

PUREHEALTH[®]
RESEARCH



THE MEMORY SOLUTION



TABLE OF CONTENTS

Table of contents	2
The Truth About Memory Loss and How to Prevent It	4
How the Memory Is Impacted by Aging.....	5
Methods to Protect Your Memory.....	7
How to Improve Your Memory with Games	9
The Best Games to Improve Memory	10
How to Train Your Brain for Better Memory Function.....	14
Work on Building Your Vocabulary	15
Spend Time Dancing.....	16
Make Use of All Your Senses.....	17
Learn Something New	17
Try New Routes in Life	18
Try Meditation	18
Learn a New Language.....	19
Focus on Those Around You	20
Seeing Your Doctor	20
Citations.....	22
Resources	22

THE MEMORY SOLUTION

by

PUREHEALTH®
RESEARCH

This book is not intended as a substitute for medical advice of physicians. The reader should consult a physician in matters relating to his/her health. The information provided in this book is designed to provide useful informed advice on the subjects that are being discussed. This book is not meant to be used to diagnose or treat any medical condition. For diagnosis or treatment of any kind, consult your own physician. Moreover, the techniques and exercises listed in this book are meant to be carried out in a safe environment and on the readers own personal responsibility. The publisher and author are not responsible for any specific health issues or injuries that might occur from inappropriate practice.

Copyright © 2022 by PureHealth Research

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, contact the publisher, at the address below.

WWW.PUREHEALTHRESEARCH.COM

THE TRUTH ABOUT MEMORY LOSS AND HOW TO PREVENT IT

As adults move into middle age and beyond, there are often concerns about the potential of developing memory issues. There are no guaranteed methods to prevent memory loss entirely. Researchers are constantly discovering more about how the brain functions and the best way to keep it healthy.

When humans age, the brain changes naturally. Some areas may atrophy or shrink. Other areas may experience less blood flow which causes

The good news is that establishing good habits can help support your memory and promote excellent brain health.



