



# Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

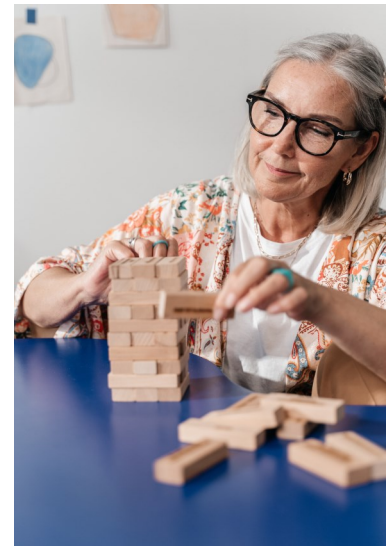
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[www.naturalhealthresearch.org](http://www.naturalhealthresearch.org)

## Cognitive Health - Improving Memory

Our brains are constantly transforming throughout our lives and mental function changes along with it. With these changes, older adults might experience memory challenges like difficulty recalling names or words, decreased attention, or a decreased ability to multitask. Studies have shown the average human brain shrinks by approximately 5% per decade after the age of 40. This can have a major impact on memory and focus if people are not vigilant about maintaining it.

Research suggests that when it comes to brain health, exercising your body as well as your mind and sticking to healthy habits is the ideal formula. Here are some suggestions as well as lifestyle changes that can boost your memory, concentration, and focus to help keep you mentally sharp as you get older.



- Learn new information regularly
- Eat an anti-inflammatory diet
- Exercise often
- Get enough sleep
- Supplement with fish oils, ginkgo biloba, turmeric, B complex or phosphatidyl serine
- Learn a foreign language
- Meditate
- Stay on top of health conditions
- Connect with friends
- Test your recall
- Do the math in your head
- Take a cooking class
- Learn a new sport
- Put together a jigsaw puzzle
- Play a game of cards
- Take a dance class
- Teach someone a new skill
- Listen to or play music
- Take up Tai Chi
- Keep your blood vessels healthy



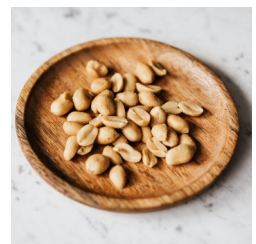
[Music Intervention Increases Gray Matter Volume and Verbal Working Memory in Older Adults](#)



[Fenugreek Seed Extract Improves Memory Status and Oxidative Stress-Related Parameters in Older Subjects](#)



[Spirulina Extract Improves Visual Learning and Visual Working Memory in Older Adults](#)



[Daily Peanut Consumption Associated with Improved Memory and Decreased Levels of Stress and Anxiety](#)

## Upcoming Event

The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2023: Healthy Aging and Longevity. The event will be held on October 19-20 in Charlotte, NC and online.

[More Information and Schedule](#)



## Recent Posts



### **Nano-Curcumin Improves Migraine Symptoms**

*Written by Taylor Woosley, Staff Writer.* 2-month supplementation of 80 mg nano-curcumin significantly reduced headache duration ( $p < 0.001$ ) and headache frequency ( $p < 0.001$ ) compared to placebo. [Read more »](#)



### **The Effect of Cannabidiol on Arthralgia and Arthritis**

*Written by Dr. Clara Sartor.* CBD use was associated with improvements in pain (83%), physical function (66%), and sleep quality (66%). Additional controlled, randomized clinical trials will help further assess the risk-to-benefit profile and efficacy of this botanical modality for arthritis and arthralgia. [Read more »](#)



### **Efficacy of a Highly Bioavailable Curcumin Supplement in Patients with Mild Knee Osteoarthritis**

*Written by Harold Oster, Staff Writer.* Results show that the highly bioavailable curcumin supplement, Curcuwin Ultra+, may improve symptoms and signs of mild knee osteoarthritis. [Read more »](#)



### **Omega-3 Improves Lipid Profiles and Neonates with Intrauterine Growth Restriction**

*Written by Chrystal Moulton, Staff Writer.* LDL, triglycerides, and total cholesterol was significantly lower in babies treated with omega-3 compared to controls ( $P < 0.05$ ). [Read more »](#)



### **COVID-19 Exposure Associated with Higher Risk of Metabolic Disorder**

*Written by Taylor Woosley, Staff Writer.* A significant trend toward increased risk of metabolic disorder was observed in the non-recent COVID-19 infected group compared to the serologically negative control group. [Read more »](#)

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