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Brain power and memory plays a significant role in the life of a person. As per studies, memory capacity is mainly divided into two as short term and long term. Short term memory goes off after a few seconds time period, whereas long term memory persists for prolonged period of time. Both physical as well as psychological factors play equally important roles in the formation of this health disorder. Common causes giving rise to the risk of poor brain power and memory include high stress, alcoholism, depression, anxiety and dementia. Cures are usually prescribed according to the actual cause of problem. At present, you can get several supplements from market boasting memory enhancement feature. In order to reduce the risk of adverse action, it is recommended to choose a supplement made out of herbal ingredients.

Intake of protein rich diet is one among the safe ways to treat poor brain power and memory. It is advised to include a good amount of green leafy vegetables and fresh fruits in the daily diet schedule of person. Some among the food items enriched with protein include almonds, walnuts, kidney beans and whole grains. Proper stress management is another safe method suggested to treat poor memory power and memory. Those people suffering from high stress are advised to practice yoga and meditation regularly. Regular doing of yoga helps in giving out both physical as well as psychological health benefits to person. Improving blood circulation throughout the body, curing respiratory disorders, preventing arthritis and controlling blood sugar level are some among the important health benefits of doing regular exercises.

Remembering the matter by splitting them into chunks is an effective method to treat poor brain power and memory. It helps in storing the contents in brain for long period of time. This natural way to remember things is one among the most widely suggested techniques for students. Boosting memory by doing acupressure technique is another way to treat poor brain power and memory. Doing acupressure technique helps in improving the overall health and wellbeing of person. Important acupressure points in hands include thumb, base of hand, lower forefinger, below wrist and inner wrist. Acupressure techniques releases blocked energy and helps in treating disorders like poor brain power, neck pain, anxiety, hunger and cramping.

Learning new things is a natural remedy suggested for treating poor brain power and memory. In order to achieve best result, it is advised to learn new things by reading new books, watching TV news etc. Solving brain teasers like puzzles helps in improving brain power naturally without inducing any adverse action on user. Intake of herbal memory boosting supplements is another safe remedy for treating poor brain power and memory. Bacopa monnieri is one among the best prescribed herbal cures for treating low memory power. This memory supplement has been used for centuries for the treatment of nervous disorders. It relaxes nerve cells and improves the functioning of brain safely. Gingko biloba, hawthorn, rosemary and anise are other herbal remedies for treating low poor brain power and memory.

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Read effective a Improve Memory Supplements. Also know a Immune Boosting Supplements. Read about a Improve Weak Eyesight, Eye Supplement.

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