HOW THE MEMORY IS IMPACTED BY AGING

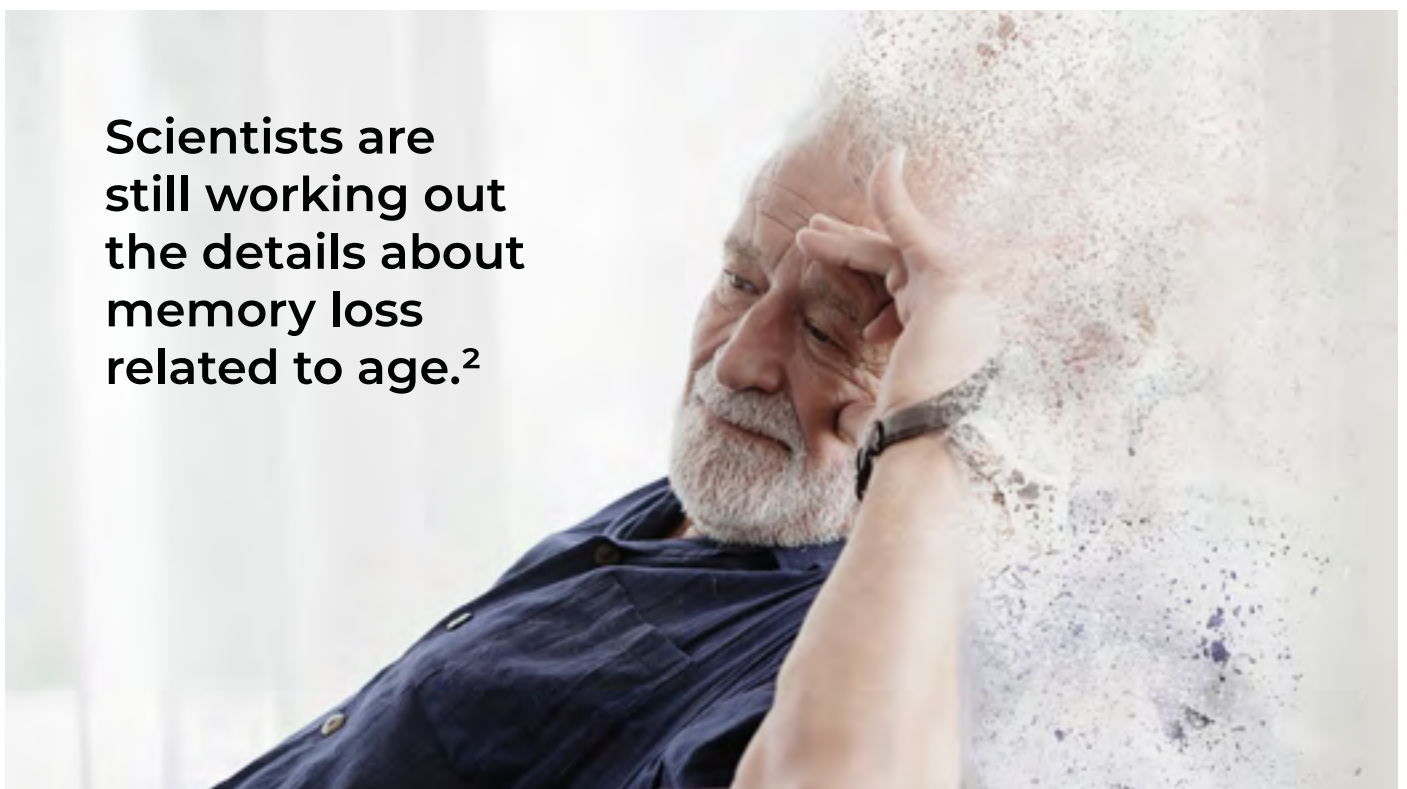
Even when you're paying complete attention, many people have trouble recalling information as they age. Memory is found in different parts of the brain, and some of those are more likely to change as people grow older. This can make it more challenging to recall things on demand and lead to forgetfulness in daily life.

However, what is known is that the frontal lobe and hippocampus, which both help with memory, shrink as you age.

Changes also occur to white matter in the brain, which connects different areas of the brain and takes messages between them. Neurological, medical, and mental health also have an effect on the brain as well as the function of memory. For example, mood, fatigue, and stress can decrease your cognitive abilities over time.

The same applies to specific health conditions, such as depression, stroke, and Type 2 diabetes.

Scientists are still working out the details about memory loss related to age.²



In addition, poor cardiovascular health, high blood pressure, and smoking can exacerbate memory issues later in life. Many people experience age-related memory issues. This could include trouble thinking of an acquaintance's name, finding the word at the tip of your tongue, or losing your train of thought on occasion. Misplacing items like your keys may also occur. However, if this occurs often, you may need to speak with a doctor.

More serious problems include:

- Forgetting what common words mean
- Losing items and finding them in strange places
- Becoming suspicious of your loved ones

Forgetfulness that impacts your everyday life could be a sign of dementia and should be discussed with a physician.



