is a troubling, difficult subject to approach. The more we

understand about memory and the things that impact it negatively, the more we demystify the topic and feel comfortable and even curious about any memory issues we may have.



Several physical conditions result in irreversible memory loss. Here are the more common ones:

Alzheimer's disease

The illness we are most familiar with and the first thing we suspect when notice persistent forgetfulness. This illness is characterized by the shrinking of brain tissue and the buildup of amyloid plaque. This plaque interferes with cognition, memory, and calculating.

Vascular dementia

This progressive impairment is a result of diminished blood flow to the brain.

Lewy body dementia

This is the second most common form of irreversible dementia. Proteins called Lewy bodies impair memory, thinking, and motor control.

Parkinson's disease

Parkinson's is characterized by the brain producing less dopamine. Dementia characteristically occurs in the latter stages of Parkinson's.

The good news is that, while our forgetfulness may be annoying and may mimic some of these conditions, its cause may be much more prosaic and treatable. For instance, here are some common reversible causes of forgetfulness:

Delirium

This is a rapid onset condition that sometimes masks serious medical conditions. Most commonly, seniors experience delirium after medical procedures.

Drug interactions

A wide variety of drugs, from antihistamines to sedatives can impair memory, which usually returns after the drug exposure ends.

Depression

While depression is sometimes a result of dementia, the condition by itself can affect memory loss and other mental impairments.

B12 deficiency

B12 is stored in the liver. When the body doesn't have sufficient amounts of vitamin B12, several negative health problems develop, including apparent dementia.

Thyroid disease

Both Grave's disease (an overactive thyroid) and Hashimoto's disease (an underactive thyroid) can result in symptoms resembling dementia.

Alcoholism

The cessation of the ingestion of alcohol has many positive health results, including the regaining of one's memory.

In addition to these physical issues that can interfere with our memory processes, we have to realize that each of us can enhance our memory capability or allow it to diminish. As with so many aspects of our well-being, using our memory is a matter of "use it or lose it."¹

In the last section, we'll discuss some possible memory preservation tools for those who are suffering from irreversible forms of dementia. For the rest of us, we're going to turn our attention to some exercises that can help produce that whip-fast memory we all desire.



EXERCISES TO BUILD A WHIP-FAST MEMORY

Here is a collection of games, tools, and exercises you can use to improve your ability to recall things swiftly as you need them. It's important to note that, whether these suggestions directly address the specific sort of things you're trying to remember or not, practicing them will bring about general memory improvement and enable you to retain and summon the particular memories you desire to recall.



MEMORY TRICKS

You may have encountered individuals who could hear a long list of items chosen randomly by the people around them, after which they were able to repeat the entire list perfectly, including pointing out who had suggested the word. These folks are probably using the linking system. This works well with those of us who are visually oriented. Have someone write down and recite a random list of 12 words. When the first word is read, for instance, "apple," imagine yourself looking up at 12 o'clock and picturing an apple tree. If the next word is "cat," look at 1 o'clock and imagine a tiger. There is something about envisioning the images, the clock positions and the words that makes them stick in your mind. Repeated practice results in easier retention.

Another common memory trick is the mnemonic list. You remember this if you studied music and had to learn the notes on the treble clef: EGBDF, which became a sentence in which each note was the first letter of a word in the sentence: "Every good boy does fine." There are a wide variety of mnemonic lists: using rhymes, arranging items alphabetically, and chunking—breaking down long lists into shorter, easier to remember lists.

Then there is the Memory Palace. If you have a list of things you want to remember, like a shopping list, mentally assign each of them to a room in your make-believe palace: there are potatoes in the dungeon, carrots, and broccoli in the library, bread in the master bedroom, and so on.

SHARPENING THE MIND

Our ability to remember is just one of the cognitive functions of our brain. When we engage our brains in challenging, enjoyable activities—just follow these for 10 minutes every day to see the change they'll make—we'll experience an overall neurological benefit affecting our abilities to observe, reason, and recall. Here are some useful tools to sharpen the mind.

If you always wanted to speak French, here's your chance to **learn a foreign language**. Learning new languages has been demonstrated to improve visual-spatial skills and increase your creativity even as it improves your memory². While you're learning,

acquiring the ability to play a **new musical instrument** also stimulates the learning centers of the brain.

You can also break out the **puzzles**. Whether you prefer jigsaw puzzles, crosswords, word search, or sudoku, using these causes multiple different cognitive parts of the brain to interact with one another. Closely related to puzzles are joining in **games**, particularly card and board games. These are helpful because they promote interaction with others—stimulating the cognitive brain function, improving problem-solving skills, and increasing volume in certain parts of the brain.



HONING THE BODY ALONG WITH THE MIND

Virtually every memory expert mentions the importance of involving physical exercise as an element of preserving memory. Behind this are several realizations. Exercise, particularly aerobic exercise, increases blood flow to the brain just as to the muscles and other organs, which provides more oxygen and nutrients

for the brain to work with. Physical exercise, whether it's dancing, swimming, or chair volleyball, involves muscular coordination, engaging the brain's cognitive functions. Exercise helps to clear the cobwebs and diminish the likelihood of those health issues that threaten memory retention.



