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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!

Mother's Advice For Optimal Memory

By Rene Graeber

Remember when you were still young and mother would tell you to eat your vegetables, go to bed

early, and do all those sort of stuffs which you dislike? It turns out that your mom (although she might be unaware of it) is giving you some ideal advice for a sharper memory. Let us recall some of them.

Mother used to say fruits and vegetables are good for you. Undeniably, they are. Studies reveal that blueberries in particular, aid to improve memory aside from giving health benefits to the body. Another berry, which is strawberry, is also good in memory retention. On the vegetable side, spinach and broccoli are foods for the brain. These fruits and vegetables contain antioxidants that protect the body and brain against stress.

I bet you've heard of the same old "early to bed, early to rise makes a person happy, healthy, and wise." What mom used to impress on you is indeed a good advice, particularly the portion about "wise." When you're asleep, the brain sorts information obtained during the day so that this information is stored for future use.

Quit smoking and cut down on caffeine. Researchers found that consuming a pack or more cigarettes a day can result to impaired visual and verbal memory, and this will further result to the brain's poor ability to process information. As for caffeine (coffee and colas), it will make you feel agitated and irritated. This is contrary to a brain that performs at its best when relaxed.

Fish is food for the brain. Fish contains the polyunsaturated fatty acid DHA, which is the main contributor to efficient development of the nervous system and the brain. That is why some milk products for young children are supplemented with DHA. One of the best sources of DHA is cod liver oil. Oh, how you hated it when you were still kids, but actually it's good for you. Aside from fish, other products that are memory enhancers due to the presence of choline are soybeans, eggs, and liver. Still another substance that is present in fish like salmon, herring, mackerel, and sardines is the amazing omega-3 fatty acid. It promotes good mood, aside from being a good memory developer. It also increases the learning capability because it enhances the capacity, speed, and efficiency of the brain. Researchers are still checking the benefits that omega-3 can give to patients with alzheimer's disease and stress related disorders. If you can't get enough of these fish products, taking supplements (about

600 mg) will suffice.

"Did you take your vitamins?" mom used to tell you this every morning. That's because they are good for you, especially vitamins C, B12, and beta-carotene. Not only are they good antioxidants, they are good memory enhancers as well.

Get off that sofa. Get out and get some exercise. Seems like a complete drag but exercise, like it or not, is good in sharpening memory. It's like jogging your mind to wake it up. Studies reveal that strenuous physical exercise gets the brain cells up and running, thus improving memory and creativity. Just half an hour of jogging can deliver astounding results to your body and mind.

Remember that you're always better off with a sharp memory.

Memory is like a muscle - the more it is used, the better it gets; and the more it is neglected, the worse

it gets. How to easily remember names, faces, numbers, events, and almost any information – using simple yet powerful techniques even a 12-year old can apply! Just visit:

<http://www.mind-memory-improvement.info>

Computer Memory is an Essential Part of the Computer

By James Hunt

Computer memory is an essential part of the computer because it allows it to store vital information that you will need. Whether the information is in the form of pictures, data or sounds, a computer with a lot of memory can store it for you. There are three basic types of computer memory and you will need to know a little bit about each to ensure your computer is running effectively.

Random access memory or RAM is the same thing as your computer memory. RAM is the main memory center, so essentially, it is the most important. Your RAM is used almost every second you're on your computer each day. The reason RAM is so crucial is that it is used to store your files and programs and it affects many other computer aspects as well.

DDR computer memory can be bought to increase the amount of memory you have, but first you will want to learn a little more about your computer. Understanding how it works will help you work better with your computer.

The more RAM computer memory your computer has, the faster it will work for you. If you find that you're computer has been very slow lately, you might want to look into buying some DDR for it. If you aren't sure what to buy or how to install it, it's best to let a professional do it this time around. You will find that all electronic stores that sell RAM will offer optional installation services for a small fee. If you choose this option, it would be a great idea to ask them exactly what they did so you can do it yourself if the need ever arises again.

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But, if you know a little something already about computer memory, why not install your DDR program yourself? It will save you some time and money and your computer will be back to working at optimal speed in no time. Either route you choose, don't neglect the health of your computer. If it starts working differently than it ever has, get it checked out or troubleshoot the problem yourself. This will ensure that it stays working great for years to come.

James Hunt has spent 15 years as a professional writer and researcher covering stories that cover a whole spectrum of interest. Read more at

www.computer-memory-central.info



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