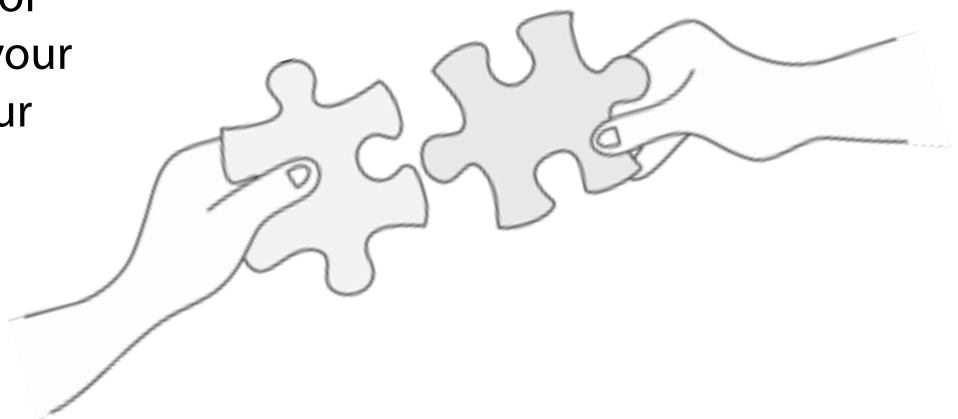


METHODS TO PROTECT YOUR MEMORY

Practicing healthy habits for your brain when you're in your 20s through 40s can help you retain the best possible brain health as you get older.

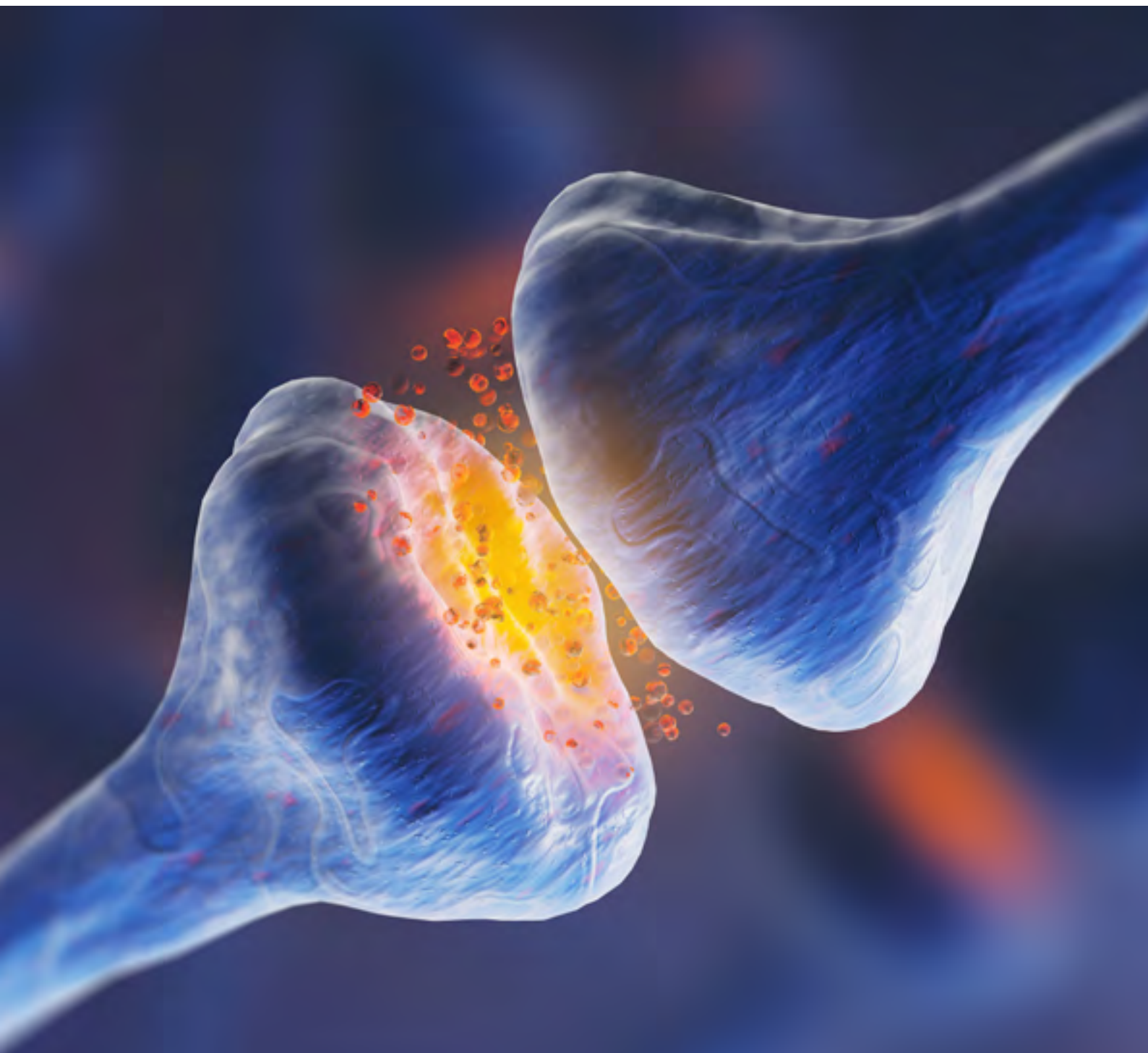
For instance, do what you can to get at least seven or eight hours of sleep every night. Take the time to eat a nutritious diet. Spend time socializing with the people around you. If engaging in sports, wear a helmet. You should also ensure you're doing daily physical activity. All of these things can impact your cognitive abilities and your memory.

