

How old is your memory?

Read the names below, and then cover them.

Nancy Cline
Larry Russell
Pamela Foster
Robert Daniels
Elizabeth Tate
Jeff Allen

Now fill in the blanks:

_____ Daniels

_____ Cline

_____ Russell

_____ Allen

_____ Tate

_____ Foster

How to score: Under age 50, two correct answers are average. Over 50, one is average.

Memory Boosters

*Adapted from “Brain Fitness” by Robert Goldman

MEMORY FOODS: aged garlic, concentrated sugar, unsaturated fat in olive oil and fish oil, and pasta.

MINERAL AND NUTRIENTS: choline, boron, magnesium, zinc and phosphatidylserine

VITAMINS: B1, B6, B12 and C

NOOTROPICS (substance that improves mental function): piracetam, nimodipine, monosodium glutamate, clonidine

HORMONES: estrogen, DHEA, HGH, testosterone

SMELLS: chocolate, peppermint, ammonia

EXERCISE: regular exercise, especially aerobic activity, delivers oxygen to the brain and helps to sharpen memory

ROUTINES: Certain activities sharpen recall. These include writing things down, focusing for longer than 8 seconds on items to be remembered, vocalizing, using associations and regularly practicing what you want to remember.

Memory Poisons

SATURATED FATS: They reduce the flow of oxygen-rich blood to the brain.

STRESS: It creates a cascade of chemicals that kill brain cells.

ALCOHOL: It breaks down chemicals in the brain that are vital for communication between cells.

CAFFIENE: In more than moderate amounts can overexcite the brain and make concentration and learning difficult. A little caffeine is a good brain stimulus; moderate amounts work to the detriment of memory.

EMOTIONAL TURMOIL: When the brain's emotional centers are highly activated, concentration and learning are difficult.

MEDICATION: Medications that sedate or calm can also slow memory and learning. Drugs known to impair memory include tricyclic antidepressants, lithium, antihypertensives, antibiotics and analgesics.

NONSTEROIDAL ANTI-INFLAMMATORY DRUGS: In very high doses, drugs like ibuprofen, that are used to reduce inflammation, have been linked to memory loss particularly immediate word recall.

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NUTRIENTS TO ENHANCE MEMORY AND MENTAL FUNCTION

ALPHA-GPC (alpha-glycerylphosphorylcholine)

ALPHA-LIPOIC ACID

Ascorbates (Vitamin C)

Ashwagandha

B Complex Vitamins

-B1 (Thiamine)

-B2 (Riboflavin)

-B3 (Niacin)

-B5 (Pantothenic Acid)

-B6 (Pyridoxine)

-B12 (Cyanocobalamin)

-Folic Acid

Bacopa Monniera

Boron

CDP-Choline

Coenzyme Q10

DHA (Docosahexaenoic acid)

DMAE (Dimethylaminoethanol)

Ginkgo Biloba

Huperzine A

L-Tyrosine

Manganese

MSM (Methyl-Sulfonyl-
Methane)

Phosphatidylserine

Pregnenolone

TMG (Trimethylglycine)

Vinpocetine

Vitamin E (Alpha-
Tocopherol)

Zinc

