

Boost Your Memory And Sharpen Your Mind

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Boost Your Memory And Sharpen

To protect yourself, follow these essential 7 tips that improve your memory, according to science. Some of them are even fun to do. Read on—and to ensure your health and the health of others, don't ...

7 Tips That Improve Your Memory, According to Science

Experts, researchers and nutritionists have long suspected that what we put into our system doesn't just affect us physically and fuel our day, there is plenty in the fridge, pantry, fruit bowl and ...

7 foods that can improve your mental health, mood and wellbeing

I recently read a striking Twitter claim from a well-known teacher: chewing gum helps memory and concentration. In fact, according to the teacher, research supports this claim: the tweet cites this ...

Does Chewing Gum Improve Memory and Learning?

If you have been battling to engage your brain, there are some simple tips to help you improve your brain power ... three times a week had better memory and cognitive function after 12 weeks than ...

8 ways to improve your brain power

UC Riverside has received a \$2 million grant from the National Institute of Aging to study how the brain's main norepinephrine production center regulates perception and memory in older adults. The ...

Study of perception and memory in older adults will improve understanding of dementias

If you're like most golfers, you hit the range and beat balls looking for the answer. Joe DiChiara, an expert in 3D-motion capture, reveals a better way.

Fully Equipped: A biomechanist explains how to improve your golf swing using 3D-motion capture

"We noticed an increased connectivity in regions of the brain associated with working memory," he said via ... are also suggestions that tea could improve the symptoms of depression, dementia ...

Here's how drinking tea helps improve your mental and physical health

Fish oil is one of the best providers of omega-3 fatty acids - healthy fats that many Americans are lacking in their diet.

How taking fish oil may help fight inflammation and improve mental health

The latest breaking updates, delivered straight to your email inbox ... health.Brain boostDrinking green tea has been found to improve brain function in healthy people, said Stefan Borgwardt ...

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