Keeping an active mind is another method to keep your brain healthy. Doing crossword puzzles or sudokus can assist in the prevention of memory loss. Brain games are excellent tools for strengthening memory and giving you a sense of success. Self-confidence can create an improved mood and help your brain work more efficiently.



Until now, there has been no way to prevent memory loss or stop it once it has begun. However, new research shows that specific botanicals containing bioactive compounds and neurotransmitter supplements help boost messaging synaptic activity and promote the growth of brain cells.⁸

And making small changes can be a great way to improve your well-being and overall health. So, while it might seem overwhelming to start new health activities, it's well worth it to keep your memory intact as you grow older.



HOW TO IMPROVE YOUR MEMORY WITH GAMES

Improving your short- and long-term memory is a great method to increase productivity and can impact your organizational and decision-making skills. In addition, it helps prevent stress and makes you a happier person.

If you're concerned about memory decline as you age, there are many ways to stave off this issue. Any practice to improve memory requires consistency in brain exercises.

What might be surprising is that you can use exciting options, such as memory games, to improve your memory. This is because the brain, like the body, requires activity and challenges to retain vitality.

Memory games can assist the gray matter in the brain and challenge your mind. This impacts memory and lets it expand and grow.

Even spending 15 minutes a day with memory games can help your brain function hit its peak.³



THE BEST GAMES TO IMPROVE MEMORY

Not all games will help with memory, but you might be surprised by how many options you have. Below is a selection of games that can keep your brain in great shape as you age.



Crossword Puzzles

One of the older types of brain training games is the crossword puzzle. Playing them helps you test your vocabulary, and draw on your knowledge about science, history, and popular culture. Play crossword games in newspapers, printed books, or an online mobile app.

Crosswords are a common recommendation to delay the onset of dementia. However, it works best when used as a regular activity. Choose challenging puzzles that engage your mind. And change things up to exercise different parts of your brain and keep things interesting.



Jigsaw Puzzles

Another fun method of training your brain is through jigsaw puzzles. These work well since both your right and left brain are working at the same time. This helps reinforce connections across the brain leading to better short-term memory and mental speed.

In addition, jigsaw puzzles help with visual-spatial reasoning. You must look at small pieces and determine where they fit in a larger environment.



Sudoku

Sudoku is a wonderful option for stimulating various brain areas and aiding memory retrieval. When you complete a game, you need to keep many numbers in your head as you mentally place them in different places on the grid.

The game primarily focuses on improving your working memory as you memorize the numbers and logical thinking to determine what to put in the following blank.

Since both creative and strategic thinking are required, it also assists with problem-solving and concentration skills. You have to take action without hesitation as you make decisions.

