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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Improve Your Memory

By Robert Elias Najemy

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Poor memory can be a frustrating problem when it becomes a cause for us to function below our abilities. The consequences can vary in type and seriousness.

SOME POSSIBLE CAUSES

1. Lack of proper nutrients.
2. Hardening of the arteries of the brain.
3. Poor blood circulation to the brain.
4. Anemia.
5. Exhaustion of the nervous system.
6. Scattering of mental energies on many activities.
7. Emotional problems which preoccupy the mind.
8. Lack of organization.
9. Poor living habits in general.
10. Too much alcohol or other drugs.
11. Chronic use of tranquilizers or painkillers.
12. Lack of exercise or release of tension through movement.
13. Build up of toxins in the body.

EFFECTIVE NATURAL SOLUTIONS

1. Clean out the body and mind with pure diet and occasional fasts so that the nerves and blood vessels will be revitalized.
2. Eat foods, which have high quantities of B complex vitamins, Magnesium, Phosphorus and Calcium.

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3. If the problem is serious, take supplements: B complex, Brewers' yeast, Magnesium, Calcium as well as an amino acid complex specifically created for improving memory.
4. Avoid white sugar, white flour and all products made from them. Avoid all chemical preservatives and all over processed foods or foods cooked some days before.
5. Concentrate on raw fruits, vegetables, seeds, nuts and whole grains.
6. Eat alfalfa sprouts regularly.
7. Free your mind daily from whatever is burdening it with deep relaxation and positive projection techniques.
8. Learn to meditate and concentrate your mind.
9. When you want to remember something specific, repeat it three times to yourself associating it with some image, which you will not forget. Images remain more clearly in our minds. Thus if you make some image humorous or serious for each important thing you want to remember, you will be more successful in remembering.
10. Make lists of whatever you need to do each day. In this way you do not need to burden your mind with something that a piece of paper can do. When you have completed each activity cross it off and whatever is not completed that day can be transferred to the next day. Keep a paper and pen on you at all times and write down immediately what is important for you to remember. In this way there is no chance of forgetting something important.
11. Keep a daily diary in which you observe those things, which you tend to forget. If you can determine the types of things you forget and the situations in which you usually forget, you may be able to detect a pattern which can be corrected.
12. Perform head low postures like the 1/2 shoulder stand, prayer position and forward stretch daily so as to ensure a good supply of blood and oxygen to the brain. These should be practiced three times a day by those with poor memory.
13. Also perform exercises for the nerves of the spinal column and neck so as to release any tension which may be accumulated there.
14. Get help in looking at your emotional life and the various problems which are occupying your mind so that you can get free from worries and be able to concentrate more clearly and totally on the present moment. Our minds are drained and confused by the various worries and anxieties which clutter them. When the mind is peaceful and feeling secure it can remember much more clearly.
15. Overcome fear and lack of self-confidence. These are major obstacles to the free flowing of the mind in all situations.

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16. Until you are able to overcome the problem, try to accept it and not get upset. When you reject yourself because your memory is weak, you block your mental energies even more. So accept yourself and the problem as you work on correcting it simultaneously. Thus until you improve your memory, accept yourself as you are, and use lists extensively for more effective functioning.

17. Engage in activities which free you from stress and tension such as exercises, dancing, walking in nature, swimming, singing, working in a garden and anything else which is enjoyable to you.

18. Perform deep relaxation techniques daily and program your mind that it will inform you of any important information, which you need at the proper time.

(Adapted from the forthcoming "Self Healing" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0-9710116-0-5) is available at <http://www.amazon.com/exec/obidos/redirect-home/holisticharmo-20> and

<http://www.HolisticHarmony.com/psychohappiness.html>. His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book The Psychology of Happiness; ISBN 0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

How To Improve Your Memory In 5 Easy Steps

By Memory Improvement Guide.com

Discover the 5 easy to follow steps how to quickly improve your memory and learn more in less time. Stop forgetting things that you need to remember. Become a fast learner, remember details and be more effective. Simply follow these 5 easy steps and watch your memory improve.

Today everyone is overwhelmed with information and having a good memory is very important. There are thousands of little things that you need to remember each day. You need to remember names, numbers, prices, study material, daily tasks, foreign languages, passwords and so much more. The list could continue forever here.

But can you really improve your memory, is it hard and how much time does it take?

You can improve your memory and it's easier than you think. With the right knowledge you can have a better memory in a matter of days. Read the 5 steps carefully, try to follow the advice and watch your memory improve.

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Step #1: Use your imagination

Use your imagination when you face something that you want to memorize. When reading a book, imagine the things you are reading about. Imagine objects, people, situations, sounds, motion and more.

Imagination keeps you interested in a topic, makes it more fun, and gets you involved. This way your mind concentrates on what you are reading or listening and you're much more likely to remember it later

Step #2: Motivate yourself to learn

It's much easier to memorize something that you're learning with interest and motivation. It's also important to have a purpose why you want to learn something.

Understand why are you learning something and what benefits does the new information give you. Be involved in what you are learning as much as possible because then you have a purpose and more motivation to learn it.

Step #3: Have some spacing between learning sessions

You don't have to learn all information at once when you can learn everything much better by taking breaks between learning sessions. You should take breaks as rewards because this gives your mind a chance to review what you have just learned.

When you face lots of information that you have to learn, plan your learning and divide it into parts and

learn each part separately. It is better to study in two or three small sessions than to study in a long six hour session.

Step #4: Learn with a clear mind

Try to be relaxed when learning. It is harder to learn something when you are stressed, tired, anxious or angry. You learn more, better and faster when your mind is not occupied by thoughts that distract you.

Also eliminate distractions like clutter, and other things that can distract you. Learn in stimulating, light and positive environment. Distractions can keep you unfocused and waste your time. Before you learn, make sure that the learning environment is free from distractions.

Step #5: Always educate yourself about memory

Your memory is one of the most important assets that you have and learning how to improve your memory is very important. By having a better memory you can make more money, be more effective, save time, always remember important details, look smarter, have more friends and so much more.

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Considering all the advantages that good memory gives you and how easily you can improve your memory, it wouldn't be wise to not do anything about it.

An excellent website where you can learn how to improve your memory is

From this website you'll learn very effective ways how to improve your memory and how to develop a memory that you can rely on in a short time. What you will learn here can improve your memory to what you want it to be.

The email course that this website offers is absolutely fantastic. From this course you will learn real memory 'secrets' like how to easily, quickly and perfectly memorize long digit numbers, long speeches, names of people, foreign languages, long lists of items and more things that was previously hard to memorize.

You'll learn the 'secrets' that memory experts use to perform impressive memory stunts on stage and how you can easily apply their memory 'secrets' in everyday life to improve your memory to what it really can be.

Your memory resources are unlimited. Start taking advantage of them now! Go to:

[How To Improve Your Memory In 5 Easy Steps](#)

[How To Improve Your Memory By Up To 10 Times With Memory Techniques](#)

[Computer Memory is an Essential Part of the Computer](#)

[Benefits of a Memory Foam Mattress](#)

[Boost Your Memory With Caffeine](#)

[IP Ad Websender – The Ultimate Promotion Tool](#)

[How to keep up the SPICE in your Love Life.](#)

[Copywriting Crash Course](#)

[The Big Book Of Cookie Recipes](#)

[How To Improve Blood Circulation](#)

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