

Improving Your Memory

Harmony & Health

Your Natural Health Center
220 East Chestnut St. Corydon, IN 47112
(812)738-LIFE(5433)
Quality Products for Health
www.harmony.mynsp.com
www.harmony4health.com
www.facebook.com/harmony4health

A number of factors contribute to decreased memory function: fatigue, poor lifestyle, chemical or mental toxicity, poor circulation and the normal process of aging. Fortunately, there are a number of simple steps you can take to inhibit a decline in memory capability.

Steps to enhance your memory:

1. Eat 4-6 small meals a day to keep the brain well supplied with glucose; as balanced blood sugar supports alertness.
2. Keep yourself hydrated. **Water** is important to keep all cells healthy, including brain cells. Water is essential to keep brain synapses snapping!
3. Get **exercise** regularly to have a good blood flow to get oxygen to the brain.
4. Research shows that a greater intake of **antioxidants** is associated with improved memory function. **High Potency Grape** has been used with ADD since it is a water & fat soluble antioxidant. Also, consider great antioxidants such as **Thai Go**.
5. **Ginkgo, Gota Kola, Nattozimes Plus** and other herbs that benefit circulation have often been linked to increased memory.
6. **Brain Protex** is a NSP formula specifically designed for improving memory.
7. **Mind Max** supports brain function, memory and concentration.
8. Essential Fatty Acids, especially **Omega 3's & DHA** are essential for brain health. Foods with EFA's, such as fish, walnuts, flax or coconut oil are helpful as well.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

Help Your Body Stay Healthy with Natural Remedies.