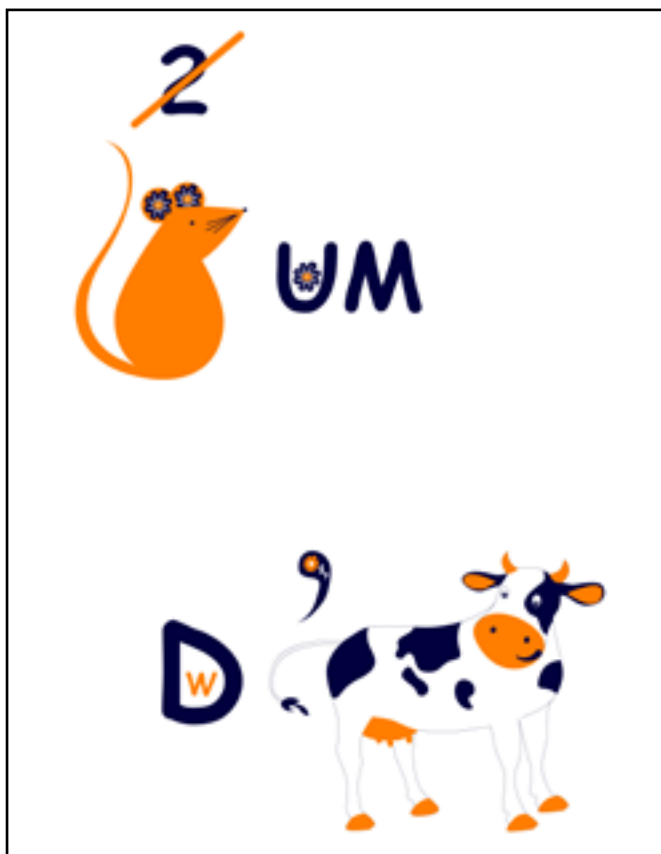
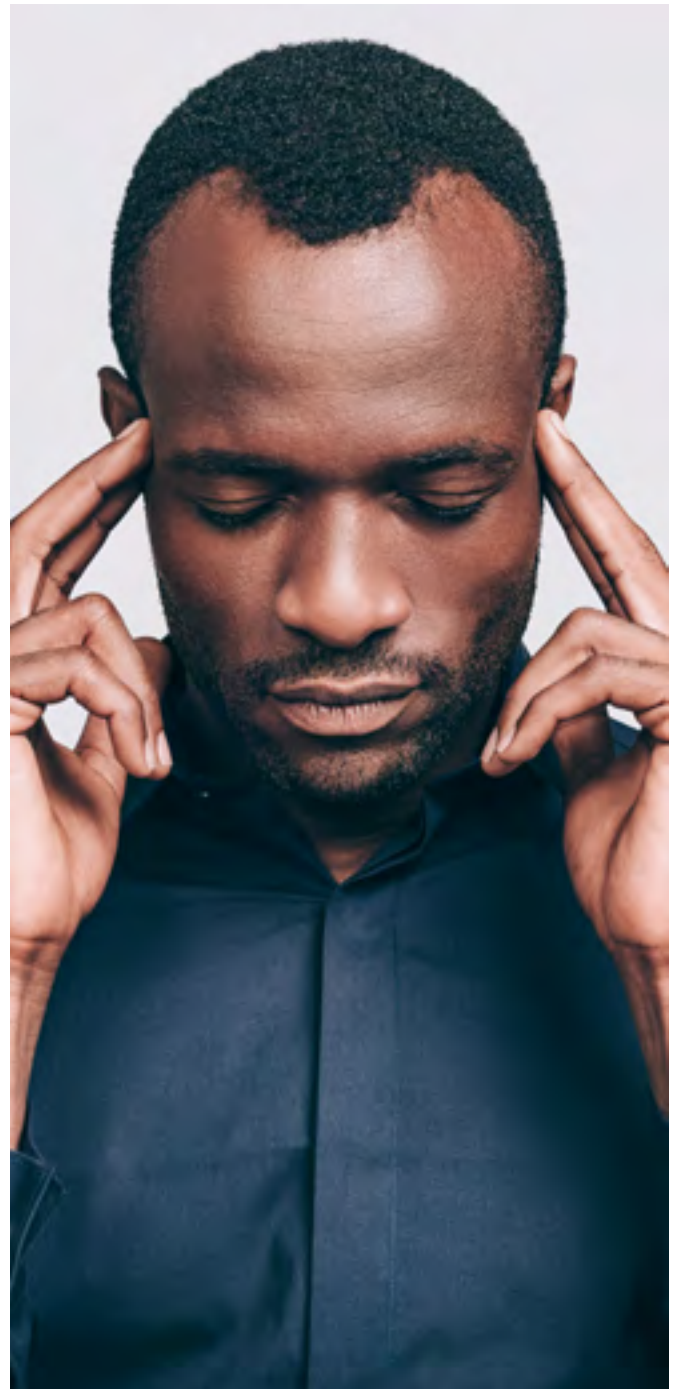


