

Health NEWS & NOTES

Keep Good Memory On Your Mind

(NAPSA)—Here's good news for anyone who wants to boost their brain power: Doctors recommend the following tips for helping to improve a person's memory.

- **Exercise to be wise.** The old adage "use it or lose it" may hold true for brain functioning. A recent study in the *Archives of Neurology* reports that exercise significantly cuts a person's risk of Alzheimer's and other memory loss. It is thought that exercise is beneficial because the activity helps maintain blood flow and lowers high blood pressure and cholesterol—all of which can affect the brain.

- **Jog your memory.** Similarly to physical exercise, studies suggest that mental exercise can help maintain memory health. Experts say activities ranging from the simple—writing, associating names with places—to the more complex—playing chess, card games or crosswords—can keep memories sharp. In addition, regular social activity has been shown to increase memory function.

- **Supplement your memory.** Many people take supplements and vitamins to slow memory loss. Vitamin E, for example, is an antioxidant capable of neutralizing free radicals that can damage brain cells. In addition, both phospholipids and specific fatty acids have been found to help compensate for memory loss caused by age, stress, diet and more. Experts



Doctors say certain dietary supplements may help enhance memory and keep minds sharp.

say that may be why supplements such as Senior Moment® (which uses specific fatty acids and phospholipids) are expected to be effective at slowing memory loss. The supplement works by incorporating the nutrients found in the human brain into the brain's structure, in the same ratio as that of healthy, normally functioning brains.

- **Food for thought.** When it comes to the mind, diet does matter. Nutritionists say a balanced diet that includes fish, fiber and leafy green vegetables can help people think clearly, feel alert and help keep memory clear.

For more tips on improving memory consult your healthcare provider. To learn more about supplements like Senior Moment®, visit www.senior-moment.com.