EATING FOR YOUR MEMORY

While we may assume our ability to remember and our diet have little to do with one another, there are three important things areas to about food and memory for us to consider: foods that impair memory, foods that improve memory, and foods that help our livers help us to remember. Yes, there is an important connection between our diet, our livers, and our memory.



FOODS THAT IMPAIR OUR MEMORIES

While we cannot directly say that eating a particular food item or food that contains certain ingredients will cause memory problems, we can say that certain foods are linked to dementia, particularly to Alzheimer's disease. Here is a list of the culprits you may want to avoid:

White foods

This broad category includes just about anything white, including sugar, white rice, white bread, pasta, and cake. These foods cause insulin spikes that, in turn, result in toxins that accumulate in the brain.

Processed meat

The bad actors here are chemical compounds called nitrosamines. These compounds react in the liver to produce fatty chemicals that are toxic to the brain. To be avoided are smoked meat, bacon, and deli meat.

Processed cheese

Cheese sticks, American cheese, and other cheese products labeled "processed" are suspect because they cause protein linked to Alzheimer's disease to accumulate in the body.

Microwave popcorn

Likewise, microwave popcorn contains diacetyl, a chemical compound linked to the accumulation of amyloid plaques, the building blocks of Alzheimer's.

Beer

In addition to plenty of carbohydrates, beer contains nitrosamines. These compounds cause the liver to produce fatty substances that are neurologically toxic.

FOODS THAT CAN IMPROVE OUR MEMORY

Here is a list of the good guys. These foods tend to be rich in antioxidants and contain other nutrients that our brains need to flourish:

Blueberries

Broccoli

Coffee

Dark Chocolate

Eggs

Fatty Fish

Green Tea

Nuts

Oranges

Pumpkin Seeds

Turmeric



REMEMBER THE LIVER

You may have noted that the liver has been mentioned several times already in our discussion of how to keep the brain healthy. Among other chemical needs of the body, vitamin B12 is stored in the liver. Several food substances linked to dementia have an impact on the liver and cause it to create toxins.

Let us make one more connection here. Many of the foods listed as being brain

healthy are also specifically important to the health of our livers: turmeric, fatty fish, coffee, tea, blueberries, and nuts. There is a very simple conclusion we can draw: eating for the health of our brains is eating for the health of our livers. Eating for the health of our livers is eating for the health of our brains and an important facet of improving our memory.



BOOSTING A DIFFERENT KIND OF MEMORY

Memory is stored in more than one place in the brain. Alzheimer's disease and other debilitating conditions attack the hippocampus and the entorhinal cortex, then later affect the cerebral cortex. These are brain centers associated with learning, memory, and social interaction.³

The part of the brain that is least impacted by dementia is the basal ganglia. The basal ganglia is part of the brain stem and associated with what has been called "muscle memory" or "second nature." This part of the brain retains automatic memories, even when other parts of the brain have greatly diminished abilities to summon memory. A common example of this is often observed in memory care facilities when a resident, who may have lost the ability to interact with people in other ways, can sit at a piano and flawlessly play complex pieces of music.

It is the case that, even when other parts of the brain have lost the ability to create new memories or access previous memories, the basal ganglia can still create new memories



that individuals with dementia can access. This has been demonstrated by instructors who have taught dementia patients new exercise and Tai Chi routines that they were later able to recreate without assistance.

It is also thought that the stimulation of the basal ganglia, which causes the creation of the new neural pathways necessary to result in muscle memories, also stimulates the individual's total brain, delaying the progression of the memory loss.⁴



CONCLUSION

Memories are the unique stamp of every life, bits of all that has happened to us throughout decades of living. Whether we are conscious of it or not, we bring all our memories with us in every human interaction. Memories impart wisdom. They are the one form of riches we will never have to surrender.

Unfortunately, as we grow older we sometimes have trouble making withdrawals from the banks of our memories. Memories don't come to us dependably and quickly as they once did. This is doubly troubling in that we often fear our forgetfulness portends deeper lurking memory issues, such as dementia.

Fortunately, for those able to read and comprehend what we've discussed here, you can work on your memory and improve it. We've provided some easy tricks to help

you remember specific things. We've listed some activities that will boost your ability to retain and recall your memories. We have discussed the link between food and memory, listing foods to avoid and those that will be helpful to your brain—and to your liver, which interacts with your brain to keep it healthy and enable it to store memories. We've also discussed the brain's last line of defense, "muscle memory," that part of the complex of organs that make up our brains which can retain repetitive memories.

We hope that you will save this document and refer often to the list of healthy foods that will nourish and protect our brain as well as the list of activities that can give you a whip-fast memory in only 10 minutes a day. You might even think of committing all this to memory.



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RESOURCES

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