

Written By Stephen Pierce



Train Your Brain

5 Ways to
Boost Your Memory

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Having a sharp and quick memory is important to our daily life, productivity and relationships. It affects our ability to get things done, be productive and feel good about ourselves. When we cannot remember where we put things, an acquaintance's name or an important date it can be embarrassing as well as costly.

Our personal relationships depend on having a good memory. The ability to remember details of a friend's life, their birthday and the things they like to do or have contribute to a good, quality relationship. Even if it is due to having a poor memory, when you are unable to recall this information, it often comes off as not caring or insensitive and that can be damaging to your relationship.

Business and career success is virtually impossible without a strong memory. If you cannot remember important facts, business associates names and contact information, deadlines and commitments, you are doomed to failure. It is expected and necessary for producing quality work and building successful business relationships that your memory functions at a very high level.

Many people believe that as they age they lose their memory. However this is only true for people who have not developed a strong memory in the first place or who have not utilized it and therefore it has deteriorated.

How to Boost Your Memory

In order to have a lifelong, strong memory, you need to treat your memory as if were skill that needs to be constantly improved up or as a muscle that becomes weak if it is not frequently used. There are many ways to build a strong memory and to constantly improve it. For instance:

- 1) **Put Yourself on a Memory Diet** - There are many nutrients essential to good brain health and memory. Diets rich in antioxidants, including beta-carotene and vitamins A, C and E are vital to brain health. Iron is essential to proper memory function.

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2) **Reduce Stress.** Medical researches show that people who are always anxious produce “stress hormones” like cortisol, which damages brain cells. Taking time daily for simple relaxation techniques like yoga, meditation or prayer can help clear your mind and reduce stress.

3) **Get enough sleep.** Just as your body is fatigued, so is your brain. When your body is tired, your brain has difficulty recalling important information as well as absorbing new.

4) **Practice puzzles and games.** If you continue to challenge your mind with puzzles such as Sudoku and crossword puzzles your brain will work better. When you do puzzles and play games, you are making the connections between your neurons work more efficiently

5) **Brain Entrainment** - the process of enhancing your normal brainwave state - has been known to many scientists and doctors for years. These benefits include, but are not limited to, improvements in the following areas: Temporary Pain Relief, Temporary Stress Reduction, Sleeping Disorders, General Relaxation, and Meditation.

What is “Brainwave Entrainment”?

Brainwave entrainment is a relatively young but rapidly growing field that involves the study of how altering brainwaves naturally can allow people to easily enter states of increased intelligence, creativity, relaxation, pure energy and more! Researchers and scientists have found that different bands of brainwaves are associated with different mental states. For instance, the brainwaves of a sleeping person are much different than the brainwaves of an individual who is wide awake.

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Years of research has shown that brainwaves can be stimulated to actually change that person's current state allowing them to become smarter, more productive, and more creative. By causing the brain to produce or decrease specific types of brainwave frequencies, it is possible to train your brain to bring about a large variety of mental states and emotional reactions.

When the brain is given a consistent, repeating stimulus, such as drum beats or flashes of light, the brain responds by synchronizing, or entraining, its electric cycles to the external rhythm. This is commonly called the Frequency Following Response (or FFR), and it can be used to effectively alter the brainwave pattern of the audience.

How Can All This Research and Scientific Evidence Benefit You?

It doesn't matter whether you're 92 years old or just 12, anyone is capable of memorizing and recalling virtually any information possible. However, you must have the proper lifestyle, attitude, habits, and methods to possess a super memory. Listening to something as simple as the specially designed [OptiMINDzation™ 12 Volume brain entrainment](#) audio Set **can be a successful method for "becoming smarter" and improving your memory, mental clarity and focus.**



In the last 10 years, there have been **great advancements** in the field of brainwave entrainment as it relates to cognitive functioning. Studies have shown that the **brains of many people** are actually **functioning at low capacity**.

Brain entrainment is completely safe and drug-free. There is no special equipment needed, herbs or other common enhancement techniques or requirements. With a simple click of a button you can get started from virtually anywhere.

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Consider the **tremendous impact** daily mental entrainment can have on your life. These audios will help you to **quickly and easily unleash your mental powers, enhance your memory and achieve your dreams**. If you have ever dreamed of realizing your **full potential** and receiving all of benefits of using the most of your mind and abilities, brain entrainment is definitely for you.

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