Concentration

Concentration is a popular game to help younger people develop retention and memory skills.

Aging adults can also use it to help with memory. To play the game, you lay several cards face down. Next, you flip them by twos and try to match up the sets.

You can also make this game more difficult for an additional challenge. Make the arrangement messier and less orderly. This makes it even more difficult to remember where a card is and requires your brain to step up to the plate to get things done.



Rebus Puzzles

A Rebus puzzle is designed to help with brainpower and improve memory. Each puzzle asks a question. There are also clues in pictures, numbers, symbols, and letters. You must know of and remember expressions and cliches to solve a Rebus puzzle.

Chess

Finally, chess is a fantastic game to power up your brain. In fact, it was designed to be an intellectually challenging and mentally intensive game. It requires you to rely on short-term memory as you analyze the board and develop a new strategy for every move.

On top of that, you need to consider the possible moves of the competition and be sure your move helps you reach the end goal. This requires long-term memory, so you have the chance to exercise both parts of your brain at once.

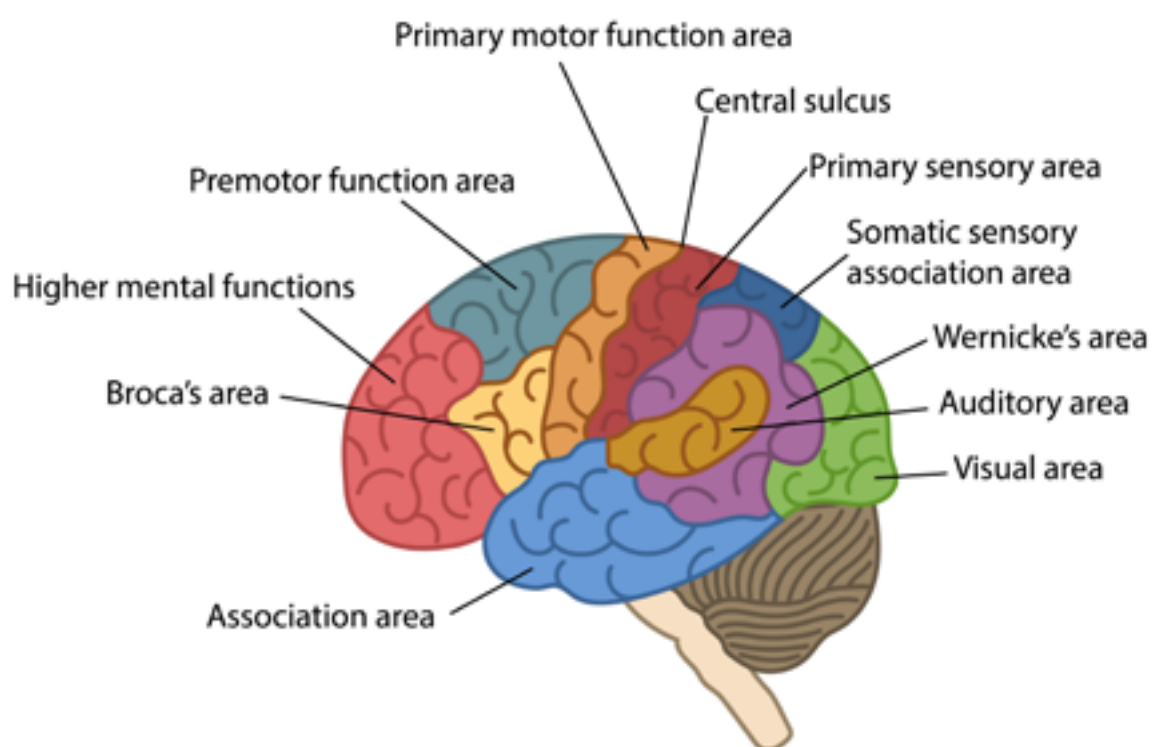


▶ HOW TO TRAIN YOUR BRAIN FOR BETTER MEMORY FUNCTION

Games aren't the only method to train your brain and improve your memory. Many experts recommend brain training doing real-world activities. However, each practice should be challenging and offer novelty.

There are many ways to enhance your mental sharpness and keep your brain healthy, regardless of age. Regular brain exercises can help with focus, concentration, and memory to make your daily tasks easier and quicker to do.

Below we'll delve into some of the best options for better memory function that you can do every day.



WORK ON BUILDING YOUR VOCABULARY

A wide vocabulary is a great way to show off your intelligence, but it goes much farther than that. Learning new words can be a fun game you play right from your living room.

Many regions of the brain are used in tasks that involve vocabulary.⁴ This is especially important for auditory and visual processing.

If you want to try this activity:

1. **Keep a notebook wherever you tend to read.**
2. **Whenever you encounter a word that you don't understand, look up its definition.**
3. **Put it in a notebook and try to use the word five times the following day.**



SPEND TIME DANCING

