

# 6 Ways to a Better Memory

## 1. Learn Something

Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.

## 2. Sleep

At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.

## 3. Eat Right

A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's. Alzheimer's.

## 4. Challenge Yourself

Train your brain... memorize three hard to remember names a day to help strengthen your memory.

## 5. Walk with a Friend

A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.

## 6. Meditate

Reduced anxiety improves blood flow to the brain. Inhale 7-counts, hold for 7-counts, exhale 7-counts.



# Health And Memory Better Health Better Memory

**K Morrison**



**Health And Memory Better Health Better Memory:**

## The Enigmatic Realm of **Health And Memory Better Health Better Memory**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Health And Memory Better Health Better Memory** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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