How to Cure Poor Brain Power and Memory Improve Its Performance by Dr Easton Patrick

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Memory and the brain power of a person play a vital role in our day to day life. For performing each and every activity of our day to day life, our memory and brain power has a great importance. You can improve the condition of your memory and your Brain power by living healthy lifestyle, regular exercises and also by taking a good diet. These things help in a great extend in enhancing the condition of memory. Our health and fitness contributes a lot in our physical as well as mental well being. All these things help in stimulating the power of the brain and memory.

You can improve the condition of your memory by taking herbal supplements. These natural things keep our body and mind in a peak form. It improves the condition of our brain which includes our memory. But you have to take proper diet along with the herbal supplements. Follow some of the effective instructions which are essential to improve the memory condition. They are:

1. If you want to upgrade your memory then you must shift to vegetarian diet if possible. You should take a balanced diet which includes grains, legumes, nuts and beans which are essential for the nourishment of the brain. It is also advisable to drink plenty of water and also consume lots of fruits which are essential to remove the toxins of our body and also clean our body. Try to include some green and leafy vegetables in your daily diet. It will be helpful in making our brain healthy.

2. Try to eat high protein foods which include yoghurt, milk and soybeans. These things will be helpful in stimulating the activity of brain.

3. You can eat natural foods in abundant quantity. So make a habit to eat fresh fruits and vegetables regularly in our diet.

4. Try to eat only specified fats like almond oil and butter in order to maintain the proper health of our brain.

5. Proper sleep is also necessary to relax the brain and also to replenish our mind. It is necessary for our brain to recharge as while sleeping it take rest and recharge. It helps to enhance the memory. Make a habit to sleep by drinking tea.

6. Engage and challenge your brain by doing different types of puzzles activities like logical reasoning games, learning something new etc. Constant stimulation helps our brain to improve its performance.

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