The Centers for Disease Prevention and Control note that learning a new dance move can actually impact the brain. It increases the processing speed and memory of the brain. That means doing something as fun as dancing can improve your brain!

There are tons of ways to utilize this knowledge. You can consider going out and taking a dance class. Try a jazz or Zumba exercise class. Or watch a video with fun dance moves and try them yourself.

You could also go ballroom dancing with a partner or invite friends to a club to try line dancing.



MAKE USE OF ALL YOUR SENSES

Evidence shows that using each of your senses is a good way to strengthen your brain.⁵

There are all sorts of ways to put your senses to work for you throughout the day. For example, try baking some bread, visiting a grocery store, or spending time at a new restaurant. As you do so, simultaneously focus on what you hear, see, taste, touch, and smell.



LEARN SOMETHING NEW

Spending time learning a new skill can be exciting and fun. It can also help with strengthening the brain's connections. Science shows learning a new skill improves memory function in older adults.⁶

Have you always wanted to try something but never had the chance to do so? Whether you want to learn to program software, plant tulips, or ride a horse, the impact it has on the brain means it's something you should get out there and do.



▶ TRY NEW ROUTES IN LIFE

It can be easy to get caught up in doing the same thing the same way every single day. However, when you want to supercharge your brain, you need to be more open to taking things on in unique ways.

When you head out to do errands, try traveling by a new route to get there. Or ride a bike, take a bus, or walk instead of driving. Making small changes and adaptations to your daily routine can considerably impact your brain and improve the way you think.



▶ TRY MEDITATION

Spending a few minutes each day in meditation has been shown to reduce anxiety and stress, slow your breathing, and calm your body.

What you might not realize is that it also helps your memory and can increase the ability of your brain to process information.

All it takes is finding a quiet area, closing your eyes, and spending five to 10 minutes meditating daily.

LEARN A NEW LANGUAGE

A research review indicates that there are a host of cognitive benefits to being able to speak another language.⁷

Researchers note that you can improve your memory and boost other brain functions just by starting to learn a new language.

