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# Regarding The Healthy Body Healthy Mind

The longevity of memory is still a question like most cases it is distorted by suggestions. The certainty of memory is determined by the encryption it had for the mind of individual and the duration too. Even as we mentioned earlier that diminishing memory is caused by neurons malfunction, there are three ways that can help us identify factors that will stimulate or memory. We ought to figure out ways to stop neurons from dying and stimulate increase of new neurons and by addressing have the existing neurons function efficiently. Memory i.e is chemical compound generally known as Ampakines enhances neurons functioning. Other ways generic ways to improve memory would be to start taking memory training and practicing games for example cross words, brainteasers and other memory exercises. In addition to them consuming healthy diet full of Omega 3 fats and antioxidants helps as well. Five small meal patterns needs to be followed as it prevents blood sugar levels from lowering i.e the primary source of energy to the brain. Jogging and brisk walks helps with blood circulation and have been turned out to be reduce the risk of Alzheimer disease. Getting proper sleep and stress reduction helps curtailing the production of cortisol in our body that harms memory and it is known to shrink memory center in brain.

Regular practice allows us to give a jog to our memory that is as fruitful as the physical jogging. We need to let our brain run thru numerous facts it retains and associate each with a few picture, color or number to make it easier for recall. But accuracy of recall depends upon proper functioning of three aspect of brain that part that form, stores and receives memory. At times dreams are made of distorted memories we usually club our experiences with a particular memory creating a new situation altogether.

Folks who suffer from suffered head injuries or suffer any kind of pain otherwise tend to be more forgetful as outlined by one of the studies. The study proceeds to suggest that chronic pain results in brain shrinkage and degradation of neurons. Individuals with emotional distress and chronic pain will be more susceptible to brain atrophy. Varying pains have varying effects on brain and affects different regions within our brain. Such conditions could be improved and memory might be improvised by realistic psychotherapy and medication.

It is usually observed that we remember traumatic events much better than happier moments. It is associated with a certain type of protein manufactured in our brain while we go thru that have and makes it embedded in the long-term memory zone of our brain. These proteins aid in strengthening the connection in neurons serving as a catalyst in memory storage. These studies is being used now to improve memory conditions by treating our brain with similar kind of protein to make our memory everlasting. Another study proceeds to prove that zinc allows you improve memory especially in children. These studies has been used at the grass root level by more health drink and medical supplement manufacturers who target their zinc fortified drink, cereal and supplements to adolescents.

There are ayurvedic cures out there that claim to guarantee similar results like "Memocare" the item is a mix of herbs that offers to reduce stress and anxiety. It also intentions to accelerate brain function and improve memory. You can find hosts of other companies too offering similar promises like Brain quicken that states be effective in one hour nonetheless it mainly targets to improve short-term memory. Its constituents really are a complex mix of nutrients and other propriety constituents.

Examine the web site [Healthy Eating Habits](#).

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