Many studies show that knowing two languages creates higher levels of creativity, better visual-spatial skills, and improves memory. It can also benefit you through being able to switch between tasks easily and is known to delay the onset of age-related mental decline.

The great part is that you're never too old to enjoy all the rewards of knowing another language.



FOCUS ON THOSE AROUND YOU

Whenever you're next to someone else, take time to notice them. Pay attention and note at least four things about them. This could be as simple as their eye color, type of shirt, whether they have glasses, and if they're taller or shorter than you.

After you choose the four things to remember, make mental notes when you're around others. Then think it over again later in the day and jot down what you recall in a trusty notebook.



SEEING YOUR DOCTOR

There are endless options to improve your memory, and all of the above can help you as you age. However, a doctor can provide insight and solutions for significant memory problems and help you retain your memory or improve it moving forward.

ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.



Support and maintain healthy eyes

Brain function, memory

Energy, metabolism, detox

Toenail care

Enhance liver function

Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

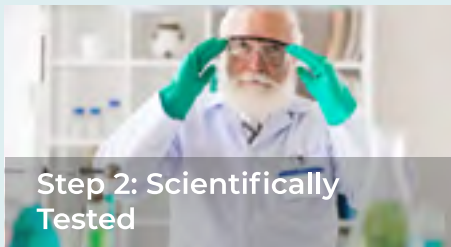
OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



Step 1: The Creating Process



Step 2: Scientifically Tested



Step 3: The Purest Ingredients



Step 4: Ingredient Testing



Step 5: GMP Certified Manufacturing

We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that’s what you deserve, and we’re here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

VISIT PUREHEALTH SHOP
RESEARCH

CITATIONS

1. Fjell, Anders M, and Kristine B Walhovd. "Structural brain changes in aging: courses, causes and cognitive consequences." *Reviews in the neurosciences* vol. 21,3 (2010): 187-221. doi:10.1515/revneuro.2010.21.3.187
2. Small GW. What we need to know about age related memory loss. *BMJ*. 2002;324(7352):1502-1505. doi:10.1136/bmj.324.7352.1502
3. Nouchi, Rui et al. "Brain training game boosts executive functions, working memory and processing speed in the young adults: a randomized controlled trial." *PloS one* vol. 8,2 (2013): e55518. doi:10.1371/journal.pone.0055518
4. Green, D W et al. "Exploring cross-linguistic vocabulary effects on brain structures using voxel-based morphometry." *Bilingualism (Cambridge, England)* vol. 10,2 (2007): 189-199. doi:10.1017/s1366728907002933
5. Quak, Michel et al. "A multisensory perspective of working memory." *Frontiers in human neuroscience* vol. 9 197. 21 Apr. 2015, doi:10.3389/fnhum.2015.00197
6. Park, Denise C et al. "The impact of sustained engagement on cognitive function in older adults: the Synapse Project." *Psychological science* vol. 25,1 (2014): 103-12. doi:10.1177/0956797613499592
7. Marian, Viorica, and Anthony Shook. "The cognitive benefits of being bilingual." *Cerebrum : the Dana forum on brain science* vol. 2012 (2012): 13.
8. Dr. Dale Bredesen, MD. "The Bredesen Protocol: The Science of Reversing Cognitive Decline through PreCode and ReCode" Peer-Reviewed Clinical Trial *Journal of Alzheimer's Disease*. <https://www.apollohealthco.com/clinical-trial-results-2021/>

RESOURCES

- <https://www.apollohealthco.com/bredesen-protocol/>
- <https://pubmed.ncbi.nlm.nih.gov/33917843/>
- <https://pubmed.ncbi.nlm.nih.gov/27294343/>
- <https://pubmed.ncbi.nlm.nih.gov/25324467/>
- <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>
- <https://blog.totalbrain.com/the-best-mental-games-and-exercises-to-improve-memory>
- <https://www.healthline.com/health/mental-health/brain-exercises>

THE MEMORY SOLUTION

by

PUREHEALTH®
RESEARCH